



WELLNESS CAFE MENU

SMOOTHIES

SEASONAL SMOOTHIES - \$10

GALAXY BERRY

Strawberries, blueberries, cacao nibs, hemp milk, HH Superfood blend, hemp seeds

MATCHA MAMA

Ceremonial grade organic matcha, oats, banana, mango, almond milk, dates, chia

MINT CHIP

Banana, almond milk, cacao nibs, spinach, avocado, mint leaves, peppermint oil, honey

THE COBBLER

Peaches, banana, oats, almond butter, cinnamon, dates, almond milk, chia

REACH FOR THE CHAI

Dona Chai, banana, dates, raw cacao, Himalayan sea salt, oat milk

THE HEALER

Blueberries, banana, almond butter, activated charcoal, spirulina, flax seeds, hemp seeds, oat milk

\$9

GREEN PEACE

Spinach, pineapple, coconut water, avocado, spirulina, mint leaves, hemp seeds, honey, lemon

PROTEIN DREAM

Banana, dates, maca, plant based protein powder, pumpkin seeds, coconut oil, raw cacao nibs, cinnamon, hemp milk

GOLD MIND

Tahini, dates, pear, banana, HH turmeric blend, hemp milk, bee pollen

Banana, mango, dates, coconut water, spinach, hemp seeds

*ORGANIC INGREDIENTS

*NO SUBSTITUTIONS PLEASE

<p style="text-align: center;">ELIXIRS</p>	<p>GINGER TURMERIC - \$4.50 Cinnamon, turmeric, coconut cream powder, ginger</p> <p>ROOT COFFEE - \$5 Carob, chicory, dandelion, coconut powder, ashwaganda</p> <p>MATCHA - \$4.50 Ceremonial grade organic matcha</p>
<p>HOT OR ICED - *MAKE IT A LATTE \$1 - MILK CHOICES: OAT, ALMOND, OR HEMP</p>	<p>MINT CACAO MATCHA - \$5.50 Ceremonial grade organic matcha, raw cacao, peppermint oil</p> <p>MUSHROOM MOCHA - \$5.50 Chaga, raw cacao, cordyceps, carob</p> <p>HOT RAW CACAO - \$4 Raw cacao, coconut sugar, vanilla, ashwaganda</p> <p>SUPERFOOD BLEND - \$5 Beet, acai, hibiscus</p> <p>DONA CHAI - \$4.50 Purified water, sugar, ginger, cinnamon, green cardamon, organic black tea, molasses, black pepper, cloves</p>
<p style="text-align: center;">MEDICINAL TEAS</p>	<p>HH BLEND Hibiscus, rose, lavender, peppermint.</p> <p>ENERGIZE IT Gingko, gotu kola, peppermint, licorice, yerba mate, rosemary, orange peel, ginger</p> <p>HI VIBE Anise, rose, ginkgo, jasmine, raspberry, peppermint</p>
<p style="text-align: center;">\$3.50</p>	<p>ZEN OUT Linden, passion flower, skullcap, chamomile, kava</p> <p>DE-STRESS Lemon balm, lavender, holy, basil, oatstraw, hibiscus, gotu kola, wood betony</p>

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