

## Sleep Tonics

The biggest sleep study in history confirms that getting 7-8 hours sleep each night is vital for storing and recalling information, solving problems and the ability to communicate well.

Try one of our sleep tonics to optimise your feeling of wellbeing tomorrow.

### Golden Milk \$10

*Coconut milk, turmeric, black pepper, ginger, cinnamon, vanilla bean and coconut oil*

Turmeric is a well known anti-inflammatory which is activated by black pepper. Coconut provides magnesium and potassium to relax muscles and the good fats give a feeling of fullness to last all night.

### Ashwaganda Tea \$6

An important herb in Ayurvedic medicine, Ashwaganda improves the quality and quantity of sleep.

### Tart Cherry Tonic \$8

This extract contains tryptophan and anthocyanins which help your body to create Melatonin which assists in sleep.

### Chamomile Tea \$6

This herb from the flowers of the Asteraceae plant has long been known for its ability to assist in relaxation and reduce stress.

Prices are quoted in USD and subject to 24.2% taxes and service.

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## Cocktails

### Coco Slumber

Malibu, Southern Comfort, fresh lime juice, orange marmalade, coconut foam.

\$15

### Tropical Rest

Grey Goose vodka, Crème de Cacao, Vanilla syrup, fresh lime juice

### Pineapple Dreams

Elijah Craig bourbon, cinnamon syrup, fresh pineapple juice

### Espresso Martini

Grey Goose Vodka, Kahlua, Espresso, date paste

## Sweet Treats

### Coconut Cheesecake

Coconut, blueberry, crunchy pistachio – low carb keto option

\$18

### Kiwifruit Sponge

Vegan sponge cake, kiwifruit, yoghurt

### Mousse Trio

Chocolate mousse trio, tonka bean foam, Cointreau biscuit

### Blooming Apple

Roasted apple, peanut butter ice cream, grilled pecan

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