

# “Made to Order”

## Wellness Tonics

Citrus & Spice Orange, lemon, turmeric, ginger, raw organic honey and a pinch of Himalayan sea salt	9
Cucumber Lime Chia Fresca coconut and cucumber water, fresh lime, seedlip botanicals, mint and chia	9
Warm Cinnamon Oat Milk cardamom, nutmeg, ginger, maple syrup and MCT oil	9

## Smoothies

Awaken me cold brew coffee, banana, cacao, rice milk, almond butter, raw organic honey	12
Blues - <i>no more</i> blueberry, blue algae, kale, apple, yogurt, buckwheat honey	13
Conscious Colada pineapple, banana, spinach, coconut water, almond milk	12

## Coffee & Tea

Double Espresso	4.50
Americano	4.50
Cappuccino	5.25
Cafe Latte	5.50
Flat White	6.00
Premium Loose Tea	4.00

## Chilled Coffee Concoctions

Cold Brew Fizz - off-dry and refreshing	5.25
Cold Brew Coconut water & lime - Shaken	6.50
La Colombe - Cold Brew	4.50
La Colombe - Latte	4.50

## Gourmet Toast

Almond butter - Banana Dark berry jam, oat streusel, and honey	13
Bacon - Egg Grilled Cheese aged white cheddar, slow cooked olive oil - up eggs	14
Smoked Salmon Nicoise marble potatoes, olive, haricot vert, tomato, pickled red onion, radish and whipped herb cream cheese	15
Charred Avocado & Heirloom tomato petite cilantro and shaved farm radishes and sunflower sprouts	13
*Add an EVOO UP-egg	3

## Superfood Cups & Bowls

Fresh Fruit dark berries cubed seasonal fruit	6
Yogurt Parfait berries, coulis and oat streusel	7
Vegan Chickpea Scramble sweet potatoes, black beans, kale, sesame and turmeric	15
*Add an EVOO UP-egg	3

## Market Salads

RAW supergreens, edamame, grape tomatoes, quinoa, sunflower sprouts and broccoli sprouts	12
FARM baby kale, petite potato, roasted chicken, roasted grapes, feta	14
HEIRLOOM petite greens, opal basil, tomato, buratta and fennel pollen	13
<u>Dressings</u> Greek yogurt - green goddess Carrot ginger sesame Roasted pepper and smoked paprika	

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

# CONRAD

HOTELS & RESORTS™



TEALEAVES

## Silver Leaf

WHITE TEA

AROMA: SOFT FLORAL NOTES.

PALATE: LIGHT, EXQUISITE COMPLEXITY.

NOTES: LOW CAFFEINE.

Silver Leaf white tea is named for the silver downy hairs that cover the young, unopened buds.

## Iron Goddess of Mercy

OOLONG TEA

AROMA: GOLDEN ORCHID, SLIGHTLY WOODY.

PALATE: ELEGANT, EARTHY, COMPLEX LAYERS.

NOTES: MEDIUM CAFFEINE.

Ti Kuan Yin, Guanyin, or Iron Goddess of Mercy is one of the most prized oolong teas.

## Flowery Earl Grey

BLACK TEA

AROMA: UPLIFTING, CITRUS PERFUME.

PALATE: VOLUPTUOUS, CREAMY ELEGANCE.

NOTES: HIGH CAFFEINE.

A cup of liquid sunshine.

## Floral Jasmine

GREEN TEA

AROMA: INTRIGUING, SWEET & HEADY.

PALATE: DELICATE STRUCTURE, SOFT.

NOTES: LOW CAFFEINE.

Golden jasmine blossoms of the first perfume delicately scent this spring harvest loose leaf green tea.

## English Breakfast

BLACK TEA

AROMA: SWEET & BISCUITY.

PALATE: ELEGANT, BRIGHT AND BRISK.

NOTES: HIGH CAFFEINE.

One of the world's favorite breakfast teas, blended with biscuity Keemun.

## BC Forestea

BLACK TEA

AROMA: SWEET, TARRY, ALLURING.

PALATE: VOLUPTUOUS, SMOKINESS.

NOTES: HIGH CAFFEINE.

A smoky cup that captures the allure of camping in the wilds of British Columbia.

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## Organic Chamomile Flowers

HERBAL

AROMA: SOFT & HERBACEOUS.

PALATE: APPLE-LIKE ELEGANCE.

NOTES: CAFFEINE-FREE.

Apple-fragrant, golden chamomile blossoms infuse to a tranquil and calming honey-colored cup.

## Organic Vanilla Rooibos

HERBAL

AROMA: FRAGRANT CARAMEL.

PALATE: OPULENT, CREAMY STRUCTURE.

NOTES: CAFFEINE-FREE.

Madagascar vanilla bean naturally sweetens this organic rooibos loose tea, producing a round, full cup.

## Organic Sugar Plum Fairy

HERBAL

AROMA: SWEET & FRUITY.

PALATE: CONFECTIONARY, PLEASANT.

NOTES: CAFFEINE-FREE.

Whirls of creamy vanilla, ripe strawberry and a hint of plum are 'en pointe' in this herbal treat.

## Organic Peppermint Leaves

HERBAL

AROMA: REFRESHING & MINTY.

PALATE: VIBRANT, SATURATED MINT.

NOTES: CAFFEINE-FREE.

A stimulating and refreshing organic herbal infusion – aromatherapy in a cup.

## Mountain Berry

HERBAL

AROMA: FRUITY, JAMMY SCENT.

PALATE: FRUIT-FORWARD, SWEET-TART.

NOTES: CAFFEINE-FREE.

Our loose leaf Mountain Berry tea is a fruity superfood blend of Saskatoon (native to Canada) berries, currants, hibiscus and rosehips, sealed with sweetness.

TEALEAVES.COM

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