

drinks

WELLNESS LATTES | 6.5

Golden Magic

Cacao Bliss

Strawberry Matcha Serenity

Seasonal Feature

SUPERFOOD SMOOTHIES | 9

Matcha Morning

Boosted Berry

Golden Harmony

Nutty Nourish

ENERGIZING TEA MOCKTAILS | 7

Tropical Hibiscus Splash

Zen Tea Fusion

Revive & Thrive

Citrus Refresher

COFFEE/TEA | 4

WELLNESS SHOTS | 4.5

Pomegranate Zing

Golden Flame

COLD PRESSED JUICES | 8.75

Antioxidant

Immunity

Digestive

SIP SMART

HYDRATION MENU

SKIP THE SUGAR PUMPS! WE MAKE OUR OWN ALL NATURAL JUICE,
SYRUPS & USE CANADIAN HONEY & MAPLE SYRUP FOR SWEETNESS

COLD PRESSED JUICE | 8.75

ANTIOXIDANT | IMMUNITY | DIGESTIVE

SUPERFOOD SMOOTHIES | 9

ADD A GRASS FED WHEY OR COLLAGEN PROTEIN BOOSTER | 3
MAKE IT A BOWL W/ FRUIT & GRANOLA TOPPINGS | 4

MATCHA MORNING

matcha | orange | spinach | banana | yogurt

BOOSTED BERRY

açaí | raspberry | blackberry | strawberry | blueberry

GOLDEN HARMONY

mango | peach | turmeric | dragon fruit | yogurt

NUTTY NOURISH

maca | hazelnut butter | banana | cocoa nibs

WELLNESS LATTES | 6.5

MILK: GRASS-FED VALLEY | OAT | ALMOND

GOLDEN MAGIC

turmeric | honey | saffron | cardamom

CACAO BLISS

raw cocoa | agave | cocoa nibs | dark chocolate

STRAWBERRY MATCHA SERENITY

matcha | strawberry | agave

SEASONAL FEATURE

ENERGIZING TEA COCKTAILS | 7

TROPICAL HIBISCUS SPLASH

hibiscus tea | fresh pineapple juice | coconut water | cranberry juice

ZEN TEA FUSION

chamomile tea | white tea | citrus | coconut water

REVIVE & THRIVE

yerba mate | fresh coconut water | goji berry | cucumber | mint

CITRUS REFRESHER

citrus green tea | fresh orange | lemon juice

WELLNESS SHOTS | 4.5

POMEGRANATE ZING

pomegranate | lemon | ginger | cayenne

GOLDEN FLAME

lemon | ginger root | turmeric root

ORDER ONLINE



food

BREAKFAST

Avocado Toast | 12

Granola or Chia Pudding Parfait | 10

Breakfast Bowl or Wrap | 12

Twelve Grain Oat Bowl | 11

SALADS

Nicoise Salad | 18

Beef Tagliata | 18

Classic Caesar Salad w/ Lemon Chicken | 15

BOWLS

Red Pepper Miso Bowl | 16

Poke Bowl | 17

Mediterranean Bowl | 17

EXTRAS

Steak | 5

Fish | 5

Chicken | 4

Egg | 3

Tofu | 3

Nuts or Seeds | 2

Potato or Sweet Potato Hash | 3



Open Everyday

Mon – Fri : 8.00Am – 3.00Pm

Sat – Sun : 9.00Am – 1.00Pm

breakfast

Avocado Toast

\$12

whole grain sourdough, smashed avocado with preserved lemon, cherry tomatoes, microgreens, toasted hemp seeds
Add proteins : smoked salmon, poached egg, mushroom

Granola / Chia Pudding Parfait

\$10

homemade maple granola, mixed nuts, toasted coconut chips, fresh fruits, strawberry jam

Breakfast Bowl / Make It A Wrap

\$12

scrambled eggs/scrambled tofu, sweet potato hash, sautéed spinach, cherry tomatoes, bell peppers, onions

12 Grain Oat Bowl

\$11

homemade almond crumble, crispy valley apple, Canadian maple syrup or ask about our daily special toppings

salads/ bowls

Nicoise Salad

Nicoise Olives, eggs, green beans, warm potatoes, Italian vinaigrette, Tuna.

\$18

Beef Tagliata

Arugula, pomegranate, shaved pecorino, osprey steak, red wine, balsamic reduction

\$18

Classic Caesar Salad

\$15

Baby gem lettuce, romaine hearts, roasted chickpeas, homemade caesar dressing

Red Pepper Miso Bowl

\$16

mix grain, mushroom, pearl onions, sweet potato, greens, broccoli pesto, sprout, avocado, cucumber relish

Poke Bowl

\$17

fresh catch of the day/ kimchi soy marinated tofu, grilled baby octopus, kimchi cucumber, edamame, seaweed salad

Mediterranean Bowl

\$17

Grilled meat kebab/ grilled mushrooms skewers, couscous pomegranate, cucumber, feta, taziki, hummus, housemade pita