

# SMOOTHIES & FRAPPES

**Chia Seeds (.25), Flax Seed (.25), Moringa Powder (.50), Plant Protein (.90), Honey (.20), Cacao (.25), Matcha (.75), Coconut Flakes (.25), Mushroom Powder (2), Super Greens (.90)**

## JUST FRUIT 8

### TROPICAL BLISS

Mango, pineapple, banana, coconut water, agave

### BERRY BANANA BLAST

Blueberry, strawberry, raspberry, banana, spring water, agave

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## CAFFINATED 8.50

### FROZEN LATTE

Iced house coffee, banana, dates, milk

### BREAKFAST CHAI

Chai tea, bananas, dates, oats, milk

### MATCHA ON THE BEACH

Matcha green tea, vanilla syrup, mango, dates, coconut water

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## VITALITY SHAKES 9

### THE POWERHOUSE

Peanut butter, banana, cacao, oats, chia seeds, plant protein, milk

### SUPERGREENS

Spinach, kale, wheat grass, spirulina, moringa, chlorophyll, coconut water, kiwi, pineapple

# CAFÈ

## ESPRESSO DRINKS

12oz/16oz

CAFFÈ LATTE	3.00/3.35
CARAMEL MOCHA	4.00/4.35
DOUBLE	2.25
AMERICANO	2.50/2.85
CAPPUCCINO	3.00/3.35
DIRTY CHAI MASALA	5.25/5.60

## VITAL LATTES 12oz/16oz

## SPECIAL TEAS 3.25/3.55

MUSHROOM	4.50/4.85
GOLDEN MILK*	3.25/3.60
MACA, REISHI, CHOCOLATE, ASHWAGANDHA*	3.60/3.95
CHAI MASALA	3.60/3.95
LAVENDAR BUTTERFLY PEA FLOWER*	3.50/3.85
MATCHA GREEN TEA	3.75/4.10

### CHILL LAX\*

PEPPERMINT, LAVENDER,  
CHAMOMILE

### HUG IN A MUG

ORANGE, CINNAMON, CLOVE,  
ROSE HIP, BLACK TEA

### LES FEMMES\*

RASPBERRY LEAF, GREEN TEA,  
HIBISCUS, JASMINE FLOWER

### SPICY SOUTHERN

GRATED GINGER, PEACH, BLACK  
TEA, PEPPERMINT, LEMON

## HERBAL TEAS 2.75/3.10

BLACK TEA, EARL GREY, PASSION\*, JASMINE GREEN TEA, CHAMOMILE\*,  
LAVENDER\*, RASPBERRY LEAF\*, HIBISCUS\*, PEPPERMINT\*

\*UNCAFFEINATED

# Drinks

## M O C K T A I L S

### **Berry Citrus Sunrise 5**

Cranberry juice, strawberry puree, blood orange soda, lime wedge

### **Pineapple Kiwi Mock-jito 6**

Pineapple juice, fresh kiwi, mint, lime, sparkling water, agave

### **Rootbeer Float 5**

Flavors: root beer, vanilla kola, cherry kola (contains coconut)

## B U B B L E S 1 2

### **Red Tea Spritzer**

Sweet red, hibiscus flower, cranberry juice, sparkling water

### **Sunset Shandy**

Wheat beer, blood orange soda, grapefruit juice, squeeze of lemon

### **Lemongrass Spritzer**

Pinot Grigio, lemongrass soda, lemon wedge

### **Shirley's Ale 5**

Ginger ale, pomegranate juice, cherry syrup

### **Spicy Mango Passion Kombucha 7**

Fresh mango, jalapeño, passion fruit puree, lime juice, organic spicy honey and chili lime seasoning on the rim

### **Tropic Cooler 6**

Lemongrass soda, coconut, ginger beer, fresh lime, sugar cane stalk

### **Key Lime Pie Mimosa**

Champagne, lime juice, coconut sparkling water, coconut cream

### **The Blue Ridge**

Hard apple cider, butterfly pea flower, lavender syrup, cinnamon stick

### **Berry Sangria**

Cabernet Sauvignon, blueberry syrup, blood orange soda, crushed berries, sparkling water