



COLD-PRESSED JUICE

SPICY GREEN | cucumber, kale, jalapeño, pear, cilantro **10**

SWEET GREEN | cucumber, celery, apple, lemon, pineapple **10**

BEET | beet, cucumber, lime, apple, orange, mint **10**

CARROT | carrot, apple, sweet potato, lemon, ginger, cinnamon **10**

NUT MYLK | seasonal offerings **10**

ORANGE | 100% unpasteurized orange juice **4**

Warning: cold pressed juices have not been pasteurized & therefore may contain harmful bacteria that can cause serious illness in children, the elderly & persons with weakened immune systems.

SMOOTHIES

ONE | peanut butter, blueberry, banana, raw cacao **7**

TWO | cherry, vanilla, banana, mesquite, cinnamon **8**

THREE | almond butter, raw cacao, banana, dates, cinnamon, maca, espresso **9**

FOUR | pear, kale, almond butter, banana, cinnamon **7**

FIVE | avocado, apple, banana, celery, kale, maca, ginger, flax seeds, hemp seed oil **10**

SIX | matcha, maca, mint, banana, avocado, cacao nibs, kale, protein **12**

SEVEN | turmeric, ginger, cinnamon, coconut oil, banana, mango, black pepper **10**

ADD-INS | chia seeds, hemp seeds, flax seeds, coconut oil, hemp seed oil, maca, mesquite, spirulina, cacao nibs, goji berries, avocado (+2), peanut butter, almond butter, espresso, plant-based protein **.75**

COFFEE & TEA

latte **4 / 4.5**
 mocha **4.25 / 4.75**
 americano **3 / 3.25**
 double espresso **2.75**

fresh brewed coffee **2.5 / 3**
 cold brew **4 / 4.75**
 french press **4 / 6.5 / 9.75**
 hot chocolate **3.5 / 4**

housemade chai **4.5 / 5.25**
 dirty chai **5.25 / 5.75**
 matcha maca latte **4.5 / 5.25**
 golden turmeric latte **4.5 / 5.25**

hot ginger tea **3**
 wellness toddy **4.75**
 hot tea **3 / 4.5 / 7**
 iced tea **3**
 Living Vitalitea kombucha **4.75/10/13**

organic milks | whole, skim, almond, hemp (+.6)

extra espresso shot **.75**

SHOTS

SANCTUM SHOT | ginger, turmeric, lemon, cayenne, coconut oil, cinnamon, raw local honey **2.5 / 4**
anti-inflammatory, digestive support, allergy support

E3 LIVE | the most nutrient-dense food known to mankind **2.5 / 4**
energy, immune support, digestive support, healthy skin

FLU SHOT | elderberry, ginger, cinnamon, cloves, coconut oil, agave **2.5 / 4**
immune support, heart health, antioxidant

FIRE SHOT | ACV, lime, grapefruit, orange, jalapeño, serrano, cilantro **2.5 / 4**
detoxifying, digestive support, anti-candida

COCKTAILS

SPICY SPIKED CHAI | steamed housemade chai, allspice liqueur, cinnamon, cayenne **8**

MIMOSA | st. hilaire brut, cold pressed pineapple-ginger or orange-turmeric juice **9**

THE LOVEBIRD | grüner veltliner, kombucha, sake **10**

CHAMBUCCI | st. hilaire brut, kombucha **9**

BERRY BELLINI | st. hilaire brut, ruby port, elderflower liqueur, fresh berries **10**

KOMBURITA | soju, kombucha, fire shot, agave **10**

SUNDAY ONLY

SEASONAL SANGRIA | **7**

AFFOGATO | homemade cashew ice cream, locally roasted espresso, seasonal liqueur **8**