

JUICES 375ml

All of our juices are made using cold-press and slow-masticating methods which limits exposure to oxygen and preserves nutritional integrity.

- ♥ **HAPPY HIPPIY** (Detoxifier and Alkalizer) 62
Kale, spinach, celery, cucumber, apple, lemon, ginger
- ♥ **GREEN GODDESS** 62
(Refresher and immune boosting)
Apple, cucumber, ginger, lemon, mint
- ♥ **FEELIN' DA BEET OF MY HEART** 62
(Stamina and Endurance)
Beetroot, apple, cucumber, carrot, ginger, mint, lemon
- ♥ **GLOW AND FLOW** 62
(Immune boosting and Flu Fighting)
Orange, apple, ginger, lemon, chilli, cayenne pepper
- ♥ **BLACK BUCHU** (Inflammation and Infection) 62
Activated charcoal, buchu leaves, cucumber, buchu water, apple, ginger, lemon
(Not suitable for pregnant or breastfeeding mamas)
- ♥ **SUNSHINE KAY** (Antioxidant and digestion) 62
Pineapple, yellow pepper, apple, lemon, basil
- ♥ **PINEAPPLE DREAMS** 62
(Immune booster for viral symptoms)
Pineapple, cucumber, apple, lemon
- ♥ **FRUTTI TUTTI** (Hydrating and Anti-Oxidizing) 62
Grapefruit, Pineapple
- ♥ **GAIAN GREEN** (Inflammation and hydration) 62
Celery, cucumber, corriander, lemon, mint
- ♥ **HONEY LOVE** (Stress Reducing and Healing) 62
Grapefruit, orange, bee pollen, raw honey, black pepper, turmeric
- ♥ **SUNRISE SALUTATION** 62
(Immune Boosting and Anti-Inflammatory)
Orange, carrot, lemon, echinacea
- ♥ **LAVENDER LOVE LEMONADE** 62
(Mood uplifter and soothing)
Lavender infusion, lavender rice, echinacea, blueberry, elderberry, apple, lemon
- ♥ **ORANGE JUICE** 62
Pure Orange juice

SHOTS 100ml

- ♥ **HOT SHOT** 36
Ginger, lemon turmeric, black pepper
(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank us later)
- ♥ **THE ULTIMATE** 36
Garlic, ginger, raw apple cider vinegar, lemon
(This is definitely the shot for you if you are sick. Don't worry about the garlic breath, it will keep the vampires away :) Trust me and take it!)
- ♥ **GUT RESTORE** 40
Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple
(A blend to balance your gut bacteria for optimal gut health)
- ♥ **JAMU ASEM** 40
Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial)
- ♥ **ALOE VERA** 31
100% pure aloe vera plant extract
(Stimulates digestion, speeds healing, detoxifies, increases hydration, soothes the skin and relieves heartburn.)

SMOOTHIES 500ml

Please let us know if you wish to have cauliflower in your smoothie instead of banana

- ♥ **NAUGHTY NUTTER** 78
Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk
- ♥ **MAKING ME CACAO** 78
Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce. Add a shot of espresso for a little kick up the bum bum +20
- ♥ **BOOBALICIOUS** 78
Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds
- ♥ **BLADY BLAZIN' BERRIES** 78
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk
- ♥ **SPIRULINA SUMMER** 78
Half banana, half cauliflower (less sweet), kale, spinach, spirulina, mint, cucumber, homemade almond mylk
- ♥ **CITRUS CACAO LOVE (Warm/Cold) 250ml / 500ml** 53 / 78
Banana, oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk (Tastes like a zesty warm hug)
- ♥ **GINGERBREAD WOMXN 250ML** 53
Sweet potato (steamed), banana, almond & macadamia butter, ginger, cinnamon, dates, homemade almond mylk
- ♥ **GONE GREEN** 82
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk
- ♥ **GREEN WARRIOR** 82
Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)
- ♥ **ADAPTOGENIC ACAI** 99
Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress
- ♥ **CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)** 102
5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk
Extra peppermint shot +5

NUT MYLKS 375ml (COLD)

- ♥ **NOURISH' D HOMEMADE ALMOND MYLK** 57
Almonds, cinnamon, dates, vanilla, sea salt
- ♥ **CACAO MYLK** 62
Homemade almond mylk, raw cacao, cinnamon, dates
- ♥ **GOLDEN MYLK** 62
Homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon

SMOOTHIE BOWLS

Please let us know if you wish to have cauliflower in your smoothie / smoothie bowl instead of banana

All smoothie bowls are beautifully decorated with either Tasha's homemade Gluten-Free granola or buckwheat crunchies and seasonal fruits. Art in a bowl

- ♥ **NAUGHTY NUTTER** 90

Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of almond & macadamia butter
- ♥ **MAKING ME CACAO** 90

Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce topped with gluten free granola, chocolate brownie pieces, vegan hazelnut chocolate sauce, banana slices, strawberry slices, cacao nibs, chia seeds and desiccated coconut. Add a shot of espresso for a little kick up the bum bum +20
- BOOBALICIOUS** 90

Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of peanut butter
Add strawberries +8
- ♥ **BLADY BLAZIN' BERRIES** 90

Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, strawberries, desiccated coconut and chia seeds
- ♥ **SPIRULINA SUMMER** 90

Half banana, half frozen cauliflower (less sweet), kale, spinach, spirulina, mint, homemade almond mylk, spirulina coconut drizzle, topped with apple crumble crunch, banana, chia seeds, desiccated coconut, blueberries, strawberries, mint and spirulina coconut drizzle
- ♥ **CITRUS CACAO LOVE (Warm/Cold)** 90

Banana, gf oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with gf granola, banana slices, dehydrated oranges, cacao nibs, and toasted coconut flakes (Tastes like a zesty warm hug)
- ♥ **GONE GREEN** 94

Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk topped with gluten free granola, banana slices, goji berries and toasted coconut flakes
Add strawberries +8
- ♥ **ADAPTOGENIC ACAI** 130

Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress topped with granola, strawberries and apple slices
- ♥ **CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)** 130

5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut milk and homemade almond mylk topped with gluten free granola, buckwheat crunchies, blueberries, cacao nibs, mint leaves and choc chip cookie bits
Extra peppermint shot +5

BREAK THE FAST | Served until 13:00

- ♥ GF **CACAO CHIA POT** 71

Chia seeds soaked in a blend of banana, almond mylk, cacao powder, almond & macadamia butter, topped with Tasha's homemade granola and seasonal fruits
- ♥ **APPLE CRUMBLE OATIES** 74

Gluten free oats cooked with apples, grated baby marrow, raisins, dates, cinnamon and almond mylk topped with our almond pulp and walnut crumble, coconut oil caramelised apples and a dust of cinnamon
- ♥ GF **TASHA'S HOMEMADE GLUTEN-FREE GRANOLA** 74

Gluten-free oats tossed with a selection of mixed nuts and seeds, cacao powder, cinnamon, dates, coconut oil, sea salt and vanilla, oven roasted to a perfection of golden clusters. Served with seasonal fruits, toasted coconut flakes, goji berries and homemade almond mylk
Add Coconut yoghurt +18

TOASTS & TOASTED SANDWICHES

Served All Day
Please choose your bread of choice: Sourdough, 70% Rye or Gluten-Free at additional charge +12

- ♥ **LEMON BASIL PESTO TOAST** 72

Lemon basil pesto, freshly sliced cherry tomatoes, hemp seeds served with a wedge of lemon
- ♥ **BANANA TOAST** 72

Sliced banana, almond & macadamia butter, strawberries, toasted coconut flakes and a dust of cinnamon
Swap for vegan 'Nutella' +10
- ♥ **SMOOSHY AVO TOAST** 75

Smooshy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.
- ♥ **HARMONY** 80

Shaved raw carrots and zucchini, homemade beetroot hummus, homemade turmeric hummus, gherkins, sliced tomatoes, thinly sliced red onions, rocket and crunchy lettuce, roasted pumpkin seeds, dusted with salt and pepper to taste
- ♥ **MOON** 89

Smooshy avo, vegan basil pesto, sun-dried tomatoes, wild rocket
- ♥ **STAR** 89

Smooshy avo, homemade cashew nut cream cheese, freshly sliced cherry tomatoes, wild rocket
- ♥ **NOURISH'D B.L.T SANDWICH** 101

Smoky tempeh 'Bacon', a thick layer of our homemade cashew nut cream cheese, creamy avocado aioli, crisp crunchy lettuce, juicy slices of tomato, thinly sliced red onion.

SUPERFOOD EXTRAS

'Superfoods packed with nutrients to boost your smoothies/bowls'

+12 each

Cacao powder	Maca	Lucuma
Cacao paste	Goji berries	Hemp seeds
Cacao nibs	Chia seeds	Spirulina

BAGELS & WAFFLES


Served All Day

All of our bagels are made fresh at a bakery just a stones throw down the road. Please specify if you would like your bagel toasted

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 **SMOOSHY AVO AND CREAM CHEESE BAGEL** 70

Soft and chewy bagel filled with avocado, vegan cashew cream cheese, rocket, cucumber and tomato slices

 **SULTRY SALMXN BAGEL** 75

Soft and chewy bagel filled with carrot salmxn, vegan cashew cream cheese, cucumber slices topped with pea shoots and thinly sliced red onion. Served with a lemon wedge

 **THE PEA-NUT-ELLA CHOCOLATE WAFFLE STACK** 94

Two gluten-free peanut butter Reishi infused chocolate waffles with a decadent peanut butter dulce de leche drizzle, layered with a roasted hazelnut chocolate spread, topped with blueberry-chia compote, caramelised banana and cacao nibs

RAINBOW BOWLS

Served after 11:00

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  **MOONSHINE BOWL** 99

Crispy herby falafel balls, avocado, homemade turmeric hummus, curried kimchi (lacto-fermented vegetables), spirals of baby marrow and carrots, wild rocket, massaged kale, raw almonds, toasted mixed seeds, a drizzle of extra v olive oil and a wedge of lemon. Served with homemade green goddess dressing

 **GALAXY BOWL** 101

Teriyaki tofu, brown rice, fresh pineapple cubes, grilled broccoli, edamame beans, carrot roses, red pepper, massaged kale, thinly sliced purple cabbage drizzled with a sesame miso ginger dressing sprinkled with spring onion, coriander and mint

  **SEXI MEXI BOWL** 101

Chilli 'sin' carne (meatless lentil chilli), guacamole, homemade cashew nut sour cream cheese, pico de gallo (tomato & onion salsa), cinnamon roasted sweet potato, crunchy red cabbage, brown rice, coriander, corn and diced red pepper drizzled with extra v olive oil and a wedge of lemon

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***Turmeric hummus:** Cooked chickpeas, turmeric, lemon, tahini, ginger, garlic, extra v olive oil, salt & pepper

***Beetroot hummus:** Cooked beetroot, activated raw cashew nuts, lemon, cumin, tahini, garlic, extra v olive oil, salt & pepper

***Cashew nut cream cheese:** Activated cashew nuts, sunflower seeds, lemon, nutritional yeast, garlic, extra v olive oil, salt & garlic

***Green Goddess dressing:** Activated cashew nuts, lemon, mint, basil, garlic, extra v olive oil, salt & pepper

***Miso dressing:** Ginger, miso paste, lemon juice, soy sauce, sunflower oil, coconut sugar, sesame oil, apple cider vinegar

FILL ME UPS

Served after 11:00

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 **I FALAFEL IN LOVE WITH YOU WRAP** 99

Crispy herby falafel balls, avocado, spicy mexican beans, slow roasted cherry tomatoes, homemade beetroot hummus, crunchy red cabbage, coconut oil sauteed kale and a drizzle of our homemade chilli mint sauce, toasted to perfection.

Additional side salad +5

Swap to Gluten-Free wrap +16

 **CAULI ME BURRITO** 101

Spicy crispy 'taco' spiced cauliflower, avocado, spicy mexican beans, brown rice, homemade cashew nut cream cheese, crunchy red & white cabbage, tangy tomato salsa, toasted to perfection.

Additional side salad +5

Swap to Gluten-Free wrap +16

 **ENJOY THE LENTIL THING BURGER** 110

Homemade lentil and beetroot patty, sliced avocado, caramelised balsamic red onion, spread with a thick layer of our homemade cashew nut cream cheese, slices of juicy tomato, oven crisped kale, and wild rocket. Served with a toasty wheat or GF bun, 'tomato sauce' relish and sweet potato fries.

Lose the bun for an extra portion of side salad

Swap fries to Green Goddess side salad

Swap to Gluten Free bun +16

 **JACK ME OFF BURGER** 126

Smokey barbeque sauce pulled young jackfruit spread with a thick layer of our homemade cashew nut cream cheese, gherkins, crunchy tahini coleslaw, thinly sliced red onions, and wild rocket. Served with a toasty wheat or GF bun, 'tomato sauce' relish and a sweet potato fries.

Lose the bun for an extra portion of side salad

Swap fries to Green Goddess side salad

Swap to Gluten-Free bun +16

 **HEART HEALTHY CURRY** 115

An aromatic chickpea, potato and broccoli mild green curry topped with baby spinach, garlic roasted pumpkin, red onion pickle, sunflower sprouts, coriander and toasted pumpkin seeds served with caramelized onion cumin brown rice, herbed yoghurt and a homemade gluten free garlic and sea salt naan bread

Add our homemade Chilli Jam +7

Add extra homemade gluten free naan bread +10

 **FRAGRANT THAI PUMPKIN SOUP** 68

A brightly sunshiny fragrant and creamy thai pumpkin soup with turmeric, lemongrass topped with garlic oil croutons

Add sourdough or rye +12

Add gluten free bread +16

 **GREEN ALKALISING SPINACH & BROCCOLI SOUP** 68

A deeply detoxifying, gut-healing spinach, broccoli, celery, parsley and spirulina green soup for alkalisation and optimal health. Topped with cashew nut cream cheese and baby broccoli sprouts

Add sourdough or rye +12

Add gluten free bread +16

EXTRAS

Fresh cherry tomatoes	13	Basil pesto	22
Homemade turmeric hummus	16	Gherkins	13
Homemade beetroot hummus	16	Vegan aioli	18
Smoochy Avo	25	Chilli mint sauce	14
Homemade 'Nutella'	25	Tomato relish	15
Kimchi	20	Tempeh 'Bacon'	25
Homemade cashew nut cream cheese	18	Green Goddess salad dressing	10

SIDES

SWEET POTATO FRIES	40
Served with homemade vegan aioli	
FALAFEL BALLS + TURMERIC HUMMUS	32
3 falafel balls with our homemade turmeric hummus	
TAHINI SLAW	32
Thinly sliced cabbage with a tahini dressing	
SPIRALIZED ZUCCHINI & CARROT SIDE SALAD	32
Spiralized zucchini and carrots tossed in our Green Goddess salad dressing	
TASHA'S BOWL	47
2 Falafels, kimchi and avo with our Green Goddess salad dressing	

ORGANIC AND FAIRTRADE CERTIFIED COFFEE

Option for home-made almond mylk or oat mylk +12
Decaf option available
**Double shot available +4

ESPRESSO	26
MACCHIATO	31
Espresso with micro-foam	
CORTADO	31
Mini flat white	
AMERICANO	31
CAPPUCCINO	33
Single shot espresso with microfoam	
FLAT WHITE	33
Double shot espresso with microfoam	
CAFFE LATTE	33
Single shot espresso with 2 part steamed milk and a layer of foam	
MOCHA	36
Caffe latte with cacao	
BULLET-PROOF COFFEE	36
Single espresso, pure butter and MCT oil	
CANNA COFFEE	44 / 54
Single espresso, MCT oil, milk of choice and a choice of 5mg/10mg pure CBD oil	
UNICORN LATTE	40
Coffee based - Try it..... We dare you :)	
COFFEE COCO (WARM or COLD)	73
Single espresso, cacao powder, coconut oil, dates, cinnamon and homemade almond mylk (Very stimulating with the cacao and coffee combination)	

OTHER DRINKS

Option for home-made almond mylk or oat mylk +12

VEGAN WHITE HOT CHOCOLATE	50
Homemade almond mylk, cacao butter, coconut sugar, coconut mylk, cinnamon, nutmeg, pinch of sea salt, maca and vanilla	
HOTTI TOTTI	50
This powerful flu and cold fighter is our Hot Shot with added hot water and lemon. Best to have hot and feel the benefits of the Ginger, lemon, turmeric and black pepper	
MANNABREW SUPERFOOD ESPRESSO	37
Roasted mesquite bean powder - a coffee alternative without the caffeine or acidity	
MACA MAKIN' LOVE	48
'Healthy Horlicks', homemade almond mylk, maca, cinnamon, ashwagandha, coconut sugar and a pinch of sea salt	
HOT CACAOLATE	53
'Healthy hot chocolate', raw cacao paste and powder, cinnamon, coconut sugar and steamed homemade almond mylk	
MEXICAN HOT CACAOLATE	54
Hot cacao with an extra pinch of cinnamon and cayenne pepper.	
TURMERIC LATTE	54
Steamed homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar	
MATCHA LATTE	54
Ceremonial grade matcha with homemade almond mylk	
CEREMONIAL CACAO HEART OPENER	55
Ceremonial Peruvian Cacao, Coconut sugar, Coconut milk, Karoo Salt	
CHAI LATTE	31
DIRTY CHAI LATTE	32
Shot of espresso and chai spice.	
RED CAPPUCCINO	40
Red espresso with foamed milk	
RED SPICED CHAI LATTE	44
Red espresso latte with chai spice	
KOMBUCHA	32
TEA	
Rooibos Tea	22
English Breakfast	22
Green Tea	24
African Buchu Tea	26
NOURISH'D TEA BLENDS:	
ROOT AND RISE - Ginger, Eleuthero and Turmeric Root with Peppermint, Cayenne, and Buchu.	28
BERRY BRIGHT - Forest berries, Schisandra Berries, Liquorice Root, Hoodie and Yerba Maté.	28
LUNAR LULLABY - Ashwagandha, Passion Flower, Chamomile, Jamine, Lemon Balm and Lemon Peel.	28

TREATS & MUFFINS

MILLIONAIRE SHORTBREAD 46
Decadent layers of oat-biscuit base, date caramel and dark chocolate come together to create a rich and delicious vegan shortbread.

BANANA QUINOA MUFFIN 46
A moist and wholesome muffin made using protein rich quinoa and kept fudgy and sweet with banana and coconut blossom sugar.

CACAO BEETROOT MUFFIN 46
A deliciously dark and decadent chocolate muffin heightened by subtle notes of beetroot and naturally sweetened with organic coconut blossom sugar.

OMEGA SEED MUFFIN 46
Filled with apples, pears, carrots, banana AND pumpkin plus sunflower seeds, sesame seeds, and chunks of dates, raisins and fresh ginger for sneaky 'zing', it's crazy we can even call these muffins a dessert.

FERRERO ROCHER 36
A dark cacao ball with hazelnut centre, rolled in roasted hazelnuts. Better than the original chocolates these little balls of happiness smell, taste and look so similar to the Rochers of old, without any of the nutritional nastiness.

CHOCOLATE CHIP COOKIE 34
Vegan and gluten-free, sweetened with organic coconut blossom sugar, filled with gooey pieces of Medjool date, cashew nuts and chunks of 85% organic dark chocolate, and a pinch of pink Himalayan salt to round it all off.

SNICKERS BAR 43
A raw vegan take on the classic snickers with layers of crunchy roast peanuts and date caramel all enrobed in dark chocolate.

AFRICAN BOUNTY BAR 32
Dark chocolate bar filled with Sceletium and Buchu infused shredded coconut.

TWIXX 43
A raw vegan take on the classic twixx bar (chocolate, biscuit and caramel). A nutty GF-flour base topped with date caramel and enrobed in dark 70% chocolate.

CACAO DATE BALL 34
A super chocolatey and ultra-moist date ball rolled in shredded coconut.

MATCHA LEMON DATE BALL 34
An asian take on the classic date ball these babies are a must-try. Flavoured with Japanese Matcha and fresh lemon zest they're a refreshing and sweet end to a meal.

VEGAN BROWNIE 46
A fudgy and delicious vegan brownie - a classic.

VEGAN CROISSANTS 34
Plain 34
Almond or Chocolate 39

VEGAN WHITE CHOCOLATE, FIG & WALNUT 46
Sophisticated layers of walnut biscuit base and vegan white chocolate and fig are topped with goji berries and pistachios to create a textural taste experience you're unlikely to forget.

VEGAN CHOC CHIP COFFEE BISCUIT 30
Buckwheat Choc-Chip 'Palets Bretons' are made from 100% home-milled buckwheat flour. They are gluten-free and vegan.

PEANUT BUTTER CUPS 46
a perfect combination of crispy biscuit base and gooey delectable peanut butter, date and almond filling enrobed in decadent dark chocolate and topped with toasted almonds and peanuts.

TRANSFORMATIVE TINCTURES

*+ 10 Each for 10 drops
30ml bottles also available for purchase

If you'd like to increase the medicinal powers of any juice, smoothie or other drink on the menu, you can simply add a dose of our tinctures. This initiative is a partnership with the incredible @aether_herbalistan-dapotheary, who use a variety of methods to make the most potent tinctures out there. These tinctures work on a cellular level to heal and nourish the Mind, Body and Soul.

MOOD MAGIC
Increases feelings of joy and mental well-being, assists in memory retention, concentration and brain health.

LIBIDO LUMINANCE
Supports both womxn's and men's sexual health and drive - uplifting the mood, increasing blood flow, stimulating libido and stimulating endurance and energy.

HORMONAL GLOW
Restores balance and assists in regulating an extremely complex orchestra of chemicals.

ADAPTOGENIC ALCHEMY
All of the ingredients in this tincture are 'adaptogens' - a unique classification of plant medicines, which radically improve the body's ability to handle mental, physical and environmental stress.

MENSTRUAL MOON
Soothes and reduces the symptoms of pain, while assisting to reduce overall inflammation and tension/spasms associated with menstruation - addressing the root of the issue.

IMMUNITY
Prevents and soothes the symptoms of, and assist in quickly curing, common colds and flu.

HOT FLUSH
Provides holistic support for all the symptoms and root causes of menopause - reducing hot flushes and night sweats, assisting the body in finding hormonal balance, regulating mood swings and improving lymphatic function.

ALLERGY ALLY
Our allergies and hayfever tincture seeks to address an overactive histamine response by modulating the immune system, reducing inflammation and acting to decongest the airways.

ANCIENT REISHI
Boosts immunity by affecting the genes and altering inflammation pathways in white blood cells. Proven effective against various types of cancer by increasing the production of natural killer cells.

LACTATION LOVE
Contains a plethora of synergistic and adaptogenic herbs, roots and leaves to support and replenish the post-partum body, increase milk production and balance hormonal levels.

Disclaimer: some of our products contain medicinal plants and tinctures. If you are taking any medications, pregnant or breastfeeding caution should be taken, consult a doctor before combining plant materials with pharmaceutical medications.