

## 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 HIPPY (Detoxifier and Alkalizer) 57  
Kale, spinach, celery, cucumber, apple, lemon, ginger
- ♥ GREEN GODDESS 57  
(Refresher and immune boosting)  
Apple, cucumber, ginger, lemon, mint
- ♥ FEELIN' DA BEET OF MY HEART 57  
(Stamina and Endurance)  
Beetroot, apple, cucumber, carrot, ginger, mint, lemon
- ♥ GLOW AND FLOW 57  
(Immune boosting and Flu Fighting)  
Orange, apple, ginger, lemon, chilli, cayenne pepper
- ♥ BLACK BUCHU (Inflammation and Infection) 57  
Activated charcoal, buchu leaves, cucumber, buchu water, apple, ginger, lemon  
(Not suitable for pregnant or breastfeeding mamas)
- ♥ SUNSHINE KAY (Antioxidant and digestion) 57  
Pineapple, yellow pepper, apple, lemon, basil
- ♥ SUNRISE SALUTATION 57  
(Immune Boosting and Anti-Inflammatory)  
Orange, carrot, lemon, echinacea
- ♥ LAVENDER LOVE LEMONADE 57  
(Mood uplifter and soothing)  
Lavender infusion, lavender rice, echinacea, blueberry, elderberry, apple, lemon, lavender essential oil
- ♥ PINEAPPLE DREAMS 57  
(Immune booster for viral symptoms)  
pineapple, cucumber, apple, lemon
- ♥ FRUTTI TUTTI 57  
(Hydrating and Anti-Oxidizing)  
Grapefruit, Pineapple
- HONEY LOVE (Stress Reducing and Healing) 57  
Grapefruit, orange, bee pollen, raw honey, black pepper, turmeric
- ♥ ORANGE JUICE 57  
Pure orange juice

## SHOTS 30ml

- ♥ HOT SHOT 35  
Ginger, lemon turmeric, black pepper  
(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank us later)
- ♥ THE ULTIMATE 35  
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 39  
Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple  
(A blend to balance your gut bacteria for optimal gut health)
- ♥ JAMU ASEM 'NEW' 39  
Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial)

- ♥ ALOE VERA 30  
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 75  
Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk
- ♥ MAKING ME CACAO 75  
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 75  
Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds
- ♥ BLADY BLAZIN' BERRIES 75  
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk
- ♥ GONE GREEN 75  
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk
- ♥ SPIRULINA SUMMER 'NEW' 75  
Half banana, half cauliflower (less sweet), kale, spinach, spirulina, mint, cucumber, homemade almond mylk
- ♥ GREEN WARRIOR 78  
Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)
- ♥ CALMING CANNA-CRISP (CBD PEPPERMINT CRISP) 95  
5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk
- ♥ GF CITRUS CACAO LOVE (WARM / COLD) 250ml / 500ml: 49 / 75  
Banana, gf oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk  
(Tastes like a zesty warm hug)
- ♥ GF GINGERBREAD WOMXN (WARM) 250ml 49  
Sweet potato (steamed), banana, gf oats, almond & macadamia butter, ginger, cinnamon, dates, homemade almond mylk.

## NUT MYLKs 375ml (COLD)

- ♥ NOURISH' D HOMEMADE ALMOND MYLK 57  
Almonds, cinnamon, dates, vanilla, sea salt
- ♥ CACAO MYLK 59  
Homemade almond mylk, raw cacao, cinnamon, dates
- ♥ GOLDEN MYLK 59  
Homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon
- ♥ MOON MYLK 59  
Homemade almond mylk, ashwagandha, beetroot powder, rose infusion, cardamom, spiced coconut sugar

## 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

**V** **NAUGHTY NUTTER** 86  
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

**V** **MAKING ME CACAO** 86  
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** 86  
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

**V** **BLADY BLAZIN' BERRIES** 86  
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, strawberries, desiccated coconut and chia seeds

**V** **GONE GREEN** 86  
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

**V** **SPIRULINA SUMMER 'NEW'** 86  
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

**V** **CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)** 115  
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

**V** **CITRUS CACAO LOVE (WARM or COLD)** 86  
Banana, gluten free oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with gluten free granola, banana slices, dehydrated oranges, cacao nibs, and toasted coconut flakes (Tastes like a zesty warm hug)

## SUPERFOOD EXTRAS +12 each

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

## BREAK THE FAST | Served until 13:00

**V GF** **APPLE CRUMBLE OATIES** 71  
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

**V GF** **TASHA'S HOMEMADE GLUTEN-FREE GRANOLA** 71  
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

**V** **CHICKPEA & TOFU OMELETTE** 87  
Chickpea and tofu omelette filled with sauteed spinach, mushrooms and caramelized onions. Served with a side of sundried tomatoes, wild rocket, crispy chickpeas and sliced avocado.  
Add sourdough or rye +12  
Add gluten free bread +16

## TOASTS & TOASTED SANDWICHES

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

**V** **SMOOSHY AVO TOAST** 72  
Smoochy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.

**BASIL PESTO TOAST** 65  
Basil pesto, freshly sliced cherry tomatoes, hemp seeds, served with a wedge of lemon

**V** **BANANA TOAST** 65  
Sliced banana, almond & macadamia butter, strawberries, toasted coconut flakes and a dust of cinnamon  
Swap for vegan 'Nutella' +10

**MOON** 85  
Smoochy avo, basil pesto, sun-dried tomatoes, wild rocket

**V** **STAR** 85  
Smoochy avo, homemade cashew nut cream cheese, freshly sliced cherry tomatoes, wild rocket

**V** **SUN** 87  
Roasted butternut, avo, pesto, vegan cream cheese, tomato, thinly sliced onion

**V** **HARMONY** 77  
Shaved raw carrots and zucchini, homemade beetroot hummus, homemade turmeric hummus, gherkins, sliced tomatoes, thinly sliced red onions, rocket and crunchy lettuce, dusted with salt and pepper to taste

**V** **NOURISH'D B.L.T SANDWICH** 97  
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.

## 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

**SULTRY SALMXN BAGEL** 68  
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

**V** **SMOOSHY AVO AND CREAM CHEESE BAGEL** 65  
Soft and chewy bagel filled with avocado, vegan cashew cream cheese, rocket, cucumber and tomato slices

**V** **CARROT CAKE WAFFLE STACK** 89  
Two maca protein packed, gluten free waffles infused with chia seeds, fresh ginger, combined with walnuts, hazelnuts and raisins. Covered in a sweet cinnamon cream cheese frosting and topped with carrot crisps, goji berries, mixed seeds and crunchy almond crumble crunch

**GF** **THE PEA-NUT-ELLA CHOCOLATE WAFFLE STACK** 89  
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

## FILL ME UPS

Served after 11:00

- ♥ ENJOY THE LENTIL THING BURGER 107**  
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 110**  
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

- ♥ I FALAFEL IN LOVE WITH YOU WRAP 92**  
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 97**  
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

- GF LUVIN' A LAKSA 95**  
A fragrant indonesian coconut-based broth with gluten-free buckwheat noodles, exotic mushrooms, miso-glazed eggplant, lemongrass and nori garnished with roasted pumpkin, blanched green beans, toasted cashew nuts, crispy tofu, mung beans sprouts, coriander leaves, black and white sesame seeds, spring onions and slivers of chilli

- GF HEART-HEALTHY CURRY 98**  
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 60**  
A brightly sunshiney fragrant and creamy thai pumpkin soup with turmeric, lemongrass, garlic oil croutons & toasted pumpkin seeds  
Add sourdough or rye +12  
Add gluten free bread +16

- GF GREEN ALKALISING SPINACH & BROCCOLI SOUP 60**  
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

## RAINBOW BOWLS

Served after 11:00

- ♥ GF MOONSHINE BOWL 95**  
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 'NEW' 97**  
Teriyaki tofu, brown rice, fresh mango 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

- ♥ GF SEXI MEXI BOWL 97**  
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

## 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 33**  
Served with homemade vegan aioli

- FALAFEL BALLS + TURMERIC HUMMUS 30**  
3 falafel balls with our homemade turmeric hummus

- TAHINI SLAW 30**  
Thinly sliced cabbage with a tahini dressing

- SPIRALIZED ZUCCHINI & CARROT SIDE SALAD 30**  
Spiralized zucchini and carrots tossed in our Green Goddess salad dressing

- TASHA'S BOWL 45**  
2 Falafels, kimchi and avo with our Green Goddess salad dressing

\***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

## TREATS & MUFFINS

- ♥ MILLIONAIRE SHORTBREAD 39**  
Decadent layers of oat-biscuit base, date caramel and dark chocolate come together to create a rich and delicious vegan shortbread.

- ♥ BANANA QUINOA MUFFIN 39**  
A moist and wholesome muffin made using protein rich quinoa and kept fudgy and sweet with banana and coconut blossom sugar.

- ♥ CACAO BEETROOT MUFFIN 39**  
A deliciously dark and decadent chocolate muffin heightened by subtle notes of beetroot and naturally sweetened with organic coconut blossom sugar.

- ♥ OMEGA SEED MUFFIN 39**  
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 28**  
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 28**  
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 36**  
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 25**  
Dark chocolate bar filled with Sceletium and Buchu infused shredded coconut.

- ♥ TWIXX 36**  
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 28**  
A super chocolatey and ultra-moist date ball rolled in shredded coconut.

- ♥ MATCHA LEMON DATE BALL 28**  
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 39**  
A fudgy and delicious vegan brownie - a classic.

- ♥ VEGAN CROISSANTS 28**  
Plain 28  
Almond or Chocolate 32

## ORGANIC AND FAIRTRADE CERTIFIED COFFEE

Option for home-made almond mylk or oat mylk +12  
Decaf option available  
\*\*Double shot available +3

ESPRESSO	22
MACCHIATO	23
Espresso with micro-foam	
CORTADO	26
Mini flat white	
AMERICANO	22
CAPPUCCINO	29
Single shot espresso with microfoam	
FLAT WHITE	29
Double shot espresso with microfoam	
CAFFE LATTE	29
Single shot espresso with 2 part steamed milk and a layer of foam	
MOCHA	35
Caffe latte with cacao	
BULLET-PROOF COFFEE	35
Single espresso, pure butter, MCT oil and milk of choice	
CANNA COFFEE	42 / 52
Single espresso, MCT oil, milk of choice and a choice of 5mg/10mg pure CBD oil	
UNICORN LATTE	39
Coffee based - Try it!.... We dare you :)	
COFFEE COCO (WARM or COLD)	70
Single espresso, cacao powder, coconut oil, dates, cinnamon and homemade almond mylk (Very stimulating with the cacao and coffee combination)	
ICED AMERICANO	28
ICED COFFEE	29
ICED MOCHA	35

## OTHER DRINKS

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

VEGAN WHITE HOT CHOCOLATE	48
Homemade almond mylk, cacao butter, coconut sugar, coconut mylk, cinnamon, nutmeg, pinch of sea salt, maca and vanilla	
HOTTI TOTTI	48
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	36
Roasted mesquite bean powder - a coffee alternative without the caffeine or acidity	
MACA MAKIN' LOVE	46
'Healthy Horlicks', homemade almond mylk, maca, cinnamon, ashwagandha, coconut sugar and a pinch of sea salt	
HOT CACAOLATE	51
'Healthy hot chocolate', raw cacao paste and powder, cinnamon, coconut sugar and steamed homemade almond mylk	
MEXICAN HOT CACAOLATE	52
Hot cacaolate with an extra pinch of cinnamon and cayenne pepper.	
TURMERIC LATTE	52
Steamed homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar	
MATCHA LATTE	52
Ceremonial grade matcha with homemade almond mylk	
CHAI LATTE	28
DIRTY CHAI LATTE	31
Shot of espresso and chai spice.	

RED CAPPUCCINO 39

Red espresso with foamed milk

RED SPICED CHAI LATTE 42

Red espresso latte with chai spice

ICED MATCHA LATTE 58

ICED CHAI LATTE 42

KOMBUCHA 46

Original Rooibos, African Rose, Buchu Babe

TEA 22

Rooibos Tea

Green Tea 20

English Breakfast 20

African Buchu Tea 26

## NOURISHD TEA BLENDS:

ROOT AND RISE - Ginger, Eleuthero and Turmeric Root with Peppermint, Cayenne, and Buchu. 28

BERRY BRIGHT - Forest berries, Schisandra Berries, Liguorice Root, Hoodie and Yerba Matē. 28

LUNAR LULLABY - Ashwagandha, Passion Flower, Chamomile, Jamine, Lemon Balm and Lemon Peel. 28

## 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\_herbalistandapothecary, 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.