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COOL ELIXIRS Lg Rg Strange Love H20 Still/Sparkling 5.57.5 Lemon Lime & Jitters 6 Pressed Juice, Bitters, Reishi Etota Spritz 6 Sparkling H20 Lime Golden Sour 7 Ginger & Turmeric, Agave, Sparkling H20 Iced Matcha 7 Ceremonial Grade w/ Coconut H20, MCT Juno 8 Espresso, Coconut H20, Colostrum, Mesquite, Cinnamon, MCT Higher Being Iced Cacao 7 Cacao, Reishi, Ashwaghanda, Ginseng, Chaga w/ Almond or Coconut Milk COLD PRESSED JUICES 500ml 9 Watermelon, Mint, Lemon Carrot, Apple, Ginger, Turmeric Green Apple, Celery, Lemon Orange 100% Juice

SMOOTHIES

Playa Papaya Papaya, Coconut H20, Vanilla Chai, Maca, Co Peptides, Cinnamon, Hemp Seeds, Cacao Nik Nut Butter, Raw Honey, Coconut Kefir	0
Forever Young Wild Blueberries, Coconut H20, Vanilla Chai Colostrum, Raw Cacao, Creatine, Avocado, M MCT, Raw Honey, Coconut Kefir	, ,
Matcha to Miami Matcha, Coconut H20, Collagen, Pearl Power Seeds, Cacao Nibs, Almond Butter, Avocado, Greens, CBD, Raw Honey	, <u>1</u>
MAAHA Wild Strawberries, Almond Milk/Coconut, Va Chia, Collagen Peptides, Bee Pollen, Lucuma Coconut Kefir, Cinnamon, Maca Nibs, Raw H	, Avocado,
UPGRADES CBD, Creatine, Shrooms, Collagen Peptides, Nut Butter	Colostrum, 1

COFFEE ROASTERS - MARVEL STREET BYRON B	AY		HOT ELIXIRS	
Choose Your Roast Light Roast - Bright, vibrant flavours to kickstart your day Dark Roast - Rich, bold, and full-bodied for a deep, satisfying brew	7		Immunity Ginger, Turmeric, Lemon, Cayenne	4
Yin Espresso / Long Black / Iced Long Black	Rg 4	Lg 5	Golden Teacher [or over Ice] Ginger, Turmeric, MCT, Cinnamon, Almond or Coconut Milk, Cordyceps	7
Yang Mac / Pic / Latte / Flat White / Cap / Moc Organic Cold Drip or Brew 8hr cold extraction	4.5	4.5 4	Higher Dose Chai [or over Ice] House Organic Herbs and Spices, Turmeric, Almond & Coconut Milk	7
Iced Latte Light or Dark Roast with milk of choice		5.5	Higher Being Hot Cacao Cacao, Reishi, Ashwaghanda, Ginseng, Chaga w/ Almond or Coconut Milk	
Butter Bean Long black, Grassed Butter, Colostrum, MCT		7.5	Spike Detox Organic Roasted Dandy, Chicory, Shilajit	7
Ari Sold Double Espresso, Coconut H20, MCT, Lions Mane, Creatine		7.5	Matcha Latte [or over Ice] Ceremonial Grade w/ Almond or Coconut milk	7
ALTERNATIVE MILK 100% Jersey Whole Milk Mandole Almond Mandole Almond/Coconut Organic Oatly Oat Soy Boy		1	UPGRADES Adapt – Espresso, Cacao, Matcha Up/Down – Espresso, CBD Shrooms – Lions Mane, Cordyceps, Reishi, Changa Gut/Skin – Creatine, Colostrum, Collagen Good Fats – MCT, Butter	2 2 1 2 1

FOOD

Our hot & cold bars offer chef-made soul food including organic rotisserie proteins, salads, sandwiches, and wraps all made fresh daily from 8am.

Can't decide on one? Have it all! Our combo plates are priced by weight, so you can load up as little or as much as your appetite desires.

PANTRY / CELLAR

Our pantry is an extension of a life well lived. Connecting you with products defined by quality, sustainability, and ethical sourcing.

Grocery essentials for everyday range from local dairy and deli provisions, to pantry essentials, condiments and much more. We also offer a wide range of celebrated and organic wines to match your next dinner party, long lunch or picnic.

Our space serves as a portal to discover, encouraging exploration, learning, and a deeper connection with every aspect of daily life, offering you an opportunity to make informed choices on what you put in your body, that benefit you forever.

