

## **HOT DRINKS - Teas, Tonics, Coffee & Cacao**

**Dandelion Latte** dandelion, rye, chicory, barley blend, with house-made pecan milk & raw local honey (opt) 4 V

**FH Turmeric MATCHA Latte** ceremonial grade matcha, turmeric, cinnamon, cardamom, black pepper, pecan milk, coconut oil, structured water, raw local honey (optional, but recommended) 6 V C

**FH Turmeric Tulsi CHAI** ginger, turmeric, cardamom, cinnamon, cloves, black pepper, holy basil / tulsi, coconut oil, raw local honey 5 V

**Longevity Tea** Dragon Herbs; gynostemma infused with extracts of luo han guo, schizandra, lycium, astragalus, and eleuthero 4 V

**FH Love Tea Blend** roasted dandelion & burdock root, holy basil tulsi, rooibos / 4 w pecan milk & raw honey **Latte** / 5 V

**FH Immunity Blend** – echinacea leaf, thyme, green leaf stevia, hawthorn berry 4 V

**Mushroom Coffee** – chaga, cordyceps, instant coffee / 4 Latte / 5 V C

**Mushroom Hot Cacao** – reishi, cacao, stevia / 5 V

**Three Immortals** – reishi, ormus, shilajit, pecan milk, raw local honey (opt) 5.50 V

**Super Jing Adrenal Tonic;** tonic herbs, pecan milk, raw local honey (opt) 5.50 V

**Women's Complete Tonic;** tonic herbs, pecan milk, raw local honey (opt) 5.50 V

**High Altitude Adaptogen;** tonic herbs, pecan milk, raw local honey (opt) 5.50 V

## **COLD DRINKS**

**Water Kefir** – house-made probiotic, aids digestion, improves intestinal flora. Reverse osmosis, structured water, sucanat, kefir grains 4 V R

**Raw Coconut Water** / 4.50 V R

**San Pellegrino** - Sparkling water / 4 V

**Smoothies** - coming soon!

## **BEER & WINE**

### **BEER**

**Green Amber Ale** / 8

**Dry Hopped Lager** / 8

**Samuel Smith's Cider** / 8

**Unity Vibrations** / 12

**WINE** – a lovely selection of Organic and/or Biodynamic, by the glass & bottle