



WELLNESS CAFE MENU

SMOOTHIES

\$9

HYDRO BERRY

Strawberry, banana, coconut meat, coconut water, HH Superfood blend, chia

THE COBBLER

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

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

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

SWEET GREENS

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

<p style="text-align: center;">ELIXIRS</p>	<p>GINGER TUMERIC – \$4.50 Cinnamon, turmeric, coconut cream powder, ginger</p> <p>SUPERFOOD BLEND – \$5 Beet, acai, hibiscus</p> <p>MATCHA – \$4.50 Ceremonial grade matcha</p> <p>MUSHROOM MOCHA – \$5.50 Chaga, raw cacao, cordyceps, carob</p>
<p>HOT OR ICED – *MAKE IT A LATTE \$1 – MILK CHOICES: OAT, ALMOND, OR HEMP</p> <p>ADD LILY CBD OIL TO ANY DRINK \$3</p>	<p>HOT RAW CACAO – \$4 Raw cacao, coconut sugar, vanilla, ashwaghandha</p> <p>ROOT COFFEE – \$5 Carob, chicory, dandelion, coconut powder, ashwaghandha</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 hola, peppermint, licorice, yerba mate, rosemary, orange peel, ginger</p> <p>HI VIBE Anise, rose, ginkgo, jasmine, raspberry, peppermint</p> <p>ZEN OUT Linden, passion flower, skullcap, chamomile, kava</p>
<p style="text-align: center;">\$3.50</p>	<p>DE-STRESS Lemon balm, lavender, holy, basil, oatstraw, hibiscus, gotu kola, wood betony</p>