



COFFEE, TEA, SMOOTHIES & JUICES

THE GRIND

BREWED COFFEE	4.65
ESPRESSO	
SINGLE	4.65
DOUBLE	6.45
MACCHIATO	
SINGLE	5.15
DOUBLE	7.00
AMERICANO	7.15
CAPPUCCINO	7.50
CAFÉ LATTE	7.50
FLAT WHITE	7.25
CAFÉ MOCHA	9.05
MINT MOCHA	9.05
CHAI LATTE	7.50
GREEN TEA LATTE	8.25
HOT CHOCOLATE	7.50
EXTRA ESPRESSO SHOT	2.35

Our Special COLD BREW COFFEE

STEEPED FOR 24 HOURS BOLD COFFEE,
LOW BITTERNESS & SWEET FLAVOURS

OVER ICE | 9.05
ICED COLD BREW WITH MILK | 9.80

DEVIL'S PROOF COFFEE | 9.80

DEVIL'S ISLE COFFEE, MCT OIL (C8),
GRASS FED BUTTER & CACAO

FRAPPUCINOS

12.90

DARK CHOCOLATE
MOCHA*
MINT MOCHA*
FRENCH VANILLA*
CARAMEL*
GREEN TEA
PISTACHIO CHAI

ICED COFFEES

ICED ESPRESSO* | 6.45
ICED LATTE* | 7.50
ICED MOCHA* | 9.05
ICED MINT MOCHA* | 9.05
ICED CHAI LATTE | 7.50
ICED GREEN TEA
LATTE | 8.25

ESPRESSO BASED*

TEA (Organic)

GREEN TEA | 5.45
JASMINE GREEN TEA
BLACK TEA | 5.45
EARL GREY, ENGLISH BREAKFAST,
DECAF ENGLISH BREAKFAST
HERBAL TEA | 5.45
CHAMOMILE CITRUS, MINT,
TURMERIC, LEMON GINGER
TEAS OVER ICE | 6.20
REGULAR, MIXED BERRY
HOMEMADE SPICED | 6.45
HIBISCUS TEA (ICED OR HOT)
LONDON FOG | 7.00
EARL GREY TEA, MILK, VANILLA
SYRUP (ICED OR HOT)

ALTERNATIVE MILK | 0.90
ALMOND, SOY, OAT MILK,
LACTOSE FREE MILK,
HALF & HALF

ADD CREAM | 1.55

ADD FLAVOR | 1.55
CARAMEL, WHITE CHOCOLATE,
VANILLA, PEPPERMINT, CHOCOLATE,
PISTACHIO, HAZELNUT, COCONUT,
VANILLA SUGAR FREE, HAZELNUT
SUGAR FREE, SALTED CARAMEL

SMOOTHIES 16OZ

LOWER GL FOR BETTER BLOOD SUGAR BALANCE

NUTRIFIT | 18.30

BANANA, PEACH, SPINACH, PARSLEY, NUT BUTTER & ALMOND MILK OR UNSWEETENED COCONUT WATER

JUICY GREENS | 18.30

GREEN JUICE (APPLE, SPINACH, CELERY, CUCUMBER, LIME, PINEAPPLE) BLENDED WITH ICE & AVOCADO

POPEYE BLAST | 18.30

AÇAI, STRAWBERRIES, PINEAPPLE, BLUEBERRIES, BANANAS, KALE, SPINACH, APPLE JUICE

BEE THE BLUES | 20.10

RAW FRESH RED BEETS, BLUEBERRIES, RASPBERRIES, GINGER, HONEY, NUT BUTTER & ALMOND MILK

Make Your Own SMOOTHIE

16OZ | 14.95 12OZ | 10.30

CHOOSE YOUR FRUIT OR VEGGIE:

APPLE (GREEN OR RED), BANANA, BLUEBERRY, GINGER, LEMON, LIME, MANGO, ORANGE, PINEAPPLE, RASPBERRY, RED BEETS, STRAWBERRY, CELERY

CHOOSE YOUR MIXERS:

ALMOND MILK, FRESH MILK, SKIM MILK, SOY MILK, LACTOSE FREE MILK, UNSWEETENED COCONUT WATER, WATER

NUTS:

ALMONDS, WALNUTS | 2.10

PROTEIN:

PEA PROTEIN, WHEY PROTEIN | 2.60

NATURAL NUT BUTTER:

ALMOND, PEANUT | 2.10

SUPPLEMENTS:

SPIRULINA | 2.85 MCT | 2.85

OTHER:

OATS | 1.30 CUCUMBER | 1.30
KALE | 1.30 SPINACH | 1.30
AVOCADO | 2.60

SIMPLE JUICES

GREEN | 14.20

APPLE, CUCUMBER, SPINACH

ORANGE JUICE | 14.20

FRESHLY SQUEEZED ORANGE JUICE

SIGNATURE JUICES

GREEN APPLE | 15.75

GREEN APPLE, CUCUMBER, CELERY, PINEAPPLE, GINGER, SPINACH, LEMON

FLU FIGHTER | 15.75

SPINACH, CUCUMBER, LEMON, ORANGE, GINGER

POWER SHOTS 2OZ

ROOTS MAN | 7.25

GINGER, LEMON & LIME

ROOTS WOMAN | 7.25

LEMON, HONEY, GINGER & CAYENNE PEPPER

PROTEIN SHAKES

DRIVE YOU NUTS | 17.30

ALMONDS, ALMOND MILK, BANANA, WALNUTS, NUT BUTTER, PROTEIN

GREEK STRAWBERRY BANANA | 17.30

BANANA, STRAWBERRIES, GLUTEN FREE OATS, GREEK YOGURT, PROTEIN, HONEY & YOUR CHOICE OF MILK

CHOOSE YOUR PROTEIN

PEA OR WHEY PROTEIN, ADD EXTRA | 2.60

CHOOSE YOUR NUT BUTTER

PEANUT OR ALMOND, ADD EXTRA | 2.10