



FALL SPECIALS

Drinks

SMALL \$5.25 LARGE \$6.25

SPICED CARAMEL APPLE CIDER
PUMPKIN MAPLE LATTE
HOLIDAY COOKIE BATTER LATTE
GINGERBREAD LATTE
PEPPERMINT PATTY MOCHA
WHITE CHOCOLATE CHAI

Holiday Juice

GLOW JUICE

sweet potato, green apple,
parsley cucumber & cinnamon

Smoothies & Smoothie Bowls

SMOOTHIES \$9.50 SMOOTHIE BOWLS \$13.25

PUMPKIN PIE SMOOTHIE BOWL pumpkin purée, maple syrup, bananas,
cinnamon topped with assorted fruit & maple ginger granola

APPLE PIE SMOOTHIE BOWL green apple, maple syrup, banana,
cinnamon & almond milk topped with assorted fruit maple ginger granola

MORNING DATE SMOOTHIE dates, bananas, cinnamon
almond milk & protein powder

Meal Specials

MAPLE GINGER GRANOLA BOWL ... \$10

EGG AND HAM CROISSANTS ... \$7.99

FALL SALAD ... \$12.50

mixed greens, apple slices, assorted seeds, chopped almonds, diced dates,
crumbled goat cheese, cucumber, tomatoes, carrots with a maple vinaigrette

VEGGIE CLUB ... \$12.50

homemade toasted bread, arugula, cucumber, tomatoes, carrots, radishes, sliced
vegan cheese or goat cheese with Cocoplum Sauce (honey mustard mayo)