

SIPS

Coffee
Juices
Smoothies

COFFEE & TEA

BREWED COFFEE 8oz 12oz 16oz	\$3.50 4.00 4.50	FRENCH PRESS 12oz	\$6.50
AMERICANO 8oz 12oz 16oz	\$4.00	CAFE MOCHA 12oz 16oz	\$5.75 6.25
POUR OVER 12oz	\$6.50	CHAGACCINO 12oz 16oz	\$8.50 9.00
ESPRESSO Double	\$4.00	CHAGA MATCHA 12oz 16oz	\$8.50 9.00
MACCHIATO Double	\$4.50	COLLAGEN CRUSH 12oz 16oz	\$8.50 9.00
CORTADO Double	\$4.75	REISHI CACAO 12oz 16oz	\$7.50 8.00
FLAT WHITE 6oz	\$5.00	FRAPPUCCINO 16oz 20oz	\$8.50 9.00
CAPPUCCINO 8oz 12oz	\$5.00 5.50	MATCHA LATTE 12oz 16oz	\$6.50 7.00
LATTE 12oz 16oz	\$5.50 6.00	CHAI LATTE 12oz 16oz	\$6.50 7.00
ICED LATTE 16oz 20oz	\$6.00 6.50	LONDON FOG 12oz 16oz	\$5.00 5.50
COLD BREW 16oz 20oz	\$5.00 6.00	HOT CHOCOLATE 12oz 16oz	\$4.00 4.50

DECAF | We Have Decaf Espresso Available

ICED | Comes in 16oz or 20oz +0.50

NON-DAIRY | Oat Milk, Almond, Coconut, & Soy + \$1.50

DAKIN GRASS-FED | Whole, 2%, Skim, & Half & Half

LOOSE LEAF TEA

ORGANIC SARASOTAN BREAKFAST BLEND 12oz 16oz	\$4.50
ICED PASSION TEA 12oz 16oz	\$4.50
ORGANIC SENCHA GREEN TEA 12oz 16oz	\$4.50
ORGANIC PEPPERMINT 12oz 16oz	\$4.50
ORGANIC EARL GREY 12oz 16oz	\$4.50
MOTE BEACH TEA 12oz 16oz	\$4.50
GOJI GREEN TEA 12oz 16oz	\$4.50

TEAS | Can Be Iced or Hot

TEAS | From the Local Tea Company

COFFEE

Comes From a Family Farm in Northern Nicaragua, Established in the 1880s. Grown at High Altitude, the Beans Are Organic, Specialty Grade, & Shade-Grown for Rich, Chocolatey Flavor. The Farm Practices Sustainability, Supports 200 Local Families, & Promotes Fair, Ethical Business. We're Proud to Share With You Their Coffee in a Variety of Roasts.

SYRUP FLAVORS +0.25

Classic: Vanilla, Caramel, Hazelnut, Maple Syrup

Island & Floral: Coconut, Raspberry, Lavender, Macadamia Nut

Chocolatey Goodness: Mocha & White Mocha

Sugar-Free: Vanilla & Caramel

COFFEE CUBES +1.00

Add to Any Iced Coffee to Keep Your Drink Strong & Flavorful as it Melts, but is Never Watered Down.



RENUDE BEVERAGES

CHAGACCINO

A Smooth, Jitter-Free Coffee Boost With Immunity & Anti-Aging Benefits. Chaga, Cacao, Cinnamon, & Monk Fruit Sweetener. Severed With Two Shots of Espresso & Almond Milk.

CHAGA MATCHA

Discover a Matcha Blend Powered By Wild-Foraged Chaga For Calm, Focused Energy With No Crash. Made With Ceremonial Matcha, Chaga, Organic Cacao, Ceylon Cinnamon, & Monk Fruit Sweetener. Served With Almond Milk.

COLLAGEN CRUSH

Boost Your Day With A Smooth, Subtly Sweet Protein Latte With 10g of Protein Per Serving. Made With Collagen Peptides, Ashwagandha, Lion's Mane, Real Vanilla, & Coconut Sugar. Served With Two Shots of Espresso & Whole Milk.

REISHI CACAO

Wind Down With Reishi Cacao, a Calming Upgraded Hot Chocolate. Made With Organic Peruvian Cacao, Reishi Mushroom, Organic Coconut Sugar, & Monk Fruit Sweetener. Served With Milk of Choice.

SMOOTHIES

MY CHOCOLATE FIX Peanut Butter, Cacao Powder, Cherries, Honey, Banana, & Almond Milk	\$12.00
CLASSIC SMOOTHIE Strawberry, Banana, & Almond Milk	\$11.50
BREAKFAST SMOOTHIE Strawberry, Banana, Chocolate Whey Protein Powder, Peanut Butter, Oats, & Almond Milk	\$12.50
ANTI-INFLAMMATORY Mango, Pineapple, Spinach, Banana, Cinnamon, Nutmeg, Honey, Spirulina, Orange Juice, & Almond Milk	\$13.50
THE REFRESHER Peaches, Raspberry, Banana, Honey, Vanilla, Collagen, & Almond Milk	\$13.50
POWER HOUSE Banana, Strawberry, Blueberry, Cherry, Almond Milk, & Vanilla Protein	\$13.50
MANGO TANGO Mango, Pineapple, Lime, Vanilla Collagen, Honey, & Almond Milk	\$13.00

NON-DAIRY | Oat Milk, Almond, Coconut, & Soy + \$1.50

DAKIN GRASS-FED | Whole, 2%, Skim, & Half & Half

PROTEIN | Whey Protein, Vegan Protein, Collagen, Matcha + \$1.50 (Vegan & Whey Protein Served in a 20oz Cup)

JUICES

SUPER GREENS Spinach, Apple, Cucumber, Ginger, Lemon, & Celery	\$10.50 12.50 14.00
SPICY LEMONADE Lemon, Apple, Ginger, & Cayenne	\$10.50 12.50 14.00
HEALTHY HEART Beets, Apple, & Celery	\$10.50 12.50 14.00
HAPPY GUT Pineapple, Apple, Cucumber, & Aloe	\$10.50 12.50 14.00
THE HYDRO Watermelon, Cucumber, Lemon, & Ginger	\$10.50 12.50 14.00

SIZES | Juices: 12oz, 16 oz, or 20oz

BAKED GOODS

SOURDOUGH LOAF	\$20.00
COFFEE CAKE	\$7.50
REGULAR CINNAMON ROLL	\$6.50
CHOCOLATE ALMOND CROISSANT	\$5.55
CROISSANT	\$5.05
SCONES	\$3.50
ASSORTED SEASONAL MUFFINS	\$4.00
BANANA BREAD	\$3.75
COOKIES	\$3.50
BAGELS	\$3.50

GF | Ask About Our Gluten-Free & Vegan Options

SPECIALS | Check Out Our Specials Board for More Breakfast & Lunch Options

BREAKFAST & LUNCH

ACAI BOWL Peanut Butter, Homemade Granola, & Honey	\$14.75
<i>Pick 3: Strawberry, Blueberry, Raspberry, Pineapple, or Banana</i>	
<i>Choose Topping: Coconut Flakes, Hemp Seeds, Goji Berries, Cacao Nibs, or Chia Seeds</i>	
NUTELLA CRUNCH Freshly Baked Bread with Nutella, Strawberries, & Homemade Granola	\$12.00
BANANA TOAST Freshly Baked Bread, Almond Butter or Peanut Butter, Bananas, Cinnamon & Agave Drizzle	\$12.00
QUICHE Changes Weekly	\$9.00
<i>Served With an Arugula Salad, Substitute Side of Fruit +2.00</i>	
THE UNHEALTHY SCRAMBLE Three Egg Scramble With Turkey Bacon, Cheddar Cheese, Tomato, Cilantro, & Chimichurri	\$12.50
HEALTHY SCRAMBLE Egg Whites Topped With Tomato, Half an Avocado, Chimichurri, & Cilantro	\$12.50
AVOCADO TOAST Freshly Baked Sourdough Bread, Avocado, Lime, Cilantro, & Balsamic Glaze	\$11.25 15.00
<i>Toast: Single Double</i>	
ENGLISH MUFFIN SAMMY English Muffin, Bacon, Egg, & Cheese	\$7.00+
<i>Sub Bread for Additional Charge, Your Choice: Croissant, Bagel, or Sourdough</i>	
BAGEL SAMMY DELUXE Bagel, Egg, Cheese, Sausage, Avocado, & Spicy Mayo	\$12.00
CROISSANT SAMMY Freshly Baked Croissant Sandwich With Ham, Cheese, Hollandaise, & Pesto	\$9.25
<i>Add Egg For Additional Charge +1.50</i>	
BAGEL & LOX Cream Cheese, Tomatoes, Smoked Salmon on a Toasted Everything Bagel Topped With Pickled Onions & Capers	\$13.50
SUNRISE BURRITO Egg, Cheese, Rice, & Beans With Salsa Verde on the Side	\$11.00
<i>Add Toppings for Additional Price: Egg Whites, Bacon, Sausage, Ham, Turkey, Smoked Salmon, Shredded American Cheese, Avocado, Spinach, Tomato, Pickled Onion, Chimichurri, Cilantro, Lime, Spicy Mayo, Hot Sauce</i>	
MEXICAN BURRITO Quarter Pound Ground Beef, Rice, Egg, Tomato, Avocado, Cheese, Black Beans, With Sour Cream, & Salsa Verde on the Side	\$17.50
THE HEATHER SPECIAL Turkey, White Cheddar, Pesto, Tomato, & Avocado Sandwich on Freshly Baked Sourdough Bread	\$10.50
<i>Served With Chips, Substitute Side of Fruit +2.00</i>	
BLT Bacon, Lettuce, Tomato, Egg, Cheese, Mayo on Toasted Sourdough Bread	\$11.00
CHICKEN SALAD CROISSANT House-Made Chicken Salad & Lettuce on a Fresh Croissant	\$11.00
BOWL OF FRUIT Seasonal Assortment	\$7.00
EGG Add Egg to Any Sandwich for +1.50	
GF Gluten-Free Toast Available +2.50	
TOAST Side of Toast Available +1.50	