

# THE GOOD MENU

## DRINKS

### COFFEE

SM. \$3.15 LG. \$3.65

### COLD BREW

SM. \$5.19 LG. \$5.69

### CAPPUCCINO

SM. \$4.95

### ESPRESSO

SGL. \$3.39 DBL. \$5.19

### AMERICANO

SM. \$3.39

### LATTE

SM. \$4.95 LG. \$5.45

### MATCHA

SM. \$5.95 LG. \$6.75

### CHAI TURMERIC

SM. \$5.95 LG. \$6.75

### HIBISCUS

SM. \$3.39 LG. \$4.69

### RAINBOW LEMONADE

SM. \$3.39 LG. \$4.69

### CHLOROPHYLL

SM. \$3.39 LG. \$4.69

See barista for iced and hot tea options

## GOOD EATS

### FRUBAE'S AÇAÍ BOWL

& other amazing frozen treats

Hand shaved and made from pure blended fruits

\$1/TOPPING

SM. \$6.75 LG. \$10.35

### GRILLED "CHEESE"

Ezekiel Bread.

Dairy Free Cheese.

\$6.75

### EGG BITES

Organic Eggs.

Organic Tomato.

Organic Feta. Organic Spinach.

\$7.50

### WAFFLES

Gluten Free. Nut Free. Dairy Free.

Oat Flour Waffles.

Maple Syrup. Side Fruit

\$7.25

### AVOCADO TOAST

Ezekiel Bread. Avocado.

Himalayan Salt. Feta

\$10.89

## SMOOTHIES

SM. \$7.50 LG. \$8.80

### THE GO-TO

Banana. Berries. Cotton Candy Blend,  
Pretty in Pink or Bubble Gum.

### COFFEE SPLIT

ForFive coffee. Banana. Dates.

### MAGIC MATCHA

Banana. Dates. Matcha.

### NUT BUTTER CUP

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

\*add 1.29 for organic non-dairy

## MAGIC MILKS

Superfood adaptogen blend milks

SM. \$6.75 LG. \$8.05

### 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

Goji. 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.  
\$.55

### TOCOPHEROLS

GOOD FOR:  
the brain, heart, hair + 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.  
1.55

### 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  
\$1.29



\*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.