



EAT • DRINK • RELAX

GREAT FOOD & GOOD VIBES ARE SELF-CARE!

NEW SMYRNA BEACH: 105 Magnolia Street, 386-957-3597

MILL VALLEY: 247 Shoreline Highway, 415-388-1852

SAN RAFAEL: 1408 4th Street, 415-457-5400



HOUSE-MADE DRINK MENU

All ingredients are organic or GMO-free. All drinks are our house-made recipes and made to order or made daily.

SMOOTHIE LOVE

All smoothies are 16 oz

Banana Bliss

Organic Banana, almond milk, yogurt, almonds, honey and date

\$6



Strawberry Passion

Organic strawberries, passion-fruit, yogurt, banana & date

\$7



Berry Beautiful

Organic blueberry, blueberry nectar, banana, almond milk, almonds & date

\$7



Caribbean Love

Mango, Pineapple, Passion fruit, banana, coconut milk and date

\$7



Passionate First Date

Organic mango, passion-fruit, yogurt, banana, honey and date

\$8



HOUSE-MADE DRINKS

All drinks are 16 oz

Iced Tea

Our iced tea is lightly sweetened with organic agave nectar

\$4



Yogi Tea (hot or chilled)

Like a traditional chai but it is made vegan with soy milk and caffeine-free by using red tea. Lightly sweetened with agave nectar.

\$4



Special Ginger Limeade

Our most popular drink! It's lightly sweetened with agave nectar and has a nice spicy gingery kick. Its light, warming and refreshing.

\$4



Ginger Palmer

Our version of an Arnold Palmer. It's a delightful blend of our Ginger limeade and our chilled black tea.

\$4



VEGETABLE JUICES

All juices are 16 oz

The Last Carrot

Organic carrot, carrot & more carrot

\$9



Enlightened

Organic beet, carrot & orange juice

\$8.50



Clarity

Organic beet, carrot & celery

\$9



Wonder

Organic carrot, apple & ginger

\$8.75



Compassion

Organic apples, carrot, kale, celery & ginger

\$10



Swamp Juice

Organic celery, kale & cucumber

\$8



Citrus Swamp

Organic cucumber, celery, kale, and a splash of lime juice

\$9



ORGANIC TEA & COFFEE

Organic coffees & milks. Plant-based (vegan) milk options available.

Hot Teas

Made to order, our tea selection includes, organic black, red & peppermint teas.

\$3



Double Espresso

\$3



Drip Coffee

\$3



Chilled Coffee

\$4



Chilled Coffee with Milk

\$4



Caffè Americano

\$3.50



Caffè Latte

\$5



Cappuccino

\$5



BEER & WINE MENU

PREMIUM FLORIDA DRAFT BEER

Great Florida breweries making fantastic tasting beers.

Show Pigeon - IPA from Central 28

An American style IPA, that is well balanced and exceedingly drinkable. With a big hop aroma and flavor, with notes of grapefruit, sweet and bitter orange, lemon peel, pine and guava.

5oz **\$2.50** Pint **\$6**

Sunshine Greeting - Hibiscus Wheat Ale from Central 28

The perfect compliment for warm sunny days. Brewed with pilsner & wheat malts, the malt character is subdued and allows the beer to finish with the perfect amount of thirst-quenching dryness.

5oz **\$2.50** Pint **\$6**

Reef Donkey - APA from Tampa Bay Brewing Co

A dry-hopped American Pale Ale that drinks like a session IPA. Motueka, Equinot, & Citra hops give this beer a lemon/lime aroma with a citrus/tropical fruit flavor. Reef Donkey is slang for the popular Florida game fish, Amberjack, which inhabit our coastal wrecks & reefs. 5.5% ABV

5oz **\$2.50** Pint **\$6**

Passion Wheat Ale - JDubs Brewing

Passion Fruit & Mango Wheat Ale. An easy drinking, refreshing wheat beer, delicious and crushable in the sun. 4.2 ABV

5oz **\$2.50** Pint **\$6**

Gourds Gone Wild Pumpkin Ale - Tampa Bay Brewing Co.

Originally brewed in collaboration with Southern Brewing and Winemaking, this pumpkin ale has since become our highly anticipated, award-winning fall seasonal. With a brown ale as its backbone, this deep copper beer has all the aromas of the season, pumpkin pie, vanilla, graham cracker and nutmeg with tastes of creamy sweetness and spice. 5.9% ABV

5oz **\$2.50** Pint **\$6**

Miss Mary's Brown Oatmeal Ale

Oatmeal sweetness, chocolate malt and caramel malt profiles, Malt sweetness on the back end. smooth, easy going, flavorful. 6.0% ABV

5oz **\$2.50** Pint **\$6**

ORGANIC HARD KOMBUCHAS

Hard Kombucha is a boozier version of regular kombucha. All of our flavors are: USDA Organic • Live Probiotic • 0 Sugar • 0 Carbs • Keto Friendly • Gluten-Free • Vegan • and are Brewed with an Adaptogen Root Blend.

Grapefruit Thyme from Flying Embers

Light and slightly tart grapefruit with a hint of aromatic thyme. A juicy & food-friendly infusion that’s delightfully fizzy & undeniably satisfying. 4.5% ABV

\$4.50

Pineapple Chili from Flying Embers

The tang of ripe pineapple meets a kick of chili pepper. It’s a combination of sweet and spicy that will awaken the senses. 6.8 ABV

\$4.50

Ginger from Flying Embers

Dry hopped with fresh ginger and brewed with turmeric, creating a crisp and clean tonic with a hint of pepper. This beverage is just as delicious enjoyed solo as it is mixed in your favorite cocktail. 7% ABV

\$4.50

CRUSHABLE CANNED COCKTAILS

Refreshing, delicious and truly enjoyable canned cocktails that will pair well with every dish.

Tequila Sparkling Water from WaterBird

Premium Blanco Tequila, Sparkling Water, Real Lime Juice, and Natural Flavors. This canned cocktail is proudly made with the finest blanco tequila distilled in Jalisco, Mexico. 5% ABV

\$4.50

Long Drink from the Finnish Long Drink Company

Long Drink is a true award-winning liquor that is smooth, and refreshing. With a combination of grapefruit soda, tonic water and gin. It’s lightly sweet but not cloying. It has a nice texture and moderately effervescence as well. The last sip is as good as the first.

\$4.50

WONDERFUL WINES

A selection of wines that include award-winning wineries in sustainable farming practices and wineries using organic grapes and thoughtful harvesting methods that create exceptional tasting wine.

WHITES

Pinot Grigio from Ferrari Carano 2020, California

Delicious aromas and flavors of lemon, lychee, honeysuckle, white peach, dried apricot, mango, and lime with a touch of minerality. Full-bodied and bright, this wine's aromas, flavors and refreshing acidity linger to the finish. Ferrari Carano is a Certified California Sustainable Vineyard.

Glass **\$8** VG V

Sauvignon Blanc by StoneLeigh

Displays a bouquet of passionfruit, grapefruit and tropical notes. On the palate, lively passionfruit is balanced by a fresh and zesty citrus finish.

Glass **\$10** VG V

Chardonnay by Ferrari-Carano

This Chardonnay delights with aromas of citrus, pear, vanilla, graham cracker and buttercream perfectly balanced by vibrant, rich flavors of baked apple, apricot, cinnamon and hazelnut. Sonoma County, CA

Glass **\$12** VG V

BUBBLES

Prosecco - Ruffino, Italy

Crisp, clean and delicate with fine bubbles on the palate. Intense flavors of apples and peaches lead to a pleasant finish with lingering fruit and floral notes. Made with organic grapes and

Split **\$12** VG V

The Chelsea

Inspired by one of our customers, this drink is a delicious blend of Prosecco and our ginger limeade.

Glass **\$9** VG V

REDS

Rosé by Ferrari-Carrano

Double Gold! SF Chronicle 2021 Wine Competition. This Sangiovese blend Dry Rosé is perfect at the beach and perfect for sipping on a weekday night.

Glass **\$9** VG V

Pinot Noir from Stemmari 2019, Italy

The richness of this wine is accompanied by a wild fruit bouquet accented with strong, spicy notes. Stemmari was the first wine cellar in Italy to be awarded the EMAS 2 - a certification created by the European Community for environmental sustainability and management.

Glass **\$9** VG V

Cabernet Sauvignon by Dreaming Tree

The rhythm of our California Cab highlights classic aromas of blackberry, cherry, and toasted caramel. It's an easy-drinking wine with a lot of character.

Glass **\$9** VG V

