

# KAVA

Kava is a root indigenous to the South Pacific Islands. It is used ceremoniously, socially and communally. the root is dried and ground, then massaged in water. this massaging process releases kavalactones, and when ingested, they bind to the GABA receptors in your brain promoting a relaxing, slightly euphoric sensation. As a relaxant of the central nervous system, kava is very good at stress and anxiety relief. Most people report being more socially outgoing and being able to focus on anxiety inducing tasks. you can drink as little or as much as you like. It's not uncommon for an individual to drink 4 shells a night, or more. treat it as you would any drink at a social gathering or a night out. Kava is a natural anesthetic so you will feel a slight tingling in your mouth, don't worry, it's all part of the experience. It's best to drink Kava in larger gulps rather than sip because you want to overload the body with kavalactones to feel the full potential of this Sacred root.

## POINTS OF ORIGIN

### TONGA

MIND  
HALF SHELL 3.5  
FULL SHELL 6  
MASON JAR 11  
BIG GUY 16

### VANUATU

MIND  
HALF SHELL 3.5  
FULL SHELL 6  
MASON JAR 11  
BIG GUY 16

### SOLOMON ISLE

MIND & BODY  
HALF SHELL 3.5  
FULL SHELL 6  
MASON JAR 11  
BIG GUY 16

### FIJI

MIND & BODY  
HALF SHELL 3.5  
FULL SHELL 6  
MASON JAR 11  
BIG GUY 16

## MAKE YOUR OWN

### 1. CHOOSE A KAVA

Tonga, Solomon, Fiji or  
Vanuatu

### 2. CHOOSE A MILK

oat milk or almond milk

### 3. CHOOSE A SYRUP

chocolate, P.B., spearmint, lavender,  
simple, ginger chai, maple vanilla,  
coconut, toasted marshmallow, Irish  
cream, vanilla

## HOUSE DRINKS

### SM \$7 LG \$13

### Choco-mint

chocolatey, minty, kava, almond milk

### Sour Kava

kava, sour, lime, simple syrup

### Irishberry

creamy with kava, almond milk,  
& strawberry, Irish cream syrup

### Mule

Ginger beer, lime juice, simple syrup

### Choco-p.b.

chocolatey, peanut buttery, kava  
with almond milk

### Choco-malt

chocolatey, classic malt, kava  
with almond milk

### Coconut

kava with coconut and creamy oat  
milk

### Iced latte

cold brew, kava and almond milk. add  
a syrup to sweeten it up if you wish.

### Banana Cream

kava, banana, vanilla, creamy oat milk

### Sour Pineapple

kava, sour mix, pineapple juice, simple  
syrup

### Iced chai

warming spice blend with kava  
almond milk & agave

### Golden Milk

warming spice blend with kava  
almond milk & agave

**Growlers of kava are \$29 to start  
and \$27 for refills when you bring  
the growler back**

# BOTANICALS

Kratom is a plant indigenous to South East Asia. Kratom is not an opioid but it contains plant alkaloids that attach to a group of opiate receptors, creating a relaxation of the body & mind. There are three different strains denoted by their color(white, red & green). White is stimulating and provides focus as well as calmness, a great caffeine alternative. Green provides a feeling of euphoria and a good sense of well-being. Red is sedating and great for when you really want to chill. In small amounts kratom can be a stimulant but in larger amounts kratom acts as a sedative.

Blue Lotus is a flower used by ancient Egyptians to induce lucid dreaming. In addition to that, blue lotus gives you a mild calmness of the mind that helps with sleep, relaxation and meditation.

Kanna is a shrub from S. Africa. the effect is that of a mild sense of well being. It is traditionally used for stress and depression relief. it works as a natural SSRI. if you are on SSRI medications we suggest passing on the kanna.

## WHITE TURBO

STIMULATING  
SMALL 6  
LARGE 12

## GREEN MONKEY

EUPHORIC  
SMALL 6  
LARGE 12

## RED SERENE

SEDATING  
SMALL 6  
LARGE 12

## BLUE LOTUS

MEDITATION & SLEEP  
SMALL 6  
LARGE 12

## KANNA

MEDITATION & SLEEP  
SMALL 6  
LARGE 12

## CACAO

STIMULATING  
4OZ SHOT \$4

**Growlers of Botanicals are \$29 to start and \$25 for refills when you bring the growler back**

# HOUSE DRINKS

## SM \$7 LG \$13

## Arnold Palmer

Kratom, lemonade, simple syrup

## Tropic Thunder

Kratom, razz, pineapple, mango, sour, simple syrup

## Black Lavender

Kratom, blackberry, lavender, vanilla, lemonade.

## Mule

Ginger beer, lime juice, simple syrup

## Berry World

Kratom, straw, blue, black, lemonade simple syrup

## Strawberry Lime

Kratom, strawberry, lime, simple

## Coconut-pine

kratom, coconut syrup, pineapple

## Krakatoa

Kratom , cold brew, coconut, creamy oat milk

## Jimmy

Kratom, cold brew, toasted marshmallow, creamy oat milk

# MAKE YOUR OWN

### 1.CHOOSE A BOTANICAL

White Turbo, Green Monkey, Red Serene, Kanna or Blue Lotus

### 2.CHOOSE A BASE

Lemonade, Pineapple, Apple, Cranberry, Cherry, Orange Juice

### 3.CHOOSE A FRUIT PUREE

Strawberry, Raspberry, Mango, Blackberry, Blueberry