



★★★

DRIP

★★★

- Espresso 2.5
- Double Espresso 3.5
- Americano 2.5
- Red Eye 3.5
- Latte 3.25
- Cappuccino 3.25
- Vanilla Latte' 4
- Mocha 4

\*Milk Substitute: Oat Milk .75  
 \*Laird's Superfood Creamer .50



- Loose Leaf Tea 2.5**  
 Grand Keemun Black Tea  
 Mao Jian Green Tea  
 Cucumber Lime Oolong Tea  
 Northern Lights Herbal Tea

- Fresh Pressed Juices 8**  
**Cold Brew 3.5**

FOOD

- Acai Bowl 10**  
 Unsweetend acai, banana, coconut milk,  
 goji berry, granola, blueberries, coconut flakes,  
 chocolate chips
- Over Night Oats 6**  
 Steel cut oats, yogurt, maple, pumpkin,  
 raisin, pecans
- Chia Pudding 7**  
 Coconut milk, lemon, granola, fresh berries
- Fresh Fruit Parfait 5**  
 Locally Sourced seasonal fruit, and yogurt

PASTRIES

BREADS



- Assorted Muffins and Breads 3.5
- Assorted Scones 3.5
- Assorted Bagels and Cream Cheese 3.5

SPECIALTY

- Lavender Rose Latte 4
- Cardamom Spice Latte 4
- Three Chili Mexican Mocha 4
- Chai Latte 3.5
- Matcha Latte 3.5



SMOOTHIES



All standard protein powders are "Orgain" plant based

**AB&J 7**

Almond butter, raspberries, oat milk,  
 banana, date  
 460 calories, 9g protein, 19g fat, 56g carbs, 42g sugar

**Green Machine 7**

Vanilla protein powder, spinach,  
 oat milk, banana, date  
 320 calories, 13g protein, 4.5g fat, 37g carbs, 40g sugar

**Chocolate 7**

Chocolate protein powder, cherries,  
 cashew milk  
 170 calories, 13g protein, 6g fat, 21g carbs, 8g sugar

**Ginger Peach Detox 7**

Spinach, ginger, banana, peach,  
 coconut water, date  
 420 calories, 4g protein, 21g fat, 52g carbs, 16g sugar

**Cucumber Watermelon 7**

Watermelon, cucumber, lime, mint,  
 coconut water  
 320 calories, 18g protein, 6g fat, 21g carbs, 8g sugar

**Spicy Mandarin Mango 7**

Mandarin orange, mango,  
 unsweetened almond milk, agave,  
 cayenne pepper  
 400 calories, 2g protein, 2g fat, 41g carbs, 14g sugar

**Additional complimentary supplements:**

- BSN Syntha-6 whey powder 22g protein
- BSN creatine monohydrate
- Anthony's organic maca root
- Sports Research collagen