PLANT-BASED ICE CREAM

ALL NATURAL ORGANIC INGREDIENTS NUTRITIONS

> A GUILT-FREE TREAT

## ICE CREAM

THE BASE

A mix of cashews and coconuts sweetened with maple syrup, dates and coconut sugar. With maca and lucuma superfood powders. Organic ingredients with No gums, starches or emulsifiers







2 SCOOPS \$8.50



3 SCOOPS \$10.50



1 PINT \$15.50



1 CONE \$2.00















CBD CARAMEL COOKIE COFFEE COOKIE DOUGH EARL GREY GOLDEN SCOOP MAMEY MANGO MARBLED MATCHA PEANUT BUTTER PISTACHIO

PITANGO PUMPKIN SEED BUTTER RASPBERRY THYME ROSE GOJI PISTACHIO SALTED CARAMEL SCHNICKERS SOURSOP STRAWBERRY TROPICAL VANILLA VANILLA MANGO ALMOND VERY BERRY

# SMOOTHIES

### THE GREENER THE BETTER banana, avocado, spinach, green apple, spiraling,

wheatgrass, maca powder, ginger, topped with toasted coconut

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THE GREENER THE BETTER

#### COFFEE KICK espresso, dates, banana, maca powder, cashew butter, oat milk

## banana, mixed berries, oat milk, maca powder,

VERY BERRY

lucuma, topped with chia seeds

#### two fruits, one nut milk, two powders, one nut butter, one topping

CREATE ME

## maca powder, lucuma

THE SEASONAL

seasonal fruit, banana, oat milk,

DESSERTS

### and brownie mini scoops & chooling sauce \$9.50

MOCHA BROWNIE

Chocolate brownie with

COFFEE KICK

espresso, dates, banana, maca p

### cashew butter, oat milk \$9.50

ICE CREAM SANDWICH

### banana and peanut caramel sauce \$9.50

BANANA & PEANUTS

Banana bread with peanut butter mini scoops & chunky

BANANA SPLIT

#### ice cream topped with homemade coconut whip sprinkled with cocoa nibs and cone bits drizzled with chocolate sauce \$18

Banana with 3 scoops of trio (chocolate, strawberry and vanilla)

MILKSHAKE Ice cream flavour of choice with coconut milk

and homemade coconut whip

with sauce and topping of choice

\$12.50

PITAYA BOWL

coconut shavings, sunflower butter.

cookie sandwich with ice cream flavour of you

\$10

#### Pitaya, banana, strawberries, coconut milk, maca, lucuma. banana, berries, chia seeds, coconut milk, maca powder,

lucuma. Topped with banana, chia seeds, goji berries, Topped with strawberries, hempseed, homemade granola, coconut shavings, homemade granola, cashew butter.

### GREEN BOWL

Banana, avocado, spinach, dates, coconut milk, spiraling. Topped with green apple, chia seeds, hemp seed, granola, coconut shavings, almond butter.

## TROPICAL BOWL

ACAI BOWL

mango, papaya, banana, berries, oat milk, maca powder, lucuma. Topped with mango, flaxseed, coconut shavings, goji berries, homemade granola.

CHOCOBUTTER BOWL:

## banana, almond butter, cocoa powder, coconut milk,

