

STARTERS

- Little Chocadilla *** 13
crispy crepe quesadilla filled with pulled jackfruit, seasoned corn, tofu ricotta, and cashew cheese
- Red Pepper Hummus Platter (serves 2)** 16.50
homemade roasted red pepper hummus, served with crepe chips, sliced cucumber, carrots, apples, celery, olives, jam. serves 2
- Truffle Veggie Bites *** 10
cucumber bites topped with pesto ricotta, caramelized onions, avocado, and truffle oil drizzle
- Little Choc Classic Parfait *** 13
featuring anita's creamy coconut-based yogurt with homemade granola, bananas, and agave
- Thank You Berry Matcha! *** 14
our classic parfait with a flavor twist! anita's yogurt mixed with japanese matcha and layered between homemade granola, strawberries, and coconut

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 . blueberries . 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

CREPES

SWEET

Build Your Own. 13.50

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

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

DRINKS

ALL ORGANIC & LOCAL WHEN POSSIBLE

SMOOTHIES - 16OZ

- Piña Green** 11
kale . spinach . pineapple . banana . coconut milk . date
- Blue Haze*** 11
blueberry . banana . almond milk . newtella
- Purple Acai** 11
acai . banana . coconut milk . maca powder . raw cacao
- 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

ADD SUPERFOODS +\$1

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

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

JUICES - 16OZ

- Green of Greens** 11
kale . spinach . celery . green apple . cucumber . lemon
- The Crimson** 11
kale . carrot . apple . beet . ginger
- Pink Cheeks** 11
cucumber . beet . pineapple
- Red Nosed Reindeer** 11
beet . red apple . carrot . grapefruit . mint . ginger
- Orange Tan** 11
carrot . orange . apple . pineapple . ginger
- Yellow Cold Ninja** 11
carrot . orange . celery . lemon . ginger . cinnamon . turmeric . cayenne
- Shots** 5
Lemon / Ginger / Turmeric

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

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

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

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 mountaintops 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
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 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
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. Purposely 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 53
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 50
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 50
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 53
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 42
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 50
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

PINEAPPLE GINGER MINT SANGRIA 12 - GLASS 30 - PITCHER
freshly squeezed pineapple, ginger, mint, apples and biodynamic white wine

RED WINE HOT CHOCOLATE 11
creamy hot chocolate made with house-made coconut milk and biodynamic Tempranillo

MULLED WINE 11
warmed biodynamic red, infused with Little Choc mulling spices, maple, and fresh orange juice

APPLE PIE MIMOSA 10
sweet cider mimosa with fresh apple juice, caramel, maple syrup and spices

2 FOR 1 MIMOSAS

Saturdays & Sundays 10 AM - 3 PM



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