

Hot Beverages

Brewed House Blend

Reg or Decaf ~ Medium or Dark Roast/One Size- 1 Refill \$1 extra

French Press

Medium or Dark roast grounds

Espresso

Cappuccino, Latte, Flat White

Mocha

Pot of Tea

Orange Pekoe, English Breakfast, Earl Grey, Green, Peppermint, Chamomile, Ginger Tea to Go

Orange Pekoe, English Breakfast, Earl Grey, Green, Peppermint, Chamomile, Ginger

Hot Chocolate with Whipped Cream

Steamed Milk with Honey

Cold Beverages

Iced Coffee

Unsweetened Iced Tea/Orange Pekoe

Unsweetened Herbal Iced Tea/Peppermint

The County Bounty Artisanal Soda

Pre-workout Hydration

Coconut Water

Smoothies (Vegan yogurt add \$1)

Post-Workout Replenishment

Green (Almond or Oak Milk, Spinach, Kale, Unsweetened Yogurt, & Banana)

Blue (Almond or Oak Milk, Blueberries, Blackberries, Unsweetened Yogurt, Banana)

Eats

*We support local bakers * subject to availability.*

Assorted Baked Goods

Bagel with Cream Cheese or Butter

Plain Croissant w/Preserves

Pita & Hummus

Corn Chips & Salsa

Potato Chips & Dip

Mixed Savoury Plate/Almonds, Olives, Hummus, Veggies

Alcohol – Wine, Beer & Cider