

BEVERAGES

KETO = K | PALEO = P | VEGAN = V

SOCIALS

COFFEE

- Drip coffee \$2.00/\$2.25
- Espresso \$3.00
- Americano \$3.00
- Latte \$4.25/\$4.50
- Cappuccino \$4.25/\$4.50
- Tea \$2.50
- Tea Latte \$3.15
- Hot Chocolate - *sweetened with maple syrup* \$3.25

HOLISTIC COFFEE 12oz

- Brain Boost K. P. V. \$5.00
coffee, MCT, lion's mane, coconut butter
- Decadent Protein V. \$5.00
coffee, plant-based protein, almond butter, sea salt
- Adaptagen Fuel P. \$5.00
coffee, ashwagandha, collagen, maple syrup
- Charmed Mocha K. P. V. \$5.00
coffee, cacao butter, cacao, maca, monk fruit
- Vibrant Keto K. \$4.75
coffee, MCT, ghee

SUPERFOOD HOT DRINKS 12oz

- Detox Fireball K. P. V. \$5.00
apple cider vinegar, lemon, cinnamon, turmeric, ginger
- Golden Latte P. V. \$5.00
turmeric, ashwagandha, cinnamon, ginger, black pepper, coconut butter, coconut sugar, choice of milk
- Green Latte K. P. V. \$5.00
matcha powder, cinnamon, coconut butter, choice of milk
- Back to Balance Adaptogen Latte P. V. \$5.00
cocoa, maca, reishi mushroom, lion's mane mushroom, ashwagandha, pink salt, cardomon, cinnamon, ginger, black pepper, coconut, coconut sugar, cacao butter, prebiotic fibre, choice of milk
- Charged Athlete P. V. \$5.00
acai, beetroot powder, ashwagandha, cardomon, cinnamon, ginger, black pepper, coconut, coconut sugar, choice of milk

MILK SELECTION:

almond milk, coconut milk, oat milk, cow milk

* Drinks can be sweetened upon request

SMOOTHIES 16oz

- Chocolate Energy P. V. \$8.00
banana, almond butter, cacao, cinnamon, almond milk
Booster: espresso +\$1.50
- Berry Bliss P. V. \$8.00
blueberry, strawberry, banana, spinach, coconut milk.
Booster: greens powder +\$1.50
- Glowing Detox P. V. \$8.00
blueberry, pineapple, spinach, lemon, coconut water.
Booster: aloe vera +1.50
- All Day Keto K. P. V. \$8.00
blueberry, avocado, spinach, almond butter, stevia, coconut milk.
Booster: MCT +1.50
- Go-Getter V. \$8.00
banana, blueberry, oats, almond butter, almond milk
Booster: protein +1.50
- Sunshine/Anti-inflammatory P. V. \$8.00
pineapple, banana, spinach, turmeric, coconut milk.
Booster: omega-3 +1.50

PERFORMANCE DRINKS 16oz

- Mermaid Lemonade K. P. V. \$4.50
spirulina, lemon, stevia, sea salt, water
- Electrolyte Restore P. V. \$4.50
coconut water, lemon, sea salt, maple syrup
- Fountain of Youth P. V. \$4.50
aloe, collagen, MCT, maple syrup, pineapple infused, water

* Performance drinks can be made Keto upon request