

Open
Mon - Sun
8 AM - 4:30 PM

HASKILL CREEK

Wellness Bar

COFFEE, TEA & ALTERNATIVES

DRIP COFFEE 8oz | 12oz | 16oz

Coffee Brand: Lifeboost Medium Roast

Regular	1.50	2.00	2.50
Decaf	1.50	2.00	2.50

ESPRESSO 8oz | 12oz | 16oz

Espresso Brand: Lifeboost Dark Roast

Americano	2.75	2.75	2.75
Latte	3.25	3.75	4.50
Double Espresso	2.75	2.75	2.75
Cappuccino	3.25	3.75	4.50
Cortado (6oz only)	3.00	----	----
Mocha	4.00	4.50	5.25

TEA 8oz | 12oz | 16oz

All teas made with Organic Rishi Tea (except Chai)

Black Tea	2.00	2.50	3.00
English Breakfast or Earl Grey			
Green Tea	2.00	2.50	3.00
Jade Cloud or Orange Blossom			
Herbal Tea (caffeine-free)	2.00	2.50	3.00
Chamomile Medley, Tangerine Ginger or Blueberry Rooibos			
Iced Tea (16oz ready to pour)	----	----	3.00
Earl Grey			
Matcha - Ceremonial Grade	4.00	4.50	5.25
Chai (Dona Unsweetened Masala)	3.25	3.75	4.50

SPECIALTY DRINKS 8oz | 12oz | 16oz

Mane & Maple Latte	5.25	5.75	6.50
Espresso, milk, maple syrup, DIRTEA Lions Mane mushroom powder & cinnamon			
Lavender Honey Matcha Latte	4.75	5.25	6.00
Rishi Matcha, milk, lavender syrup & raw honey			
Beauty Matcha Latte	6.00	6.50	7.25
Rishi Matcha, milk, vanilla, raw honey, DIRTEA Tremella mushroom powder & cardamom			
Golden Milk Latte	3.25	3.75	4.50
Milk, turmeric, ginger, cinnamon, cardamom, sea salt, black pepper, DIRTEA Reishi mushroom powder, coconut oil, vanilla extract & maple syrup			
Dirty Golden Latte	4.75	5.25	6.00
Golden Milk Latte with a double shot of espresso			
London Fog	3.25	3.75	4.50
Earl Grey, milk & vanilla syrup			
Iced Protein Latte			6.50
Espresso, milk & Momentous whey protein - vanilla or chocolate			
Collagen Latte	5.25	5.75	6.50
Espresso, milk & Truvani collagen *Also available as a matcha or chai latte - just ask!			

MILK & MILK ALTERNATIVES

Kalispell Creamery Whole Milk comes standard in all milk based drinks.

Substitutions (+1.00 ea.)

- Califia Organic Oat Milk
- Califia Almond Milk
- Kalispell Creamery Half & Half

ADD-INS

Flavors

- Raw Honey (+.75)
- Organic Maple Syrup (+.75)
- House-made Syrups: (+.75)
 - *Vanilla & lavender
- Organic Holy Kakow Syrups: (+.75)
 - *Caramel & Chocolate
- House-made Whipped Cream (+.50)

Superfoods

- Momentous Creatine (+1.00)
- Truvani Collagen Powder (+2.00)
- DIRTEA Mushroom Powders (+2.00)
 - Lions Mane (brain health)
 - Reishi (immunity)
 - Tremella (beauty)
 - Cordyceps (performance)

WHY LIFEBOOST COFFEE

- Single origin, hand-selected, high-elevation, shade-grown beans.
- Certified organic and 3rd-party tested for 400+ toxins.
- Low-acid, nutrient-rich beans—sun dried and spring-water washed.

WHY ORGANIC RISHI TEA

- Direct-trade, single-origin teas sourced from trusted growers.
- Organic, fair-trade blends tested for purity and quality.
- Crafted with traditional methods for bold flavor and natural wellness.

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SMOOTHIES

All smoothies are 16oz.

Smoothies are chef-created, using certified organic ingredients, unless the option isn't available.

Note: We encourage you to try smoothies as-is, with recommended add-ins for optimal taste and texture.

Only items marked with an * may be substituted or removed

GLOWIN' UP (Protein: 37g) **12.00**

Strawberry, blueberry, banana, coconut water*, greek yogurt*, vanilla*, raw honey*, chia seeds*, collagen* & DIRTEA Tremella mushroom powder*

Recommended Add-ins: Creatine (+\$1), Moringa ((+\$1), Lion's Mane (+\$2)

CHERRY BERRY (Protein: 10g) **12.00**

Cherry, strawberry, orange juice*, lime juice*, greek yogurt* & raw honey*

Recommended Add-ins: Tremella (+\$2), Unflavored Whey Protein (+\$2.50), Spinach (+\$1), Chia Seeds (+\$1)

GINGER GREEN GIANT (Protein: 10g) **12.00**

Apple, pineapple, banana, ginger, coconut milk*, greek yogurt*, spinach* & moringa*

Recommended Add-ins: Collagen (+\$2), Chia Seeds (+\$1), Spirulina (+\$1)

SMARTIE PANTS (Protein: 35g) **12.00**

Banana, coconut water*, almond butter*, dates*, vanilla whey protein powder*, spirulina* & DIRTEA Lions Mane mushroom powder*

Recommended Add-ins: Cordyceps (+\$2), Creatine (+\$1), Coffee (+\$1)

PUMP YOU UP (Protein: 31g) **12.00**

Banana, almond milk*, almond butter*, dates*, chocolate whey protein powder*, creatine* & coffee*

Recommended Add-ins: Lion's Mane (+\$2), Cordyceps (+\$2), Chia Seeds (+\$1)

STRAWBERRY FIELDS (Protein: 11g) **10.00**

Strawberry, banana, apple juice*, greek yogurt* & honey*

Recommended Add-ins: Vanilla Whey Protein (+\$2.50), Chia Seeds (+\$1), Moringa (+\$1)

ORANGE DREAMSICLE (Protein: 9g) **10.00**

Mango, banana, whole milk*, orange juice* & vanilla*

Recommended Add-ins: Unflavored Whey Protein (+\$2.50), Tremella (+\$2), Spirulina (+\$1)

IMMUNITY BOOST (Protein: 13g) **12.00**

Honeyberry, pomegranate, blueberry, ginger, orange juice, lemon juice, greek yogurt, elderberry powder & raw honey

Recommended Add-ins: Collagen (+\$2), Creatine (+\$1), Chia Seeds (+\$1)

SUBSTITUTIONS

Substitutions can be made for in-kind ingredients (e.g. Almond Milk for Coconut Milk)

Milks/Juices

Kalispell Creamery Whole Milk
Califia Organic Almond Milk
Califia Organic Coconut Milk
Organic Coconut Water
Uncle Matt's Organic Orange Juice
Organic Apple Juice

Yogurts

Cocojune Organic Coconut Yogurt **+2.00**
Kalispell Creamery Greek Yogurt

Momentous Protein Powders

Vanilla Whey Protein
Chocolate Whey Protein
Unflavored Whey Protein
Vanilla Plant Protein
Chocolate Plant Protein

ADD-INS

Can be added to any smoothie. **ONLY** recommended add-ins will guarantee a consistent and tasty smoothie.

Momentous Whey Protein Powder 2.50
Vanilla, Chocolate or Unflavored

Momentous Plant Protein Powder 2.50
Vanilla or Chocolate

Truani Collagen Peptides 2.00

Momentous Creatine 1.00

Organic Spirulina 1.00

Organic Chia Seeds 1.00

Organic Elderberry Powder 1.00

DIRTEA Mushroom Powders 2.00

Lions Mane (*brain health*)

Reishi (*immunity*)

Tremella (*beauty*)

Cordyceps (*performance*)

Organic Moringa Powder 1.00

Fresh Organic Spinach 1.00

Organic Almond Butter 1.00

YOGURT BOWLS

SWEET & SIMPLE **8.00**

Greek yogurt, strawberry puree, banana, Kroma granola & raw honey

SUNRISE **10.00**

Greek yogurt, honeyberry puree, mandarin orange, Kroma granola, pumpkin seeds, dried goldenberries & spiced honey (turmeric, ginger & black pepper)

APPLE CRUNCH **10.00**

Greek yogurt, apple, Kroma granola, pistachios, cacao nibs & spiced maple syrup (cinnamon, cardamom & ginger)

*Substitute coconut yogurt +3.00