



WELLNESS CAFE MENU

**SMOOTHIES +
COOLERS**

NEW SEASONAL SMOOTHIES - \$10

PEAR CRUMBLE

Pear, oats, spinach, dates, cinnamon, cardamom, chia, oat milk

PUMPKIN CHAI

Dona Chai, pumpkin puree, pumpkin spice, cinnamon, maca, pepitas, banana, dates, almond milk

GREEN LASSI

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

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

ZEN COLADA

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

\$9

*ORGANIC INGREDIENTS

*NO SUBSTITUTIONS PLEASE

ELIXIRS

HOT OR ICED

-

*MAKE IT A
LATTE \$1

-

MILK CHOICES:
OAT, ALMOND,
OR HEMP

GINGER TURMERIC - \$4.50

Cinnamon, turmeric, coconut cream powder, ginger

PUMPKIN SPICE GINGER TURMERIC - \$5

Cinnamon, turmeric, coconut cream powder, ginger, pumpkin
spice

ROOT COFFEE - \$5

Carob, chicory, dandelion, coconut powder, ashwaghandha

PUMPKIN SPICE ROOT COFFEE - \$5.50

Carob, chicory, dandelion, coconut powder, ashwaghandha,
pumpkin spice

MATCHA - \$4.50

Ceremonial grade organic matcha

LAVENDER MATCHA - \$5.50

Ceremonial grade organic matcha, Lavender

MINT CACAO MATCHA - \$5.50

Ceremonial grade organic matcha, raw cacao, peppermint oil

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,

MEDICINAL TEAS + COFFEE

MEDICINAL TEAS - \$3.50

HH BLEND

Hibiscus, rose, lavender, peppermint.

ENERGIZE IT

Gingko, 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

-INTELLIGENTSIA-

COFFEE: \$2.50

ICED COFFEE: \$3.50

CAFE AU LAIT: \$4.50

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