



BREAKFAST | LUNCH | DINNER | BRUNCH  
 NYC'S FIRST FULLY VEGAN & GLUTEN-FREE CREPERIE

## CREPES

### SWEET

**Build Your Own** ..... 13.50

CHOOSE YOUR TOPPINGS:  
 first 2 toppings included; additional toppings 75¢

- |  |                                 |
|--|---------------------------------|
| <b>Newtella*</b>   | <b>Peanut Butter*</b>           |
| <b>Clotted Cream</b>                                     | <b>Caramel Sauce</b>            |
| <b>Chia Jam</b>  | <b>Lemon Juice</b>              |
| <b>Organic Jam</b> (Strawberry, Raspberry, or Blueberry) |                                 |
| <b>Strawberries</b>                                      | <b>Pure Vermont Maple Syrup</b> |
| <b>Bananas</b>   | <b>Raspberries</b>              |
| <b>Sliced Almonds*</b>                                   | <b>Walnuts*</b>                 |
| <b>Pecans*</b>   | <b>Cane Sugar</b>               |
| <b>Shredded Coconut</b>                                  | <b>Coconut Sugar</b>            |
- A La Mode\*** Van Leeuwen (flavors vary) +3

\*Contains nuts - Please let us know of any food allergies

### SAVORY

**Jacked Up** ..... 17  
 smoky pulled jackfruit . caramelized onion . roasted red pepper . kale . homemade BBQ sauce

**Burrito \*** ..... 17  
 avocado . coconut bacon . black beans . homemade chipotle hot sauce . homemade cashew cheese

**The Breakfast** ..... 16  
 scrambled tofu . homemade coconut bacon . spinach . cucumber

**Room for Mushroom \*** ..... 16  
 herb roasted mushrooms . spinach . walnuts . tahini basil sauce

**Garden of Eatin' \*** ..... 16  
 apple . avocado . fresh kale . mint-basil pesto . tofu ricotta . lemon juice

**Pizza \*** ..... 15  
 homemade marinara sauce . cashew cheese . fresh basil . hot pepper flakes

+ Choose any 2 toppings from the options below

### ADDITIONAL SAVORY TOPPINGS

- |                            |                             |
|----------------------------|-----------------------------|
| Cashew Cheese* ..... 1     | Roasted Red Peppers ..... 1 |
| Tofu Ricotta ..... 1       | Pulled Jackfruit ..... 2    |
| Coconut Bacon ..... 1      | Mushrooms ..... 2           |
| Avocado ..... 3            | Scrambled Tofu ..... 2      |
| Caramelized Onions ..... 1 |                             |

## ACAI BOWLS

**PB & J** ..... 16  
 acai . peanut butter . homemade chia jam . banana . date . coconut milk . anita's coconut yogurt . homemade buckwheat granola

**Green Protein Machine** ..... 15  
 acai . banana . date . spirulina . hemp seeds . oats . coconut milk . anita's coconut yogurt . homemade buckwheat granola

**Bright Eyes** ..... 16  
 acai . cherries . banana . date . maca . lemon juice . chia seeds . anita's coconut yogurt . homemade buckwheat granola

### ADD SUPERFOODS +\$1

Hemp Seeds . Maca Powder . Chia Seeds  
 Spirulina . Oatmeal . Flax Seeds . Vitamin B12

### SWEETS

- COOKIE** ..... 3  
 Double Chocolate Chip  
 Earl Grey
- BANANA WALNUT MUFFIN\*** ..... 3
- CHOCOLATE MUD CAKE** ..... 6
- RAW B12 TRUFFLE\*** ..... 4
- MILK & COOKIE\*** ..... 7
- SCONE OF THE DAY\*** ..... 4  
 add homemade clotted cream & jam - 2

## DRINKS

ALL ORGANIC & LOCAL WHEN POSSIBLE

### SMOOTHIES - 16OZ

**Piña Green** ..... 11  
 kale . spinach . pineapple . banana . coconut milk . date

**Berry Pink** ..... 11  
 strawberry . raspberry . banana . coconut milk

**Peachy Afternoon** ..... 11  
 peach . banana . ginger . fig . coconut milk

**Gold Smoothie** ..... 11  
 turmeric . cinnamon . ginger . cardamom . healing spices . banana . date . coconut milk

### JUICES - 16OZ

**Green of Greens** ..... 11  
 kale . spinach . celery . apple . cucumber . lemon

**Orange Tan** ..... 11  
 orange . apple . pineapple . ginger . turmeric

**Shots** ..... 5  
 lemon . ginger . turmeric

### ADD SUPERFOODS +\$1

Hemp Seeds . Maca Powder . Chia Seeds  
 Spirulina . Oatmeal . Flax Seeds . Vitamin B12

### COFFEE

- DRIP COFFEE BRAZIL** .... 12oz 2.50  
 16oz 3.00
- ICED COFFEE** ..... 4
- ESPRESSO** ..... 2.50
- CORTADO** ..... 3
- CAPPUCCINO** ..... 4.50
- LATTE** ..... 4.50
- MOCHA** ..... 5
- NEWTELLA\* MOCHA** ..... 5
- AFFOGATO** ..... 6

EXTRA ESPRESSO SHOT 1.50

### NOT COFFEE

- GOLDEN MILK** ..... 5
- HOT CHOCOLATE** ..... 4.50
- MATCHA LATTE** ..... 5
- TEA LATTE** ..... 4.50  
 Chai / Earl Grey / Rooibos
- ICED TEA** ..... 4
- LEMONADE** ..... 4
- KOMBUCHA** ..... 7  
 Bear's Fruit — flavors vary

MILK OPTIONS SOY . ALMOND +1 . COCONUT +1 . OAT +1

## AFTERNOON TEA

OUR TAKE ON THE BELOVED BRITISH TRADITION

### A LITTLE BIT OF HISTORY

To bridge the gap between breakfast and late dinner, the upper classes of 19th century England gathered to drink tea and nibble on snacks in the afternoon. This ritual became so popular that it continues to this day, involving finger sandwiches, scones with clotted cream (slow cooked milk—originally created by dairy farmers to prevent milk waste), cakes, and assorted desserts.

**The Sweet** ..... 25  
 1 pot of tea (add another for \$4)

1 scone with homemade vegan clotted cream & jam

1 slice of mud cake with caramel drizzle

2 cookies of choice

**The Savory** ..... 29  
 1 pot of tea (add another pot for \$4)

1 scone with homemade vegan clotted cream & jam

1 crepe (sweet or savory!)

2 cookies of choice

**The Unbirthday** ..... 125

2 pots of tea

make your own mimosas - bottle of prosecco with two carafes of juice of choice

unbirthday crepe - candied pecans, caramel, clotted cream, choc butter, and sprinkles

hummus and crepe chip sampler

truffle veggie bites

2 scones with homemade vegan clotted cream & jam

1 slice of mud cake with caramel drizzle

2 cookies of choice

2 b12 truffles



## ELIXIRS

**BRAIN FOOD** ..... 13  
**INCREASE MEMORY, CONCENTRATION & CIRCULATION**  
 Chaga and Reishi mushrooms, brahmi, kudzu and rosemary with a dash of caramel and almond milk.

**IRON MAIDEN** ..... 11  
**ABSORB IRON FOR MORE ENERGY & INCREASED STRENGTH**  
 Nettles, yellow dock, and pomegranate juice.

**BOUNDARIES** ..... 12  
**ABLES HEALTHY BOUNDARIES & COMMUNICATION**  
 Hawthorn, rose petals, rosehips, hibiscus, black pepper, and strawberry marmalade.

**BLISS** ..... 11  
**RESTORE YOUR NERVOUS SYSTEM & GO WITH THE FLOW**  
 Oatstraw, chamomile, coconut milk, and a dash of agave.

# TEAS - \$6/POT

ENJOY OUR SPECIALLY CRAFTED, MEDICINAL TEA BLENDS TO HELP IMPROVE ALL ASPECTS OF YOUR PHYSICAL, MENTAL, AND SPIRITUAL HEALTH.

LET US KNOW OF ANY PARTICULAR CONCERNS YOU MAY HAVE, AND WE WILL DO OUR BEST TO MAKE A PERSONALIZED BLEND TO ADDRESS THEM.

## APOTHECARY BLENDS

**Golden Power** ..... 27.50/bag  
An all-purpose healing blend of turmeric root, orange peel, ginger, black pepper and cardamom.

**Headache Be Gone** ..... 17/bag  
Feverfew, peppermint, lavender, and rosemary, with a dash of White Peony tea leaves will set your aching skull back on its tracks.

**Justyna's Glowing Skin** ..... 19.75/bag  
Honeybush, hibiscus, oatstraw, lavender, and lemon peel will make your skin glow just like our beautiful friend Justyna's, whose mouth is our logo, by the way!

**Sniffles** ..... 14/bag  
Feverfew, lemon balm, and hyssop will help clear up your fever and allergy symptoms.

**Cleanse** ..... 14/bag  
Senna, fennel, dandelion and peppermint work together to keep everything moving along smoothly.

**Digestion** ..... 15.50/bag  
Alfalfa, dandelion, ginger, and peppermint will put a smile on your upset stomach.

**Hawthorn Berry Punch** ..... 14/bag  
Hawthorn & schisandra berries, orange and cloves team up to beat your immune system into shape.

**Energy** ..... 16.75/bag  
Antioxidant-rich yerba mate, oatstraw, and mint will give you an energy boost without the jitters.

ADD ANY HERBS FROM THE APOTHECARY TO YOUR TEA FOR 50¢ EACH

## GREEN

**Gunpowder** ..... 25/bag  
A hearty, strong Chinese green tea that resembles gunpowder pellets used in the 17th century. Originally rolled tightly to preserve freshness and maintain moisture during long voyages overseas. Dark, bold color and mildly bitter taste.  
**Steeping Suggestion: 3-4 min**

**Sencha** ..... 71/bag  
Delicate, stimulating Japanese tea. The leaves are handpicked from high mountain tops of Japan, and immediately steamed to retain flavor, high antioxidant levels, and its vibrant green color.  
**Steeping Suggestion: 1-2 min**

**Jasmine** ..... 35.50/bag  
Freshly picked Chinese green tea leaves, semi-fermented within Jasmine flowers to impart a distinct floral aroma and flavor.  
**Steeping Suggestion: 1-3 min**

**Genmaicha** ..... 23/bag  
Whole, fresh Sencha leaves combined with roasted organic brown rice. The Japanese originally mixed their tea leaves with roasted rice to increase yields during shortages. This soon became a classic drink that remains a favorite today.  
**Steeping Suggestion: 3-4 min**

**Matcha** ..... 17.50/bag  
Whole, fresh Sencha leaves combined with roasted organic brown rice. The Japanese originally mixed their tea leaves with roasted rice to increase yields during shortages. This soon became a classic drink that remains a favorite today.

**Smiles & Sunshine** ..... 38/bag  
A delectable blend of Sencha leaves, lemongrass, lemon balm, and sunflower petals. Lemon balm decreases stress levels, increases alertness, and cognitive ability. This light, citrusy flavor is sure to bring a smile to your face.  
**Steeping Suggestion: 3-4 min**

**Freshly Green** ..... 32/bag  
Mix of organic Gunpowder pellets, peppermint leaves, holy basil, and lemon peel will give you a fresh, brain boosting awakening. Holy Basil has been shown to help heal wounds quicker, and serve as a natural antibiotic for bacterial infections.  
**Steeping Suggestion: 3-4 min**

**Morning Glory** ..... 18/bag  
Lemongrass, spearmint, and genmaicha blended together to give you the perfect start to your morning.  
**Steeping Suggestion: 3-4 min**

**Mint & Rose** ..... 50/bag  
Sencha leaves blended with organic peppermint and rose petals creates a delicate, floral aroma and taste, while it rehydrates your skin.  
**Steeping Suggestion: 2-3 min**

## WHITE

**White Peony** ..... 10/bag  
These tender leaves are picked early in the season while the buds are still fresh and young, resulting in a sweet and mild tea, that lacks the traditional astringent qualities of green tea. Perfect for tea beginners.  
**Steeping Suggestion: 4-5 min**

**Delicate Stillness** ..... 15/bag  
White Peony leaves tossed together with a dash of chamomile, lavender, and lemongrass for a soothing beverage that will help relax and unwind.  
**Steeping Suggestion: 3-4 min**

**Thai Chai** ..... 15/bag  
White Peony, coconut, lemongrass, ginger and cardamom complement each other in this flavorful blend.  
**Steeping Suggestion: 4-5 min**

## YERBA MATE

**Yerba Mate** ..... 10/bag  
Lightly stimulating beverage from South America that will pick you up without the caffeine jitters.  
**Steeping Suggestion: 5+ min**

**Lavender Mate** ..... 18/bag  
Yerba Mate leaves tossed with a sprinkle of lavender blossoms to add a sweet, delicate undertone to your cup.  
**Steeping Suggestion: 5+ min**

**Hibiscus Mate** ..... 18.50/bag  
Aromatic blend of hibiscus rose petals, and Yerba Mate leaves.  
**Steeping Suggestion: 5+ min**

## BUY A BLEND

All of our tea blends are available for purchase by the bag. Herbs from the apothecary are sold by the ounce.

Please inquire with your server!

## BLACK

**Assam** ..... 14/bag  
Most popular of black teas, this full-bodied, dark, and malty tea reigns exclusively from the highly skilled tea region of Assam India.  
**Steeping Suggestion: 2-3 min**

**Ceylon** ..... 30/bag  
This organic tea is partially fermented in Sri Lanka for a smooth, not too bitter taste that goes wonderfully with desserts.  
**Steeping Suggestion: 3-4 min**

**Darjeeling** ..... 26.50/bag  
One of the most sought after teas. Comes from the Northern Himalayas in India, and boasts astringent, flowery flavor notes.  
**Steeping Suggestion: 2-3 min**

**Earl Grey** ..... 23/bag  
Perfectly fermented black tea leaves, blended with a hint of bergamot oil, creating an exceptionally rich, flowery beverage.  
**Steeping Suggestion: 2-3 min**

**English Breakfast** ..... 21/bag  
A classic favorite English black tea. Goes well with soy or almond milks.  
**Steeping Suggestion: 2-3 min**

**Russian Caravan** ..... 25/bag  
Wonderfully rich, smoky blend of black teas and Lapsang Souchong creates a comforting flavor like no other. Goes well with dark chocolate.  
**Steeping Suggestion: 2-3 min**

**Pu'erh** ..... 29/bag  
Harvested from wild and semi-wild broad antique tea trees in Yunnan, China. The leaves undergo the same fermentation process as wine, and are carefully aged to achieve an earthy, smoky, mossy taste.  
**Steeping Suggestion: 3-4 min**

**Oolong** ..... 14.50/bag  
The partial fermentation of these leaves makes this beverage somewhere in between a green and black tea. It retains the antioxidant levels, and health benefits of green tea, while having a smooth, non-bitter taste associated with black tea.  
**Steeping Suggestion: 3-4 min**

**Venetian Garden** ..... 22.75/bag  
Blend of Earl Grey leaves, organic rose petals, lavender, and rosemary create a classy, boldly floral taste.  
**Steeping Suggestion: 4-5 min**

**Smoked Chocolate** ..... 34.75/bag  
Pu'erh, honeybush and red rooibos tossed with organic cacao nibs, cinnamon, cardamom, orange peel, and a dash of Lapsang Souchong for a sweet, smoky taste.  
**Steeping Suggestion: 4-5 min**

**Nicholette Rose Chai** ..... 32.25/bag  
Delectable blend of Assam leaves with warm chai spices, cacao nibs and rose petals.  
**Steeping Suggestion: 3-4 min**

**Grandma's House** ..... 27/bag  
Pu'erh, Oolong, Rose petals, raspberries, and a dash of mint will bring back fondest memories of your grandma.  
**Steeping Suggestion: 5-6 min**

## TISANES CAFFEINE-FREE

**Red Rooibos** ..... 23/bag  
A hearty, earthy, antioxidant-rich beverage is great for those who enjoy the taste of black tea, but have a sensitivity to caffeine.  
**Steeping Suggestion: 3-4 min**

**Honeybush** ..... 20/bag  
Wonderfully fruity, and naturally honey-like, sweet flavor is perfect for kids, or those who enjoy flavored teas without the added artificial flavors.  
**Steeping Suggestion: 3-4 min**

**Honeyroo** ..... 27.75/bag  
Honeybush and Red Rooibos blended together for a fragrant, sweet, woody, and antioxidant-rich beverage.  
**Steeping Suggestion: 1-3 min**

**Honeybush Chai** ..... 39/bag  
Naturally sweet leaves of Honeybush blended with warm spices such as ginger, cinnamon, cardamom, clove, black pepper, and some Codonopsis root for extra immune, and brain boosting in one sweet and spicy cup.  
**Steeping Suggestion: 3-4 min**

**Peace Tea** ..... 17/bag  
Nettles and dandelion leaves tossed with aromatic flowers, including lavender, rose, calendula blossoms, chamomile, orange, and more to make an irresistibly fragrant, sweet cup that will brighten up your skin, as well as your day.  
**Steeping Suggestion: 3-4 min**

**Hot Choconut** ..... 15.75/bag  
Enjoy the flavor of a coconut-y hot chocolate, sans the extra calories, plus the antioxidants from raw cacao nibs, coconut, and red rooibos.  
**Steeping Suggestion: 4-5 min**

**Masala Chai** ..... 36/bag  
A delicious blend of healing spices such as cinnamon, clove, cardamom, nutmeg, ginger, bay leaf and peppercorns. Can be steeped as is, or mixed with Assam for a richer taste, and a caffeine boost.  
**Steeping Suggestion: 4-5 min**

# BEER & WINE

100% VEGAN & SUSTAINABLY PRODUCED

## BEER

**Ommengang, White Wheat Ale** ..... 8  
Brewed with malted and unmalted wheat, orange peel, and coriander. Pleasantly light on the tongue, balanced between malt and wheat sweetness.  
**5.2% ABV**

**Goose Island, IPA** ..... 7  
English styled IPA—a fruity aroma, set off by a dry malt middle, and long hop finish. A very balanced taste.  
**5.9% ABV**

## CIDERS

**Down East** ..... 8  
From Massachusetts, this apple cider is what cider is supposed to be. Purposefully unfiltered, Down East is fully committed to using only fresh-pressed juices and pure, natural ingredients—no flavorings!  
**5.1% ABV**

**Original Sin** ..... 9  
Contains a distinct blend of New York apples including Ida Red, Macintosh, Cortland, and several Russet apples. The cider is complex, and balanced, with a minimal level of residual sugar—reminiscent of sparkling wine.  
**5.5% ABV**

**Wolffer 139 Rosé** ..... 13  
This rosé-like cider matures and ferments in left over wine barrels from family owned and operated Wolffer Estates. The first in its category.  
**6.9% ABV**

## HAPPY HOUR 4-6PM

2 for 1 all Beer & Wine

## WHITE WINE

**Casa Belfi "Bio Frizzante", Prosecco, Incrocio Manzoni (2017)** ..... 15  
This biodynamic wine is naturally sparkling and shows flavors of ripe pear, citrus blossom and white flowers. It has a light to medium body with satisfying bubbles.  
**10.5% ABV**

**Brooklyn Oenology "Friend", Riesling (2014)** ..... 14  
A delightful nose of fresh pear, and flavors of stone fruit, Meyer lemon, golden delicious apples, and white tea lead to a harmoniously balanced finish. Part of the proceeds goes to Protect Our Friends Organization. They are very active in supporting animal rights, and have a strong stance on working with the AAFCO to regulate pet food ingredients.  
**11.5% ABV**

**The Terraces "Clarksburg", Chenin Blanc (2015)** ..... 14  
Lemon-tinged in color, with aromas of tangerine blossom, grapefruit and honeysuckle. Medium body palate with peach and citrus characteristics.  
**12.5% ABV**

## RED WINE

**Piero Riccardi & Lorella Reale "Tucuca", Dark Rose (2017)** ..... 15  
Deeply colored ruby with floral and wild aromatics. This Biodynamic natural wine comes from an ancient Roman grape called Cesanese which is native to Lazio where the vineyards are. The medium bodied wine shows flavors of pomegranate and Bing cherry with earth mineral undertones.  
**14% ABV**

**Vina Illusion "Prana", Tempranillo (2016)** ..... 12  
Dusty plum colored with Aromatic citrus, mountain herbs, balanced with dark fruit and Calcareous minerals. Made in Rioja by a madman who practices Fukuoka in his farming... he literally lets the vines grow wild and unkempt before harvesting.  
**13.5% ABV**

**Casa Belfi "Rosso", Raboso (2017)** ..... 14  
Made from one of the oldest native Italian grape varieties, this medium bodied natural and biodynamic wine has flavors of rhubarb and marasca cherry with a sweet & earthy green finish reminiscent of fresh artichoke and honeycomb.  
**13% ABV**

## COCKTAILS

SANGRIA OF THE DAY ..... 12 - GLASS ..... 30 - PITCHER

freshly squeezed fruit juices biodynamic white wine.  
Flavors rotate. Please as your server for today's sangria flavor!

MIMOSA OF THE DAY ..... 12

freshly squeezed juice and organic prosecco.  
Flavors rotate. Please as your server for today's mimosa flavor!

GINGER LEMON SPRITZ ..... 12

fresh ginger, lemon, agave, and organic prosecco

## 2 FOR 1 MIMOSAS

Saturdays & Sundays 10 AM - 3 PM



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20% GRATUITY ADDED TO PARTIES OF 5 OR MORE