

DRINKS

BLENDHOUSE

COFFEE

ESPRESSO	\$1.5
AMERICANO	\$1.5
CAPPUCCINO / LATTE	\$2
FLAT WHITE	\$2.5
EXTRA SHOT	\$1.5

SPECIALITIES

MATCHA LATTE **\$3**

Matcha is a finely ground powder made from specially grown green tea leaves. Steamed with milk of your choice.

TUMERIC LATTE **\$3**

It is a warm, vibrant drink made with milk of your choice and turmeric, spiced with cinnamon and black pepper. Its key ingredient, turmeric, contains curcumin, a compound known for its anti-inflammatory and antioxidant properties.

STICKY CHAI **\$3**

Chai is a spiced tea originating from India, made by brewing black tea with a blend of aromatic spices such as cinnamon, cardamom, ginger, cloves, and black pepper. Mixed with steamed milk of your choice.

MAKE IT DIRTY **\$1**

LION'S MANE COFFEE **\$3**

An edible mushroom with a long medicinal history, lion's mane is used to improve memory and mood. Mixed with a Rumble Fish coffee roasted in Kampot.

SMOOTHIES

TASTE OF TROPICS	\$2.5
MANGO, PINEAPPLE, PASSIONFRUIT, BANANA	
WATERMELON BREEZE	\$2.5
WATERMELON, SUGAR, LIME	
MANGO LASSI	\$2.75
MANGO, GREEK YOGURT, LIME, SUGAR	
WATERMELON OR PINEAPPLE COLD PRESS JUICE	\$2.5

REFRESHMENTS

PASSIONFRUIT COOLER	\$2
HIBISCUS ICED TEA	\$2
KOMBUCHA / KEFIR	\$2.5

SHAKES

VANILLA CHAI SHAKE	\$3
COCONUT COFFEE SHAKE	\$2.5

TEAS

BUTTERFLY PEA	\$2
HIBISCUS	\$2
ENGLISH BREAKFAST	\$1.5

VEGAN MILK : ALMOND / COCONUT 0.75\$

SINGLE ORIGIN CACAO

BLENDHOUSE

STONE GROUND CACAO PASTE KNOWN SINCE AZTEC TIMES AS THE 'FOOD OF THE GODS' IS MEANT TO BE DRANK WITH INTENTION AS A VIBRANT MEDICINE. CEREMONIAL CACAO IS PRODUCED BY ONE FARM, HAND PICKED AND PROCESSED WITH MINIMAL MACHINERY. MADE OUT OF CRIOLLO, TRINITARIO OR OTHER HERITAGE VARIETIES.

MONDULKIRI, CAMBODIA

EVERYDAY DOSE 18 grams	\$3
CREATIVE DOSE 28 grams	\$4
CEREMONIAL DOSE 40 grams	\$5

CEREMONIAL, NORTH OF THAILAND

EVERYDAY DOSE 18 grams	\$3.5
CREATIVE DOSE 28 grams	\$4.5
CEREMONIAL DOSE 40 grams	\$5.5

CEREMONIAL, BALI, INDONESIA

EVERYDAY DOSE 18 grams	\$4
CREATIVE DOSE 28 grams	\$5
CEREMONIAL DOSE 40 grams	\$6



BLENDHOUSE

WANNA ADD SOMETHING TO YOUR SMOOTHIE BOWL OR DRINK?

PEA PROTEIN POWDER **\$2**

Pea protein powder is a type of protein supplement made from yellow peas. It's extracted by isolating the protein from peas and removing most of the carbohydrates and fats. This leaves behind a protein-rich powder that's commonly used by those looking to boost their protein intake, especially in plant-based diets.

LION'S MANE **\$1.5**

Lion's Mane powder is a supplement made from the Lion's Mane mushroom, a unique medicinal mushroom known for its distinctive appearance that resembles a lion's mane. This mushroom has been used in traditional Chinese medicine for centuries and has gained popularity in recent years for its potential cognitive and health benefits.

ASHWAGANDHA **\$1**

Ashwagandha powder is a supplement made from the roots or leaves of the *Withania somnifera* plant, commonly known as ashwagandha, which is a herb used in traditional Ayurvedic medicine for centuries. It's considered an adaptogen, meaning it may help the body manage stress and balance various physiological functions.

MORINGA **\$0.5**

Moringa powder is a supplement made from the dried leaves of the Moring tree, often referred to as the "miracle tree" because of its numerous health benefits. The leaves are packed with essential nutrients, making moringa powder a nutrient-dense supplement.

BLACK MACA **\$1.5**

Black maca powder is a type of maca root powder made from the black variety of the maca plant, which is native to the high Andes mountains in Peru. Maca, often called "Peruvian ginseng," is a root vegetable known for its nutritional value and adaptogenic properties. The black variety of maca is considered one of the most potent types, with unique health benefits.



FOOD

BLENDHOUSE

BAGELS

TOFU & KIMCHI **\$5**

Grilled tofu, pickled wakame, kimchi, avocado and spring onions.

SMASHED AVO **\$4.5**

AVOCADO, CHERRY TOMATOES, FETA, SPRING ONIONS & BALSAMIC (ASK US FOR VEGAN OPTION)

GRILLED EGGPLANT **\$4.5**

HOMEMADE HUMMUS, SOY SAUCE MARINATED CUCUMBERS, HARISSA PEPPER SAUCE, GRILLED EGGPLANT.

BACON & EGG **\$5**

FRIED EGG, HOMEMADE CHILLI JAM, CHEDDAR, CHERRY TOMATOES, BACON

SALMON BAGEL **\$6**

SMOKED SALMON, CREAM CHEESE, CAPERS, CUCUMBERS IN SOY SAUCE, SPRING ONION

SPECIAL

SMOKED SALMON **\$8**

POKE BOWL

SMOKED SALMON, AVOCADO, MANGO, FETA, CUCUMBERS, TOMATOES AND SUNFLOWER SEEDS ON A RED RICE WITH A SIDE OF SOY SAUCE

SMOOTHIE BOWLS

GRANOLA **\$5**

HOMEMADE GRANOLA, GREEK YOGHURT, MANGO PUREE, COCONUT FLAKES & SEASONAL FRUITS

PROTEIN BOWL **\$5**

PEANUT BUTTER, DARK CACAO POWDER, DRIED FIGS AND PRUNES BLENDED WITH BANANA AND PLANT BASED MILK. TOPPED WITH COCONUT FLAKES, GRANOLA AND SEASONAL FRUITS

PINK TROPICAL **\$5**

TROPICAL FRUITS WITH FROZEN DRAGONFRUIT, BLENDED WITH COCONUT MILK AND TOPPED WITH COCONUT FLAKES, GRANOLA AND SEASONAL FRUITS.

GREEN HARMONY **\$5.5**

AVOCADO, BANANA, MORINGA POWDER, CHIA SEEDS BLENDED WITH COCONUT MILK AND TOPPED WITH SEASONAL FRUITS, COCONUT FLAKES AND GRANOLA

CAKES

\$2

ASK US FOR TODAYS CAKE

ADD ONS:

AVOCADO 1\$ / FRIED EGG 1\$ / BACON 1.5\$ / FETA 1\$