

# HYDRATION

## SMOOTHIES & SHAKES

### NUTTY NOURISH 10

*Cauliflower, Nut Butter, Dates, Cacao Nibs, Milk, Dark Chocolate, Banana, Maca, Maple Syrup*

### GOLDEN HARMONY 10

*Mango, Peach, Banana, Greek Yogurt, Turmeric, Honey, Milk, Bee Pollen*

### BOOSTED BERRY 10

*Raspberries, Blackberries, Cherries, Blueberries, Banana, Greek Yogurt, Honey, Chia Seeds, Milk*

### MATCHA MORNING 10

*Spinach, Orange, Kiwi, Matcha, Banana, Orange Juice, Greek Yogurt, Honey, Hemp Seeds*

### BLUE VITALITY 10

*Blueberries, Blackberries, Greek Yogurt, Milk, Dates, Protein Powder, Almond Butter, Hemp Seeds*

### PROTEIN SHAKES 7

CHOCOLATE PB | STRAWBERRY BANANA

*Shakes are made with your choice of Milk & Grass-Fed Whey Isolate*

## COLD-PRESSED JUICE

### ANTIOXIDANT ELIXIR 8.75

*Blueberries, Beets, Carrots, Red Apple, Lemon, Ginger*

### DIGESTIVE REMEDY 8.75

*Spinach, Celery, Green Apples, Pineapple, Mint, Lemon*

### IMMUNE BOOSTER 8.75

*Oranges, Carrots, Pineapple, Celery, Lemon, Ginger*

*Save on your next juice with our bottle return policy!*

## LATTES (HOT/COLD)

### Strawberry Matcha 7

### Matcha Latte 6.5

### Dark Chocolate Espresso 6.5

### Turmeric Latte 6.5

### Cacao Bliss 6.5

### Seasonal Latte 6.5

### FLAT WHITE/LATTE 5

### TEA/COFFEE 3.5

*MILK OPTIONS: WHOLE, 2%, OAT, ALMOND*

## TONIC BAR

*THURS-SAT 6-9PM*

### Paloma

*Tequila, Fresh Grapefruit, Lime, Soda, Agave*

### Aperol Cider Spritz

*Aperol, Local Cider, Brandy, Prosecco, Orange Slice*

### Naked

*Vodka, Mezcal, Lime, Agave Smoke*

### Golden Spritz

*Turmeric, Prosecco, Orange Peel, Ginger Essence*

### Espresso Martini

*Vodka, Espresso, Coffee Liqueur, Vanilla Agave Foam*

### ASK US ABOUT OUR LOCAL WINES

*Red, White, Rose, Sparkling*

### NS CRAFT BEER SELECTION