

MODERN GENERAL

feed AND seed®

BEVERAGES

Cures What Ails You

Cold

Cold brewed coffee \$4.75

Iced mint tea \$3.75

Lemonade \$4

Turmeric Ginger Tea \$6

Hot

Impeccably brewed coffee \$3/\$3.50

Espresso \$4

Cappuccino \$5

Latte \$5

Cafe au lait \$4.25

House-made Chai \$5

Fresh mint tea \$3.75

Earl grey, black or green tea \$4

Nourishing bone broth \$5.50

Beneficial Beverages

Immune-boosting hot cacao \$8
immune boosting mushroom blend*,
raw cacao and coconut sugar
*organic turkey tail, reishi,
maitake, shiitake, chaga
add raspberry whipped cream \$1
add espresso \$2

Cascara \$6

a "tea" made from the fruit of the
coffee berry. Sweetened with maple syrup
and brightened with lemon.

MG Chai \$8

classic chai, amped up with
ashwagandha & angelica for a
sustained and stabilized energy

London de-fogger \$7

earl grey, lavender, vanilla,
lion's mane, ginseng for mental clarity

Gilded milk \$7

anti-inflammatory turmeric and
super-hydrating tremella with
cinnamon, ginger, honey

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Health shots

\$5

Turmeric

garnished with coconut oil,
black pepper, orange

Ginger (hot or cold)

with apple and honey garnish

Smoothies

12 oz \$8.75 / 16 oz \$10.0

Kale pineapple

kale, pineapple, spinach, banana,
orange, lemon

Blueberry flax

blueberries, flax, yogurt,
chard, orange, banana, lemon

Basil coconut

basil, spinach, coconut, pineapple, lime

Cold brew cacao

coffee, banana, peanut butter, mint,
milk, toasted cacao nibs, honey

Juices

12 oz \$9.00 / 16 oz \$10.25

Sweet green

kale, spinach, cucumber,
pineapple, jalapeno, lemon

Root of the root

beet, carrot, apple, lemon

Immune support

celery, cucumber, apple,
lemon, parsley, oregano, lemon

Spicy carrot

carrot, ginger, turmeric,
orange, bee pollen, lemon

Gingered apple

apple, lemon, ginger

Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. For our friends with allergies: milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soybeans are used here.