

nutbar

smoothies

vanilla \$10

cashews, vanilla, nutbar nutmilk, chia seeds, dates, sea salt
espresso shot + \$1.50

chocolate \$11

cacao, sunflower seed butter, maca, lucuma, banana, vanilla, nutbar nutmilk, dates, sea salt

green \$11

seasonal greens, apple, cucumber, avocado, banana, chlorophyll, spirulina, matcha, lemon juice

pink \$12

raspberries, beets, hemp seeds, banana, vanilla, nutbar nutmilk, dates

orange \$11

mango, orange, ginger, turmeric, lemon juice, banana, nutbar nutmilk, black pepper

ultimate recovery \$14

blueberries, collagen, cashews, ceremonial matcha, vegan protein powder, chia seeds, vanilla, dates, nutbar nutmilk

\$16smoothie \$16

matcha, moringa, E3 live, turmeric, ginger, bee pollen, hemp seeds, red pepper flakes, seasonal greens, blueberries, avocado, carrots, almond butter, vegan protein powder

add-ons:

medicinal mushrooms + \$1 + \$1.50
chaga (vitality) vegan protein powder
cordyceps (energy) collagen
reishi (anti-stress) seasonal greens
lion's mane (brain power)

toast

Toast is made on **double-fermented** organic whole wheat bread from local De La Terre bakery.

avocado \$7.50

avocado, seasonal radish, smoked olive oil, lemon juice, nutritional yeast, sea salt

savoury \$7

housemade cashew spread, seasonal radish, sesame seeds

fresh \$7

housemade white bean hummus, cucumbers, seasonal sprouts, lemon juice, hemp seeds, sea salt

sweet \$7

almond butter, coconut butter, banana, hemp seeds, chia seeds, raw honey

bites

kale caesar salad \$9

seasonal greens, red cabbage, diced cucumber, coconut croutons, hemp hearts, black pepper, housemade sunflower seed-based dressing

acai bowl \$11

acai, raspberries, blueberries, almond butter, seasonal greens, banana, nutbar nutmilk, topped with housemade granola

pink chia \$6.50

chia pudding (chia seeds, raspberries, lemon juice, vanilla, bee pollen, raw honey, nutbar nutmilk), topped with housemade granola

omg oats \$6.50

soaked steel-cut oats, nutbar nutmilk, cashews, dates, vanilla, sea salt, topped with nut crumble and maple syrup drizzle

Our **housemade granola** contains millet, coconut flakes, gluten free oats, pumpkin seeds, coconut oil, chia seeds, almond butter, bee pollen, honey and sea salt.

coffee + matcha

drip \$2.50 / \$3

espresso \$3.25

americano \$3.50

cappuccino \$4

latte \$4.50

macchiato \$3.75

flat white \$4

cortado \$3.75

**espresso-based drinks can also be made with Dandy Blend, a delicious coffee alternative*

***dairy milk is organic*

nutbar nutmilk is real nutmilk. It is a 100% organic **custom blend** of cashew, almond and coconut milks. No preservatives or additives.

nutbar drip \$4

drip coffee with steamed nutbar nutmilk

supercoffee \$5.50

drip coffee, vanilla, coconut oil, raw honey, steamed nutbar nutmilk

nutbar latte \$6.50

espresso, steamed nutbar nutmilk, chaga

matcha \$4

ceremonial matcha, hot water

matcha + mushroom misto \$6.50

ceremonial matcha, lion's mane, reishi, chaga, cordyceps, dash of steamed nutbar nutmilk

matcha latte \$6

ceremonial matcha, steamed nutbar nutmilk

supermatcha \$6.50

ceremonial matcha, vanilla, coconut oil, raw honey, steamed nutbar nutmilk

medicinal mushroom add-ons: + \$1

chaga (vitality)
cordyceps (energy)
reishi (anti-stress)
lion's mane (brain power)

nutbar
nutmilk
+ \$1.50

hot + healthy

turmeric latte \$6.25

turmeric, black pepper, cinnamon, vanilla, raw honey, steamed nutbar nutmilk

chai latte \$5.50

blend of 10 freshly ground spices, raw honey, steamed nutbar nutmilk

ginger bomb \$5

fresh shredded ginger and turmeric, lemon juice, raw honey, hot water

fresh cranberry tea \$4.50

whole cranberries, lemon juice, raw honey

local organic teas \$3.25

cold + clean

morning boost \$5

filtered water, lemon juice, turmeric, ginger, cayenne, ice

detox \$5

filtered water, mint chlorophyll, E3 live, lemon juice, ice

matcha lemonade \$5.50

ceremonial matcha, filtered water, lemon juice, raw honey, ice

greatorade \$5.50

shisandra, cordyceps, mint chlorophyll, lemon juice, ice

We are committed to sourcing the highest-quality food. That means **100% organic**, and **local** when the seasons permit.

superdrinks

These superpowered elixir tonics have been carefully crafted using some of **the world's most powerful and potent plant medicines** to restore, tone and invigorate systems in the body and to promote general health and well-being.

beauty bomb \$11

promotes glowing and radiant skin and hair, and strong and nourished nails

beet powder, cinnamon, chaga, sea buckthorn, tocos, sacred lotus pollen, collagen, coconut oil, nutbar nutmilk, dash of raw honey

chillpill \$9

loaded with adaptogens which help your body naturally adapt to stress, and also balance, restore and protect the body

SunPotion Anandamide (raw cacao, tocos, mucuna pruriens, ashwagandha, reishi, astragalus, maca, moringa, rose petals, cardamom, turmeric, cayenne, cinnamon, black pepper, himalayan salt crystals), reishi, chaga, astragalus, coconut oil, nutbar nutmilk, dash of raw honey

power potion \$11

a superpowered coffee alternative loaded with antioxidants, immunity enhancers and brain boosters

Dandy Blend, raw cacao, cinnamon, collagen, cordyceps, lion's mane, astragalus, coconut oil, Bee Powered (royal jelly, raw bee pollen, honey, bee propolis extract), nutbar nutmilk

100%
ORGANIC
FOOD

Ask about our catering!

+



Follow us to see our seasonal menu items