

# ARCTIC SANDWICHES

MULTIGRAIN / WRAP / GLUTEN FREE

## VINSON FALAFEL

FALAFEL, AIOLI, BEET SMASH, CUCUMBER

## EVEREST

SMOKED SALMON, AVOCADO, CUCUMBER, AIOLI

## MONT BLANC

CHICKEN, AVOCADO, SUN-DRIED TOMATO, AIOLI

## K2

GOATS CHEESE, BEET SMASH, AVOCADO, HONEY, WALNUTS

## KILIMANJARO

TUNA MAYO & AVOCADO

## MCKINLEY VEGAN

ROAST VEGGIES, HUMMUS, SEEDS, WALNUTS

## BRUNCH CLUB

### ALL ARCTIC BREAKFAST

POACHED EGGS, AVOCADO, SPINACH, TOMATO & TOAST

### AVO SALMON

SMOKED SALMON, AVOCADO, LIME, PAPRIKA, TOAST

### HEALTH SMASH

AVOCADO OR BEET SMASH W/ S-DRIED TOMATO, ROCKET

### GRANOLA FRUIT JAR

W/ PINEAPPLE, BERRIES, YOGHURT OR OAT MILK

### SUPERFOOD PORRIDGE POT

OATS & QUINOA, BERRY COMPOTE, BANANA, SEED MIX

### BRUNCH DEMI ORIGINAL

PROSCUITTO & AVO SMASH

### BRUNCH DEMI VEGAN

AVOCADO, CUCUMBER, BEET SMASH

### RAW KALE FUEL

CHOPPED KALE, QUINOA, CARROT, RED ONION, GOJI BERRIES, SEED MIX, LEMON

### EXPLORER SOUP

## SOUL BOWL SALADES

REG / MINI

### NUTTY FALAFEL

FALAFEL, AVOCADO, RED PEPPER, RED ONION, RICE, SEED MIX, LEMON, AIOLI

### POKE ME

SMOKED SALMON, AVOCADO, CUCUMBER, CARROT, RED ONION, RICE, ASIAN DRESSING

### PROTEIN PUNCH

CHICKEN, ROAST VEGGIES, QUINOA, FETA, SEED MIX

### PLANT TERRITORY

ROAST VEGGIES, AVOCADO, HUMMUS, BEETS, WALNUTS, SEED MIX

### SUPERFOOD

BROCCOLI, AVOCADO, QUINOA, KALE, BEETS, SWEET POTATO, GOJI BERRIES, MORINGA

### SUPER CHARGE

CHICKEN, PROSCUITTO, AVOCADO, TOMATO, QUINOA, AIOLI

## ENERGY BOWLS

WITH GRANOLA, COCONUT FLAKES, SEED MIX

### SUPER GREEN SMOOTHIE

SPINACH, BANANA, ALMOND MILK, BERRIES, SPIRULINA

### SUPER ACAI SMOOTHIE

ACAI, BERRIES, BANANA, YOGHURT

### SUPER NUT SMOOTHIE

PEANUT BUTTER, BANANA, OAT MILK

### MANGO FROYO

FROZEN YOGHURT WITH MANGO

### NAUGHT NANA BERRY

FROZEN BANANA, STRAWBERRY, COCONUT OIL

### NAUGHTY NANA CHOC

FROZEN BANANA, PEANUT BUTTER, COCOA NIBS, HONEY

CONTAINS GLUTEN



CONTAINS NUTS



CONTAINS DAIRY



# POWER JUICE

REG 500ML / MINI 360ML

## IMMUNITY BURST

ANANAS, ORANGE, AVOCAT, CITRON, GINGEMBRE  
*PINEAPPLE, ORANGE, AVOCADO, LEMON, GINGER*

## CAPTAIN SCOTT'S BERRY BOMB

BAIES, BANANE, AÇAÍ, FRAISE, LAIT  
*BERRIES, BANANA, ACAI, STRAWBERRY, MILK*

## PROTEIN POWER

LAIT D'AVOINE, BANANE, DATTE, CANNELLE, CACAHUËTE, CHIA  
*OAT MILK, BANANA, PEANUT BUTTER, DATES, CINNAMON, CHIA*

## HIMALAYAN BREAKFAST

BAIES, AVOINE, BANANE, MIEL, YAOURT, NOIX  
*BERRIES, OATS, BANANA, HONEY, NATURAL YOGHURT, WALNUTS*

## POST-WORKOUT COOKIE DOUGH

BANANE, BEURRE DE CACAHUËTE, DATTE, CACAO, LAIT  
*BANANA, PEANUT BUTTER, DATES, COCOA, MILK*

## ULTIMATE IRON MAN

POMME, BANANE, EPINARD, BROCOLI, MORINGA  
*APPLE, BANANA, SPINACH, BROCCOLI, MORINGA*

## EARTH DETOX

BETTERAVE, POMME, AVOCAT, CITRON VERT, GINGEMBRE  
*BEETS, APPLE, AVOCADO, LIME, GINGER*

## CHAMPAGNE POWDER

CAFÉ BIOLOGIQUE, LAIT D'AVOINE, BANANE, DATTE  
*ORGANIC COFFEE, OAT MILK, BANANA, DATES*

# SKINNY JUICE

REG 500ML / MINI 360ML

## HUMAN STRIVER

CAROTTE, ORANGE, CITRON, GINGEMBRE  
*CARROT, ORANGE, LEMON, GINGER*

## GREEN ENDURANCE

EPINARD, POMME, CITRON, GINGEMBRE  
*SPINACH, APPLE, LEMON, GINGER*

## BEET REJUVINATE

BETTERAVE, POMME, CITRON, GINGEMBRE  
*BEETS, APPLE, LEMON, GINGER*

## SKYRUNNER

BAIES, POMME, CONCOMBRE, ÉPINARD, MACA  
*BERRIES, APPLE, CUCUMBER, SPINACH, MACA*

## HANGOVER DEFENCE

CONCOMBRE, MENTHE, CITRON, POMME, MATCHA  
*CUCUMBER, MINT, LEMON, APPLE, MATCHA*

## VITAMIN BOOST

ORANGE, POMME, GINGEMBRE, CURCUMA, POIVRE NOIR  
*ORANGE, APPLE, GINGER, TURMERIC, BLACK PEPPER*

## GET SEXY

FRAISE, POMME, BASILIC, GINGEMBRE  
*STRAWBERRY, APPLE, BASIL, GINGER*

## TROPIC TRAIL

MANGUE, MENTHE, CITRON VERT, POMME  
*MANGO, MINT, LIME, APPLE*

# ORGANIC COFFEE

## ESPRESSO SHOT

SINGLE (OR DOUBLE) SHOT OF OUR AMAZING 100% ARABICA ORGANIC COFFEE

## ESPRESSO MACCHIATO

SINGLE SHOT WITH A SPLASH OF HOT MILK

## AMERICANO | ALLONGÉ

DOUBLE SHOT WITH HOT WATER

## CAPPUCCINO

DOUBLE SHOT WITH FOAMED MILK

## FLAT WHITE

DOUBLE SHOT WITH MICROFOAMED MILK

## RENVERSÉ

FOAMED MILK WITH DOUBLE SHOT OF ORGANIC COFFEE

## ARCTICCINO

DOUBLE SHOT WITH MILK BLENDED WITH ICE

## MOCHA

DOUBLE SHOT WITH COCOA, AND FOAMED MILK

## COLD BREW COFFEE

## BLACK TONIC

DOUBLE SHOT WITH INFUSED ORGANIC COCONUT OIL

## BULLET COFFEE

DOUBLE SHOT WITH INFUSED ORGANIC COCONUT OIL

# LATTE

## CLASSIC LATTE

DOUBLE SHOT WITH HOT MILK

## CHAI LATTE

HOT MILK INFUSED WITH SPICED TEA

## G&T LATTE

GINGER AND TURMERIC WITH HOT MILK

## BEET LATTE

BEETROOT AND GINGER WITH HOT MILK

## MATCHA LATTE

MATCHA POWDER WITH HOT MILK

## COLD BREW LATTE

COLD BREW COFFEE WITH MILK

# NATURAL HOT CHOCOLATE

## CLASSIC

OUR CLASSIC HOT CHOCOLATE

## SIGNATURE

CHOC & NUT

# TEA

## HERBAL SELECTION

### EARL GREY

### BLACK TEA

### FRESH MINT

## MATCHA VIRGIN TEA

## ARCTIC DETOX POT

LEMON, GINGER, HONEY