



ALMOND, COCONUT, OAT, 2%, 10%

HOT DRINKS

	SINGLE	DOUBLE
ESPRESSO / MACCHIATO	4	5.5
	SMALL	LARGE
BREWED COFFEE	3.5	4
AMERICANO (DECAF AVAILABLE)	4	4.5
MCT COFFEE	6	6.5
CAFFÉ LATTE	6	6.5
CAPPUCCINO	6	6.5
MOCHA LATTE	6	6.5
LOOSE LEAF TEAS	4	4.5
DANDY BLEND COFFEE	6	6.5
TURMERIC LATTE	6	6.5
GREEN TEA MATCHA LATTE	6	6.5
CHAI LATTE	6	6.5
CHAGA HOT CHOCOLATE	6	6.5
CITRUS CLEANSE	6	6.5
HIBISCUS PUNCH	6	6.5

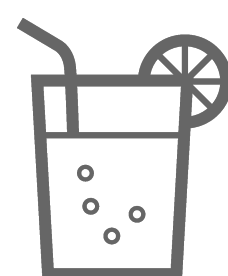
COLD PRESS JUICES (410 ml)

SUNSHINE	Lemon, orange, ginger, carrot.	12.5
BE ACTIVE	Pear, beet, apple, ginger, lemon.	12.5
BE GREEN	Bok chop, spinach, kale, parsley, cucumber, aloe vera, lemon.	12.5
ORANGE		10

BOOSTERS (120ml)

WHEATGRASS
LEMON, GINGER & TURMERIC
E3 LIVE

7



COLD DRINKS

	SMALL	LARGE
ICED CAFFÉ LATTE	6	6.5
ICED MOCHA LATTE	6	6.5
ICED MATCHA LATTE	6	6.5
ICED TURMERIC LATTE	6	6.5
ICED CHAI LATTE	6	6.5
HOMEMADE ICED TEA	5	5.5
HOMEMADE LEMONADE	5	5.5

SMOOTHIES

SMALL LARGE
11 11.5

CROWN AWARE	Acai, dragon fruit, banana, plant based protein, coconut milk. Blue majic, bananas, strawberries, mct oil, plant based protein, oat milk.
CLARITY	Blue majic, banana, plant based protein, vanilla, hemp seed oil, almond milk.
LOVE	Avocado, spinach, spirulina, maple syrup, plant based protein, cacao, almond milk.
POWER SACRED ROOT	Passion fruit, mango, vanilla, coconut milk. Pineapple, banana, passion fruit, strawberries, coconut milk. Pitaya, pineapple, acai, lemon, strawberries.
IRONBOOST RECOVERY	Broccoli, mango, pineapple, banana, spinach, orange. Almond butter, raw cacao, banana, maple syrup, plant based protein.
PACHAMAMA	Almond butter, banana, vanilla maple syrup, chaga, salt.

**ADD TO YOUR SMOOTHIE

MACA POWDER	2	ASHWAGANDHA	2
MORINGA POWDER	2	HEMP SEED OIL	2
MCT OIL	2	SPIRULINA	2
CAMU CAMU	2	BLUE MAJIC	2
BEE POLEN	2	PLANT PROTEIN	3

OUR BRUNCH MENU INCLUDES
BREW COFFEE OR TEA & CHIA PUDDING

BRUNCH SATURDAY & SUNDAY UNTIL 2 PM

***GLUTEN FREE OPTIONS AVAILABLE

***TOFU CAN BE SUBSTITUTED FOR SCRAMBLED EGGS

SOMBRERO PLATTER 25

Two pancakes, scrambled eggs with your choice of grilled vegan sausage or tempeh bacon, sprouted grain toast, hash browns, jam and house salad.

MEXICAN OMELETTE 22

Two eggs, soy chorizo, roasted red pepper, potatoes, spinach and chipotle sauce. Served with tortillas, refried beans and house salad.

CHILAQUILES 22

Corn Chips simmered in red or green sauce, kale, onions, cheddar cheese, vegan sour cream, avocado. Served with two sunny side up eggs.

TOSTADAS 22

Two crispy corn tortillas, topped with refried beans, scrambled eggs, romaine, vegan sour cream, red sauce, avocado. Served with a hash brown.

Banana **PANCAKES (3PC)** 18
Served with MAPLE SYRUP & FRESH FRUIT

Classic
Apples and Cinnamon
Crazy berries
Chocolate Almond and Strawberries

***ADD-ONS

VEGAN SOUR CREAM	2	CHICKPEAS	2
REFRIED BEANS	2	CHIPOTLE MAYO	2
GUACAMOLE	3	HASH BROWN	3
RED OR GREEN SAUCE	3	EGG OR TOFU	3
AVOCADO	3	CHEDDAR	3
SAUSAGE OR TEMPEH	3	PANCAKE	6