

COLD-PRESSED ORGANIC JUICES

8 OUNCES 6 • 12 OUNCES 8.25 • 16 OUNCES 10

FLOW

kale • collards • cucumber • pineapple • lemon

LUSH

kale • collards • cucumber • spirulina • lemon

SURGE

carrot • apple • orange • ginger • lemon

SHINE

orange • grapefruit • turmeric • ginger

ELECTRIFY

beet • pineapple • cucumber • apple •
turmeric • ginger • lemon

REVIVE PURE HYDRATOR

maple sap • orange • pineapple • lemon •
ginger • activated charcoal

HYDRATE PURE HYDRATOR

coconut water • lemon • lime • maple syrup •
sea salt • blue majik

CHAMPION BLENDED NUT MYLK

cashews • dates • maple syrup • vanilla •
cinnamon

STRAWBERRY FIELDS BLENDED NUT MYLK

cashews • strawberries • beets • dates •
maple syrup

SEASON'S SPLASH

please ask your server about the special juice
for this month

LEGEND

-  contains nuts
-  spicy item
-  contains gluten
-  MealShare. Buy one, give one.

FRESHLY SQUEEZED

8 OUNCES 5 • 12 OUNCES 7.5

APPLE
ORANGE
GRAPEFRUIT
PINEAPPLE

ELIXIRS

E3COCO 4

e3Live • coconut water

PROTECTOR 3

turmeric • ginger • pineapple • black pepper
(+) oil of oregano 2

CLEANSE 3

aloe vera • cucumber • lemon • coconut water •
blue majik

TUMMY TONIC 2.5

ginger • apple cider vinegar • lemon •
maple sap

GREEN ENERGY 2.5

kale • collards • cucumber • e3Live

MASTERFUL 2.5

maple sap • lemon • cayenne • maple syrup

FROM SCRATCH

We are proud to be a scratch kitchen.
All menu items are made fresh, using whole natural ingredients.

SMOOTHIES

16 OUNCES

GRATITUDE 7

almond milk • strawberry • banana • dates

SOOTHED 6

coconut milk • peach • spinach • banana

FUNKY MONKEY 6

chocolate almond milk • chilled espresso •
strawberry • banana

COMMUNITY MP

new community partner = new great smoothie

BOHEMIAN 7

almond milk • blueberry • banana • almond butter

STRONG 7.5

pineapple juice • orange juice • mango • banana

OASIS 9

orange juice • mango • spinach • cilantro • mint

EPIC 8

coconut milk • dates • cinnamon • banana •
espresso • almond butter

give it a boost

- (+) maca 2
- (+) spirulina 2
- (+) raw cacao 2
- (+) chia seeds 2
- (+) acai 2
- (+) nut butter 2
- (+) espresso shot 3

make it a meal

- (+) protein powder 3
- (+) meal replacement 3
- (+) avocado 3
- (+) GoodStuff Chocolate Chaga Mix 3

ADDITIONS

maca

natural adaptogen • helps the body cope with
stress • promotes libido and sexual function •
contributes to healthy immune system and
overall health of bones, teeth and eyes

acai

rich source of antioxidants • rich in dietary
fiber, calcium, iron, vitamins E & A and
amino acids

raw cacao

rich source of antioxidants • great source of
iron and magnesium • natural mood elevator
and anti-depressant

chia seeds

helps maintain consistent blood sugar levels •
packed with omega-3 fatty acids • high in
dietary fibre • good source of calcium for the
maintenance of bone and oral health, and
prevention of osteoporosis

spirulina

a complete protein • rich source of vitamins,
copper, iron, and antioxidants • helps the body
resist environmental allergens

GoodStuff Chocolate Chaga Mix

boosts energy levels • helps maintain mental
focus and clarity • easily digested complete
protein • supports immune system • rich
source of nutrients • phytonutrients

protein powder

helps build and repair muscle • good for pre-
and post-workout • promotes protein synthesis
• live probiotics and enzymes • vitamins A, D, E
and K • supports digestive health

meal replacement

contains 26 raw organic sprouts, seeds, and
grains • excellent source of 19 vitamins and
minerals • rich source of protein 13g per
serving • good source of natural fiber • helps
build strong muscles, antibodies, and repair
body tissue

LOCATIONS

340 Elgin Street (613) 233-7873
357 Richmond Road (613) 680-5500

CAFFEINE & CO.

DRIP COFFEE 2.25

ESPRESSO 2.75

AMERICANO 2.75

FLAT WHITE 3.5

CAPPUCCINO 3.5

LATTE 4

MACCHIATO 3

BULLET COFFEE 4

HAPPY GOAT COLD BREW 4.5

HOT CHOCOLATE 4

MATCHA LATTE 4

SPICED APPLE CIDER 6

ASSORTED TEA 2.5

GOLDEN MILK 4

almond milk • protector elixir • honey • cinnamon

OTHER

HARVEY AND VERN'S SODAS 3

KOMBUCHA BOTTLE 3.5

KOMBUCHA ON TAP *ELGIN ONLY 5

COCONUT WATER 3

CHOCOLATE ALMOND MILK 2.5

LEMONADE 2.5

ICED TEA 2.5

FLOW ALKALINE WATER 3

SAN PELLEGRINO SMALL 2.5 • LARGE 6

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