

EVERY MONDAY-FRIDAY | 4PM-7PM



HAPPY HOUR RE-IMAGINED

Curated by Executive Chef Seizan Dreux Ellis & our Resident Dietician Jayne Pinsky to highlight popular items from our menu and their nutritional benefits.

Enjoy 20% off in celebration of our 20th anniversary.

herbal tonic lattes

I AM COSMIC 7-25 5.8 ANTIOXIDANT SPIRULINA LATTE hemp milk, reishi, chaga, raw honey SPIRULINA IS RICH IN AMINO ACIDS, B VITAMINS, TRACE MINERALS, ENZYMES & ANTIOXIDANTS	I AM GOLDEN 6-75 5.4 TURMERIC LATTE raw honey, black pepper, choice of milk TURMERIC IS AN ANCIENT AYURVEDIC SUPERFOOD WITH POTENT ANTI-INFLAMMATORY PROPERTIES
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juice, spritzers & shots

I AM PLENTIFUL 13-5 10.8 cranberry, pomegranate, beet, grape, carrot, apple, ginger POMEGRANATES ARE RICH IN ANTIOXIDANTS & HELP PREVENT CHRONIC DISEASE DEVELOPMENT	I AM SHINING 11-5 8.2 GHIA APERITIF housemade hibiscus syrup, orange HIBISCUS IS A RICH ANTIOXIDANT THAT HELPS LOWER BLOOD PRESSURE & IMPROVE HEART HEALTH
I AM PROTECTED 6 4.8 BEAUTY, BODY & BRAIN BROCC SHOT broccoli sprouts, sulforaphane SULFORAPHANE HELPS MAINTAIN CELLULAR HEALTH, SLOW AGING, IMPROVE BRAIN FUNCTION & HEAL GUT LINING	

superfood smoothies

I AM MAGNIFICENT 13-5 10.8 BLACK SESAME DATE SHAKE black sesame, almond, dates, banana, vanilla, cardamom, sea salt SESAME IS RICH IN HEALTHY FATS, PROTEIN, FIBER & ANTIOXIDANTS	I AM BEAMING 13-5 10.8 SUPERFOOD MATCHA SMOOTHIE Black Magic chaga elixir, almond milk, coconut meat, avocado, dates, ashwagandha, licorice root, dandelion root, burdock root, wild cherry bark, vanilla, cinnamon MATCHA IS KNOWN TO BOOST ENERGY, INCREASE MEMORY, HELP DETOXIFY THE BODY & FIGHT OFF FREE RADICALS
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nourishing plates

I AM BALANCED GF 15 12 ROASTED JAPANESE YAMS leek confit, collard greens, maple sesame glaze, black and white sesame JAPANESE SWEET POTATOES ARE RICH IN VITAMIN C & HELP BALANCE MOOD WHILE HELPING SUPPORT BLOOD CELL PRODUCTION	I AM KANSHA GF 22-5 18 GRATITUDE JAPANESE BOWL smoked tofu, asparagus, yuzu pickled cucumber, wakame, salt-cured mizuna, kumquat, brown rice, roasted sesame dressing, shaved scallion MIZUNA PROMOTES EYE & HEART HEALTH WHILE HELPING STRENGTHEN THE IMMUNE SYSTEM
I AM BELLA 13 10.4 WARM ALMOND BURRATA IN MARINARA basil hempseed pesto, focaccia crostini ALMONDS ARE RICH IN PROTEIN, ENZYMES, MINERALS & HEALTHY FATS	I AM WHOLE GF 21 16.8 MACROBIOTIC BOWL stewed adzuki beans, braised butternut squash, sea palm, sautéed kale, kimchee, garlic tahini, gomasio, tamari almonds, sprouts [w/ brown rice, quinoa, or a mix] SEA PALM IS RICH IN IODINE & HELPS TO BOOST THYROID FUNCTION & REGULATE METABOLISM
I AM RESOURCEFUL GF 19-25 15.4 KALE, RADICCHIO, ROASTED BUTTERNUT & CRANBERRY fennel, crispy shallots, maple rosemary pecans, almond ricotta, balsamic dijon dressing, pomegranate molasses KALE IS AN ALKALIZING VEGETABLE RICH IN DETOXIFYING AND LIVER-CLEANSING DIETARY SULFUR.	