

nourish

WELLNESS BAR

MOCKTAILS

SUPERBELLY HIBISCUS MARGARITA | \$10

prebiotics and probiotics with a traditional margarita inspired flavor and hibiscus twist

THE BEE'S KNEES | \$10

boost your immune system with a lavender honey mocktail topped with bee pollen

ZERO-PROOF APERITIVO | \$10

our favorite blood orange spritz me cocktail with zero alcohol

ITALIAN SODA REFRESHER | \$10

choice of lavender, lemon, blood orange, or rose

PULSE POTION | \$10

cordyceps, beet, chaga, and siberian ginseng to give a natural energy boost

COCKTAILS

HIBISCUS MIMOSA | \$12

CUCUMBER DREAM | \$15

cucumber vodka, demerara juice, lemon juice, and cardamom

THE EMPRESS | \$15

lychee liquor, violet fog, and lemon juice spritz

PROSECCO PARTY | \$15

lemoncello, lemon juice spritz, raspberry sorbet, prosecco

GIN BLOSSOM | \$15

lemon gin, st. germain liqueur, rose syrup and lavender

COLLAGEN COOLER | \$15

grapefruit hibiscus tequila, collagen elixir, blood orange juice

GOLD FASHIONED | \$15

frey ranch bourbon, luxardo cherry liqueur, chickory pecan bitters, barrel-aged

MAI TIME | \$15

kasama rum, orange juice, pineapple juice, and blood orange juice, a dark rum float

SPRITZ ME | \$14

wine or prosecco and a splash of soda *choice of aperol and prosecco or limoncello and sauvignon blanc*

MARTINI TWIST AND SIP | \$15

choice of lavender lemon or espresso

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WINE

BUBBLIES | \$10 / \$35

choose from prosecco, peach bellini, or Dolce Vita Sparkling Rose

SEASONAL REDS | \$12 / \$40

SEASONAL WHITES | \$12 / \$40

HOT DRINKS

LATTE | \$8

espresso, matcha, chai, lavender, or seasonal options served iced or hot

SUPERFOOD LATTES | \$9

Specialty blends of adaptogenic herbs, turmeric, coconut, chaga mushroom, astragalus and medicinal mushrooms to improve body and mind function

SILK COCOA ELIXIR

lions mane, maca powder, cayenne, nootropics, and raw cacao to relive inflammation, digestive stress and stiffness

GOLDEN MILK LATTE

mental clarity and focus

CEREMONIAL MATCHA

moringa tea leaves, cordyceps, holy basil, and gotu kola for resilience stamina, and vigor

ROSE CHAI

ground rose petals, reishi mushrooms, ashwagandha, and shatavari for hormone support, deep relaxation

SPIKED CREAM COFFEE | \$8

espresso, baileys liqueur, oat or almond milk

HOT TODDY | \$10

apple spice tea, lemon or cinnamon apple infused vodka

HOT TEA | \$8

choice of tea forte blueberry, raspberry, or chamomile

ELYSIAN TEA | \$9

loose leaf tea infused with nootropic creamer for optimal brain function, choice of oat or almond milk.

JUICE

GREENS | \$10

fresh cold pressed celery, beet, spinach

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SMOOTHIES

CHA CHA CHAI | \$12

banana, dates, oat milk, plant-based protein powder, almond butter, chai, vanilla (16g of protein)

BLACK FOREST | \$12

organic cherries, banana, cocoa nibs, oat milk, plant-based protein powder (13g of protein)

BERRY BANANA | \$12

organic berry mix (raspberry, blueberry), banana, oat milk, plant-based protein powder (13g of protein)

TROPICAL GREEN | \$12

pineapple, mango, coconut, spinach, plant-based protein powder (13g of protein)

ESPRESSO YOURSELF | \$12

espresso shot, cold brew coffee, dates, bananas, coconut, plant-based protein powder (13g of protein)

extra scoop of protein | \$5

WELLNESS ENHANCEMENTS

CBD WELLNESS SHOT | \$10

30mg cold-pressed full-spectrum CBD mixed with ginger, ashwagandha, cordyceps, and lion's mane

RED JUICE BOOST (ENERGY) | \$5

ALLERGY LIBERATION DROPS | \$5

DOSE FOR SKIN | \$5

DOSE FOR SORENESS | \$5

DOSE FOR IMMUNITY | \$5

AG-I BOOST | \$7

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LIGHT BITES

BREAKFAST BURRITO | \$7

BREAKFAST SANDWICH | \$8.50

PASTA SALAD | \$8

SANDWICHES - VARY BY SEASON | \$12

SEASONAL GREEN SALAD | \$15

HUMMUS VEGGIE PLATE | \$15

ELEVATED CHARCUTERIE | \$30

SEASONAL WRAP | \$10

SWEET BITES

SEASONAL PASTRY | \$6

LAVA CAKE | \$9

Please note that all of our food and beverage options are based seasonal offerings and availability. For this reason, your food options may change day to day. Ask your bartender for their current options before ordering!