



MANDALA

TEA HOUSE

MILK OPTIONS

Almond Milk*
organic raw almonds, filtered water

Cashew Milk*
organic cashews, filtered water

Organic Oat Milk

Organic Whole Milk

**Made in-house by our dedicated baristas!*

SWEETENERS

Local Honey | Organic Agave |
Organic Maple Syrup | Coconut
Palm Sugar | Stevia

MTH SIGNATURE SYRUPS

Add to any latte for **\$1**

Cinnamon Dulce
cinnamon, sweetened-condensed
coconut milk, coconut sugar

Rose-Cardamom
rose petals, cardamom, honey

Vanilla Bean
vanilla bean paste, vanilla
extract, agave

Mocha
raw cacao, coconut sugar

COFFEE

Espresso **Doppio 3.50**
Tico Coffee Roasters

Check with MTH Barista on the current roast

Pour Over **12OZ 16OZ**
Tico Coffee Roasters **4.25 4.75**

Check with MTH Barista on the current roast

Cappuccino **5.75 6.25**
espresso + frothed milk

Latte **6.25 6.75**
espresso + steamed milk

Americano **3.50 4.25**
espresso + hot water

TEA

Brewed Tea - Rishi Loose Leaf **3.50 4.50**
allow up to 7 min for brewing

Chai Latte **6.75 7.25**
steamed milk + our MTH chai

Matcha Latte **6.75 7.25**
milk + stone ground whole green
tea leaves

Vitality Latte **6.50 7.25**
milk + our MTH bold hibiscus tea

Ease Latte **6.50 7.25**
milk + our MTH earl grey brew

JUICES + TONICS

Heal (hot or cold) **6.50 6.75**
ginger, lemon, turmeric, pepper +
raw honey

Rejuvenate **8.25 8.75**
beet, lemon, ginger + apple

Invigorate **6.50 6.75**
ginger, lime, agave, nutmeg + cloves

STEAMERS

Golden Milk **7.00 7.50**
milk, ghee, ginger, turmeric, black
pepper, cinnamon + raw honey

Heartbeet Hot Chocolate **5.50 6.00**
milk, homemade cacao syrup, +
beet juice

MTH Steamer **5.50 6.00**
milk + house-made MTH syrup

SMOOTHIES

Strength | chocolatey almond
milk*, banana, warrior food, raw
cacao + almond butter **9.50 10.75**

Love | mango turmeric
milk*, ginger, raw honey, turmeric,
black pepper, cinnamon, mango

Stability | coconut matcha
milk*, banana, ceremonial matcha,
vanilla + coconut milk

12OZ 16OZ

6.50 6.75

8.25 8.75

6.50 6.75

12OZ 16OZ

7.00 7.50

5.50 6.00

5.50 6.00

All smoothies:

12OZ 16OZ

9.50 10.75

*choice of milk

SMOOTHIE BOWLS

All smoothie bowls: **\$12.50**

MTH Signature Bowl:
mixed-berry base*with almond butter,
coconut chips, granola

Create Your Own Bowl:
mixed-berry base* with your choice of
up to 3 toppings

Seeds	Nuts	Fruit	Misc
chia	cashews	goji berries	granola
hemp	almonds	dates	cacao
flax	almond butter		nibs
pumpkin			coconut flakes
sunflower			

*mixed berry base: apple juice, acai powder,
banana, strawberry, blueberry, coconut
cream

SMOOTHIE BOOSTERS

Warrior Food	1 tbsp.	1.00
Almond Butter	1 tbsp.	0.50
Juiced Ginger	1/2 oz.	1.25
Organic Ghee	1 tsp.	0.50
Raw Cacao	1 tbsp.	0.50
MTH Syrup	1 oz.	0.50
(as topping)		

All For Here orders include 9.25% sales tax