

# spring



## Spring CBD Power Lunch

We have created the Spring CBD Power Lunch for optimal benefits and a boost to your day.

\$37

### mixed green salad ✓

"the garden of" farms, preserved lemon vinaigrette  
*mood lifting, supports digestion*

### carrot-ginger soup ✓

celery, chervil, crostini  
*supports circulation, calming, supports digestion, promotes alertness*

### spring risotto ✓

aged carnaroli rice, snow peas, english pea, asparagus, meyer lemon, parmesan  
*healthy blood pressure, increase oxygen supply*

### branzino,

bell pepper, onion, piquillo, tomato, parsley, espelette  
*supports digestion, supports joint health, boosts metabolism*

### mary's chicken breast

english pea, carrots, tokyo turnip, pea tendrils  
*improves memory, supports digestion, soothes muscles*

### panna cotta,

tahitian vanilla panna cotta, mango, passion fruit coulis, coconut sorbet

*increases CBD absorption, aphrodisiac, soothes muscles*

### chocolate

bittersweet chocolate ganache, lemon honey sorbet, citrus vinaigrette, praline

*increases CBD absorption, promotes bliss, improves digestion*

Ask your waiter for the best ingredient combination to deliver balance & energy.

*Super CBD available for purchase - 30 mL - \$75*

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CBD stands for Cannabidiol, a natural compound found in Hemp (non-psychoactive cannabis sativa). CBD has been part of the human diet for thousands of years, and is a vital micronutrient that feeds the body's endocannabinoid System.

The endocannabinoid system regulates homeostasis for every system of the body, which means it makes sure they are **all** balanced and working properly. Due to prohibition of hemp until the recent past, along with the increase of oxidation from modern living, all modern humans need to fuel their bodies with CBD like our ancestors consumed for thousands of years, more than ever to thrive.

Clinically verified benefits include, healthy digestion, brain cell growth, healthy immune response, healthy circulation, increased focus, healthy mental states, healthy sleep, healthy skeletal system, healthy teeth, healthy kidney function, healthy nervous system and more.

CBD affects the body in different ways, depending on the ingredients that it is combined with.

For example, combined with rosemary, CBD will increase neuron production in the brain for better memory; combined with citrus CBD will increase dopamine and serotonin production.