# DRINKS

## Bone Broth

beef or chicken bones, bone marrow
beef liver, vegetables, freshly ground spices
ghee, filtered water, hing, black salt

*GF/EF/DF*

## CCF + Halim Seed Tea

cumin + coriander + fennel
a traditional Ayurvedic blend to support
digestion, lactation, and nutrient absorption

*GF/V/EF/DF*

## Dashmula & Jaggery Tea

traditional Ayurvedic blend of ten roots that
support healing and ground nervous system

*GF/V/EF/DF*

## Jujube & Ginger Tea

jujube dates, goji berries, fresh grated ginger

*GF/V/EF/DF*

## Royal Golden 'Latte'

ashwagandha "king of herbs", shatavari
"queen of herbs", dashmula, turmeric
nutmeg, cinnamon, ginger, jaggary, sunflower
lecithin, milk or milk alt

*GF/V/EF | ask for DF option*

## Cardamom & Nettle 'Latte'

fresh ground cardamom + nettle leaf
sunflower lecithin, pure vanilla, maple syrup
milk or milk alt

*GF/V/EF | ask for DF option*

## Rose Lactation 'Latte'

rose petal, beet powder, vidari, shatavari
sunflower lecithin, pure vanilla, maple syrup
milk or milk alt

*GF/V/EF | ask for DF option*

## Saffron & Vanilla 'Latte'

saffron threads, cardamom, vanilla
pure maple syrup, ghee, milk or milk alt

*GF/V/EF | ask for DF option*

## Red Velvet Cake 'Latte'

cocoa powder, beet powder, vanilla
sunflower lecithin, pure maple syrup
milk or milk alt

*GF/V/EF | ask for DF option*

## Lavender & Honey 'Latte'

lavender buds, local honey, vanilla
sunflower lecithin, milk or milk alt

*GF/V/EF | ask for DF option*

## Spiced Ginger Chai

fresh ginger root, black peppercorn
cardamom pods, cinnamon, nettle
red raspberry leaf, fennel, maple syrup
milk or milk alt

*GF/V/EF | ask for DF option*

## Chocolate + Tahini + Moringa

coconut milk, cocoa powder, maple syrup
tahini, cinnamon + ginger powder, ghee
milk or milk alt

*GF/V/EF | ask for DF option*