

Sprigs n' Blooms Cafe

Menu

ORGANIC / MOLD FREE COFFEE

HOUSE COFFEE

Organic, Mold Free Coffee

Iced or Hot

12 oz \$4.95

16 oz \$5.70

COLD BREW

A smooth, less acidic coffee concentrate that is steeped for 24 hours

12oz \$5.75

16oz \$5.95

CAPPUCCINO

Espresso with frothed milk

8 oz \$6.95

COLLAGEN HOT COCOA

Hot Chocolate infused with collagen

12oz \$5.75

ESPRESSO Hot or Over Ice

Single \$2.50

Double \$3.25

CHAI TEA LATTE Iced or Hot

12 oz \$6.95

16 oz \$7.35

LATTE MACCHIATO

Espresso with 1/2 steamed milk & 1/2 frothed milk

8 oz \$6.95

DANDELION GROVE COFFEE

Roasted barley, rye, chicory & dandelion root (caffeine free)

12 oz \$5.25

16 oz \$6.95

ASHWAGANDHA ENERGY

JAVA

Banana, vanilla, cinnamon, ashwagandha & lions mane poured over iced coffee

12 oz \$6.95

ORGANIC TEAS

EARL GREY

Organic black tea with a hint of orange bergamot

12 oz \$3.95

16 oz \$4.70

MINT INFUSION Iced or Hot

Refreshing blend of organic spearmint, peppermint, lemon balm, and honey.

12 oz \$3.95

16 oz \$4.70

BERRY BLOSSOM DETOX Iced or Hot

Detoxifying blend of blackberry, raspberry, hibiscus, rose hips, and honey.

12 oz \$4.25

16 oz \$5.00

SPICE OF LIFE SKIN BOOSTER

Anti-aging skin blend made with pineapple, orange, ginger, star anise, cinnamon, turmeric, and cloves.

Resembles the taste of fresh juice.

9 oz \$5.95

CHAI TEA

Iced or Hot

12 oz \$3.95

16 oz \$4.70

ADD ONS:

No Caffeine Energy Burst

Collagen \$1.00

EXTRA HOMEMADE

SWEETENERS: \$1.25

(For those super sweet taste buds!)

Honey Syrup

Maple Syrup

Vanilla Maple Syrup

Caramel Syrup

Chocolate Syrup

12 OZ
FRESH JUICE \$7.25

CELERY SIP

Sip this fresh squeezed, organic juice for its anti-inflammatory and its powerful antioxidant impact.

CITRUS NECTAR

This creamy citrus refresher supports the lymphatic system and offers immune support by using lemons, olive oil, honey, and ginger.

EDEN ELIXIR

This elixir supports radiant and glowing skin. Its like sipping from the Garden of Eden with this juice crafted from oranges, carrots, and ginger.

12 OZ
SMOOTHIES \$8.95

LAPIS LAZULI

A blend of pineapple, banana, coconut yogurt sweetened with dates and a little spirulina make this an amino acid and mineral packed powerhouse.

COCOA PB FUSION

A creamy blend of cherries, banana, peanut butter, cocoa & almond milk (optional oat milk)

BAKED GOODS

SEASONAL MUFFIN \$4.85

Keep an eye out for our specialty options

WOODLAND OAT COOKIE \$4.85

Organic Peanut Butter & Oat cookie sprinkled with chocolate chips

CHOCOLATE CHIP COOKIE \$5.95

All cookie, no junk

2106 Aspen Dr, Mechanicsburg,
PA 17055
(888) 462-1516

BITES

AVOCADO TOAST \$10.95

Toasted GF bread topped with lightly mashed avocado, scalar salt, local micro greens, house made pickled red onions and pumpkin seeds. Paired with a side salad.

NUT BUTTER BANANA TOAST \$10.95

Toasted GF bread, peanut butter or almond butter, sliced banana & a drizzle of our special chocolate sauce. Enjoy sliced apples on the side.

6" PIZZA ROUNDS \$10.95

A flavorful pizza topped with a vibrant assortment of peppers, fresh spinach, pizza sauce, and aromatic basil. Savory onions and meat add depth to each bite, creating a delicious blend of crisp vegetables, hearty toppings, and fragrant herbs. Paired with a side salad.

SEASONAL SOUP \$9.95

Prepared for you with a side salad.

SIPPING BROTH \$7.95

Curated to nourish your body through colds and flus

SALAD \$10.95

A vibrant salad featuring roasted beets, hard-boiled eggs, crisp apple slices, tangy pickled onions, and tender carrots, all atop fresh greens. The sweet earthiness of the beets complements the creamy richness of the eggs, while the apple slices add a refreshing crunch, creating a beautifully balanced and satisfying dish. Add chicken for \$4

Hours:
Tuesday 8 AM-2 PM
Wednesday 10 AM-4 PM
Thursday 8 AM-2 PM