



# THE NORTHWEST WELLBEING HUB

"WHERE WELLNESS FLOURISHES, LIVES THRIVE"

## COFFEE

COWS MILK, ALMOND MILK, OAT MILK

FILTER COFFEE 3.00

COCOA NIB MOCHA 3.50



## LONDON NOOTROPICS

FLOW ADAPTOGENIC COFFEE 2.50

ZEN ADAPTOGENIC COFFEE 2.50

MOJO ADAPTOGENIC COFFEE 2.50



## TEA

TEA 2.50

DECAF 2.50

GREEN 2.50



## LIFE SEED BOTANICALS

MENS HEALTH TEA 3.50

WOMANS HEALTH TEA 3.50

\*\*ADD SUPPLEMENTS\*\*

WILDS CRAFTED SEA MOSS 2.50

SHILAJIT 2.50

CBD FULL SPECTRUM 30% 2.50



## SMOOTHIES

TROPICAL 3.50

Pineapple & Mango chunks, Coconut water, Icelandic yogurt, Chia Seeds & Crushed ice.

BERRY BLISS 3.50

Mixed berries, Banana, Icelandic yogurt, honey, Milk & Crushed ice

GREEN ORCHARD 3.50

Broccoli, Spinach, Mango, Apple, lime Juice & Crushed ice

BOLTIVATOR 4.50

Banana, Blueberries, Chia seeds Oats, Nut butter, Honey, Icelandic Yogurt, milk, Protein, Crushed ice

ADD SUPPLEMENTS 2.50

PROTEIN

SEA MOSS

CBD



FRUIT & SEED FLAPJACK 3.50

BROWNIE 3.50

LOADED YOGURT POTS 5.50

MIXED BERRIES, ICELANDIC YOGURT, OATS, CHIA SEEDS, FLAXSEEDS, AND SWEET HONEY, A TAPESTRY OF NUTRITION, A MAGICAL START TO YOUR DAY.