

# HOT TEA

12 OZ  
20 OZ

## Caffeinated

- Apple Spice
- Apricot
- Assam
- Black Vanilla
- Chocolate Chai
- Darjeeling
- English Breakfast
- Firefly Chai
- Green Earl Gray
- Green Sunrise
- Jasmine Green
- Kumaona White
- Mango Ceylon
- Napalese Black
- Oolong
- Orange Spice
- Peach Cookie Genmaicha
- Sencha Green
- Spring Green
- Study Time
- Turmeric Golden Chai
- Tropical Guayusa
- Vanilla Rooibos
- White Peony
- White Silver Needle

## Wellness Shots

1. Ginger Turmeric
2. Elderberry
3. Fire Cider

## Non Caffeinated

- Berry Basil Lemonade
- Bone
- Chamomile
- Chamomile & Lavender
- Chill VibeZ
- Detox
- Echinacea & Elder
- Flashes (Hot flashes)
- Headache
- Hibiscus High
- Immunity
- Joint Pain
- Lemon
- Lemon & Ginger
- Memory Zest
- Mint
- Moon Ease
- Orange Cream
- Respiratory
- Sore Throat
- Turmeric Ginger
- Tummy
- Winter Spice
- Womens Balance

## CBD Tea

1. Tulsi Ashwaganda
2. Peppermint
3. Chamomile
4. Hibiscus

# Signature Iced Spritz

Lemon Ginger or Elderberry

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## Mushroom Coffee

Add flavor

## House Latte

Matcha

Matcha Mushroom

Mushroom

Chai

Sub: Oat or whole milk

## Mushroom Matcha Coffee

Add flavor

## Iced Tea

Add wellness shot

## Starbucks Iced Coffee

Brown Sugar & Pumpkin Spice

Brown Sugar & Cinnamon

Sugar Cookie

Mocha Peppermint

Salted Caramel

Pistachio Cream

## Iced U Relax

Mixed Berry or Pineapple

## Hot Chocolate

Oat or whole milk

Add flavor

Vanilla, Hazelnut, Caramel, Pistachio,  
Pumpkin, Raspberry, Peppermint,  
Salted Caramel, Sugar Cookie  
or Peppermint Bark.

\*\*All made with almond or oat milk and brown sugar\*\*

# Protein shakes

## Chocolate

Banana, almond milk, chocolate protein

## Chocolate PB

Banana, almond milk, PB, chocolate protein

## Chocolate Caramel Sea Salt

Banana, almond milk, caramel sea salt protein

## Chocolate Strawberry

Banana, almond milk, strawberry protein

## Chocolate Mushroom Coffee (48mg caffeine)

Banana, almond milk, chocolate protein,  
mushroom coffee

## Cookies & Cream

Banana, almond milk, cookies & cream protein

## Iced Coffee (6mg caffeine)

Banana, almond milk, iced coffee protein

## Strawberry

Banana, almond milk, strawberry protein

## Vanilla

Banana, almond milk, vanilla protein

# Smoothies

## PB & Jellz

Strawberry, banana, agave, almond milk

## Strawberry Banana

Strawberry, banana, agave, almond milk

## Ruth's Super Fruit

Blackberry, blueberry, raspberry, acai,  
elderberry syrup, banana, almond milk, agave

## Very Berry

Black berry, blueberry, raspberry, acai,  
almond milk, agave

add protein : chocolate or vanilla



All smoothies  
made with real  
fruit!





# *Healthy Holiday Lunch*

## White Bean & Greens Soup

Tuesday, Wednesday and Thursday

December 19-21st

*Green Sugar Leaf*  
F A R M S<sup>TM</sup>

**Featuring Healthy in a Hurry**



CONCOURSE, SUITE 111  
BETWEEN KEYBANK AND BROADVIEW