

"Come as you Are"

The Well Co

COMMUNITY • CAFE • BOUTIQUE

(NO ADDED) SUGAR, SPICE, & EVERYTHING NICE - OUR FALL DRINKS ARE HERE:



Pumpkin Spice Smoothie

UPGRADE YOUR PSL:

Banana: prebiotic fiber (feeds your gut)

Cauliflower: nutrient, antioxidant, + fiber dense – *promise you can't taste it!*

Pumpkin: the star of the season – protector of eyesight + glowing skin

Cashew butter: creamy + nutrient dense

Oats: boosts energy, improves blood sugar, keeps you full longer!

Dates: for the caramel-y sweetness that aids digestion, bone health, + natural energy with a low GI



Rosemary "Mocha" Latte

WHAT WE MEAN BY

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Our Mocha: made with only two organic ingredients – *agave nectar + raw cacao powder* - chocolatey without the "extra" stuff. Aids in digestion + boosts mood. Simple does it best!

Rosemary Syrup: made from scratch in house, our organic rosemary syrup is mood + alertness boosting. Besides aromatherapy, our rosemary is antimicrobial + *fabulous* for your **metabolism**.



Maple Spice

IF AUTUMN HAD A
SPICE GIRL

Cinnamon: metabolizes sugar (*aka sugar destroyer*)

Nutmeg: anti-inflammatory, antimicrobial, high antioxidant levels, + boosts libido ;)

Maple extract: anti-aging + improves skin elasticity

Vanilla: natural sweetness that improves brain health with anti-inflammatory properties

Spiced Vanilla Chai

CLASSIC FROTHY CHAI,
WITH A FALL TWIST



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Organic Chai Tea: a warming mix of black tea, spices, & ginger. Improves digestion, alertness, + keeps you full longer.

Vanilla: natural sweetness that improves brain health with anti-inflammatory properties

**Cinnamon stick for garnish*
Make it dirty a shot of espresso
for a boost!*



Move aside, hot girl summer... Fall is here!
Find all your favorite fall flavors in our cafe –
all the good stuff + none of the nonsense.

Crafted with nourishing, organic ingredients, it's only natural to channel your inner "well girl autumn" persona when sipping the Maple Spiced Latte... Or for those warmer days of autumn, sit outside in the crisp sunshine with the Pumpkin Spice Smoothie in hand.

Come down after Well Flow with a Rosemary Mocha Latte before you face the cold outside – or bring the warmth of the studio with you on your walk across the parking lot. Hot, cold, or frozen, we've got a taste of every fall mood here.

With love-

The Well Co.

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