



# WELLNESS CAFE MENU

**SMOOTHIES+  
COOLERS**

## NEW SEASONAL SMOOTHIES - \$10

### ZEN COLADA

Banana, Pineapple, Coconut, Honey, Coconut Oil, Coconut Meat, Maca, Lemon, Oat Milk

### HH SUPERFOOD BOWL

Blueberries, oats, almond butter, banana, HH Superfood Blend, Hemp Milk, Chia

### GREEN LASSI

Mango, Spinach, Honey, Banana, Tahini, Cardamom, Oat Milk, Bee Pollen

## COCO BERRY COOLER - \$7

Coconut Water, Strawberries, Ice, Mint

\$9

### THE COBBLER

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

### MINT CHIP

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

### 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

\*ORGANIC INGREDIENTS

\*NO SUBSTITUTIONS PLEASE

# ELIXIRS

## NEW SEASONAL ELIXIRS

### ROSE CARDAMOM LATTE - \$5.50

Rose, Cardamom, and your choice of milk

### ROSE HOT RAW CACAO - \$5

Raw cacao, coconut sugar, vanilla, ashwaghandha, Rose

### LAVENDER MATCHA - \$5.50

Ceremonial grade organic matcha, Lavender

HOT OR ICED

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\*MAKE IT A  
LATTE \$1

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MILK CHOICES:  
OAT, ALMOND,  
OR HEMP

### MATCHA - \$4.50

Ceremonial grade organic matcha

### GINGER TURMERIC - \$4.50

Cinnamon, turmeric, coconut cream powder, ginger

### ROOT COFFEE - \$5

Carob, chicory, dandelion, coconut powder, ashwaghandha

### MUSHROOM MOCHA - \$5.50

Chaga, raw cacao, cordyceps, carob

### HOT RAW CACAO - \$4

Raw cacao, coconut sugar, vanilla, ashwaghandha

### SUPERFOOD BLEND - \$5

Beet, acai, hibiscus

### DONA CHAI - \$4.50

Purified water, sugar, ginger, cinnamon, green cardamon,  
organic black tea, molasses, black pepper, cloves

# MEDICINAL TEAS + COFFEE

## MEDICINAL TEAS - \$3.50

### HH BLEND

Hibiscus, rose, lavender, peppermint.

### ENERGIZE IT

Ginkgo, gotu kola, peppermint, licorice, yerba mate, rosemary,  
orange peel, ginger

### HI VIBE

Anise, rose, ginkgo, jasmine, raspberry, peppermint

### ZEN OUT

Linden, passion flower, skullcap, chamomile, kava

### DE-STRESS

Lemon balm, lavender, holy, basil, oatstraw, hibiscus, gotu  
kola, wood betony

-INTELLIGINTSIA-

COFFEE: \$2.50

ICED COFFEE: \$3.50

CAFE AU LAIT: \$4.50