

FRESH PRESSED LEMONADE

Made with raw lemons, fresh pressed in house.

CLASSIC LEMON

Medium 4.5 Large 6.5



BLUEBERRY BASIL

Medium 5.5 Large 7.5

COLD BEVERAGES

ICED SPICED COFFEE Inspired by Adrienne Johnstone at Cow Bay Cafe Medium 4.5 Large 5

EARL GREY ICED TEA House brewed Earl Grey tea sweetened with vanilla syrup & fresh lemon Medium 4.5 Large 6.5

ICED LATTE Espresso & milk poured over ice Medium 4.5 Large 5

ICED MOCHA Chocolate, espresso & milk combination over ice, topped with whipped cream Medium 5.5 Large 6.5

BOTTLED WATER 591ml Dasani 3.5

JUICE BOX 200ml Apple or Orange 1.5

KOMBUCHA Canadian-made, no sugar added, live & raw, low calorie, vegan & all-natural ingredients, 330ml can, Remedy Peach 4.5

KARMA FRUIT SODA Apple or Cherry 3



COFFEE

100% organic certified & fair trade

Small 8oz | Medium 12oz | Large 16oz

CAPPUCCINO Single Shot 3.5 Double Shot 4.5

LATTE S 3.5 M 4.5 L 5

MOCHA S 4.5 M 5.5 L 6.5

AMERICANO S 3 M 4 L 4.5

BREWED S 2.5 M 3.5 L 4.5

ADD A FLAVOUR SHOT + 0.75
Halzenut, Caramel, Vanilla, Sugar Free
Vanilla or Caramel

ADD 1.5OZ ESPRESSO SHOT +2

UPGRADE TO OAT MILK +1



SPIRIT BEAR
COFFEE COMPANY

HOT BEVERAGES

Rich in anti-oxidants with all-natural flavours

YAGA SPECIAL-TEAS Small 3 Medium 3.5 Large 4
Numi Organic & Fair Trade

Breakfast Blend, Chamomile Lemon, Mate Lemon,
Moroccan Mint, Aged Earl Grey, Rooibos Chai

HARBOUR FOG Small 4.5 Medium 6.5 Large 7.5
Seal Cove's take on the Earl Grey London Fog

CHAI FOG Small 4.5 Medium 6.5 Large 7.5
Made-in-house chai syrup and chai teabag w/steamed milk

HOT CHOCOLATE S 4 M 6 L 8

MILK STEAMER S 4 M 5 L 6

ADD A FLAVOUR SHOT + 0.75
Halzenut, Caramel, Vanilla or Sugar
Free Vanilla or Caramel

ADD 1.5OZ ESPRESSO SHOT +2

UPGRADE TO OAT MILK +1

WHOLE BEAN COFFEE

RAVEN ESPRESSO BLEND Full of life & strength, created to deliver a ravenous flavour & a long finish. 400g bag 22 2 for 38

EAGLE MEDIUM ROAST BLEND Brings a soaring flavour and superb strength to a full-size cup. 400g bag 22 2 for 38

DOLPHIN DARK ROAST DECAF Free from caffeine, this harmonious blend is full of flavour. 400g bag 23 2 for 40