

THE GOOD MENU

DRINKS

COFFEE

SM. \$3.00 LG. \$3.50

COLD BREW

SM. \$5.00 LG. \$5.50

CAPPUCCINO

SM. \$4.75

ESPRESSO

SGL. \$3.25 DBL. \$5.00

AMERICANO

SM. \$3.00

LATTE

SM. \$4.75 LG. \$5.25

MATCHA

SM. \$5.75 LG. \$6.50

CHAI TURMERIC

SM. \$5.75 LG. \$6.50

HIBISCUS

SM. \$3.25 LG. \$4.50

RAINBOW LEMONADE

SM. \$3.25 LG. \$4.50

CHLOROPHYLL

SM. \$3.25 LG. \$4.50

See barista for iced and hot tea options

GOOD EATS

ACAI BOWL

Organic Acai \$1/topping
\$10.00

GRILLED "CHEESE"

Ezekiel Bread.
Dairy Free Cheese.
\$6.50

AB & HONEY

Honey. Almond Butter.
Ezekiel Bread.

*swap alm. butter for sunflower butter
\$6.50

WAFFLES

Almond Flour Waffles.
Gluten Free
Maple Syrup. Side Fruit
\$7.00

AVOCADO TOAST

Ezekiel Bread. Avocado.
Himalayan Salt. Feta
\$10.50

SMOOTHIES

SM. \$7.25 LG. \$8.50

THE GO-TO

Banana. Berries. **Cotton Candy Blend.**

COFFEE SPLIT

ForFive coffee. Banana. Dates.

MAGIC MATCHA

Banana. Dates. Matcha.

NUT BUTTER CUP

Banana. **Choco-latte.** Almond butter.
Maple syrup.

*add 1.25 for organic non-dairy

MAGIC MILKS

Superfood adaptogen blend milks

SM. \$6.50 LG. \$7.75

FRUIT LOOP

Chlorella. Cardamom. Maca.

GOOD AS GOLD

Our twist on the turmeric latte.

CHOCO-LATTE

Cacao. Turkey tail. Reishi. Collagen.

COTTON CANDY

Spirulina & Lion's Mane.

BEAUTY REST

Lavender & Rose hip.

PRETTY IN PINK

Strawberry. Turkey tail.

BUBBLE GUM

Coji. Astragalus. Pitaya

CHATA MAMA

Adaptogen Blend for all MAMAS*



ADAPTOGEN OPTIONS

ADAPTO-WHAT!?!

Adaptogens are cool plants that help the body respond and **ADAPT** to stress better so we can feel **GOOD**

MACA

GOOD FOR:
mood, balancing hormones

SPIRULINA

GOOD FOR:
natural detox, fights inflammation,
natural energy

LIONS MANE

GOOD FOR
feeling calm, immune boosting, and clear
thinking

CHLORELLA

GOOD FOR:
natural detox, and immune boosting,

CORDYCEPS

GOOD FOR:
treating coughs and respiratory issues

SWEETENER

Maple Syrup. Vanilla.
Stevia. Cane Sugar. Coconut
Sugar. Honey.
\$.50

TOCOPHEROLS

GOOD FOR:
the brain, heart, and hairy + skin

ASHWAGANDHA

GOOD FOR:
Reducing anxiety & stress, brain function &
immunity

TURKEY TAIL

GOOD FOR:
Boosting the immune system

CARDAMOM

GOOD FOR:
digestion help and skin health

ADDITIONS

Collagen. Matcha.
Adaptogens. MCT oil.
1.50

RHODIOLA

GOOD FOR:
fighting stress, fatigue, and brain

ASTRAGALUS

GOOD FOR:
immune boosting and fighting viruses

GINSENG

GOOD FOR:
natural energy, brain function, blood sugar
control

CHAGA

GOOD FOR:
potent anti-oxidant and anti-inflammatory
properties

RHODIOLA

GOOD FOR:
Reducing stress, fighting fatigue and
reducing symptoms of depression

NON DAIRY MILK

Oat, Almond, Coconut
\$1.25



*ASK US ABOUT OUR TAKE-HOME ADAPTOGEN BLENDS!



OH MY
GOODNESS

CREATING A HEALTHIER AND WELL INFORMED
GENERATION OF LITTLE ONES THROUGH FUN AND
GENUINE EXPERIENCES.