

L A J A

HARMONY HOUR

DAILY 4-6PM

ENJOY 50% OFF
HOUSE WINE BY THE GLASS

Adaptogenic Elixirs

These handcrafted drinks are thoughtfully designed to support your mind, body and soul to promote relaxation, reduce stress and anxiety, and enhance overall wellbeing. Each can be served with or without your preferred spirit.

Cucumber Mint Cooler

Fresh Cucumber, Mint Leaves, Lime Juice, Soda Water, and a Touch of Honey

Mint's distinct smell and flavor can help ease stress. Inhaling mint triggers serotonin in the brain, leaving you feeling refreshed.

Berry Antioxidant Spritz

Mixed Berries, Sparkling Water, A Splash of Elderflower Syrup and a Squeeze of Lemon

Berries lead to improved energy levels and support immune health. Elderflower has medicinal benefits, aiding in the healing of the common cold and stimulates circulation.

Ginger Turmeric Tonic

Fresh Ginger, Turmeric, Lemon Juice, Honey, and Tonic Water

Both ginger and turmeric are rich in antioxidants that help strengthen the body's natural defenses. Turmeric has also been shown to improve mood, while ginger can enhance memory.

Coconut Lime Refresher

Coconut Water, Fresh Lime Juice, Mint Leaves and a Hint of Agave Syrup

Coconut has the ability to balance doshas (health, mind, behavior) and support energy, cognition, skin radiance and detoxification.

Spicy Grapefruit Paloma

Fresh Grapefruit Juice, Jalapeño Slices, Lime Juice, and a Splash of Soda

A natural mood booster, grapefruit's uplifting scent can help reduce stress. Combining this with the endorphin and dopamine release from jalapeños creates a euphoric sensation.

Matcha Mojito

Matcha Green Tea Powder, Fresh Mint, Lime Juice, Soda Water and a Touch of Agave Syrup

Matcha gives you a natural boost, increasing energy, overall concentration and a general sense of well-being.

Pineapple Basil Smash

Fresh Pineapple, Basil Leaves, Lime Juice and Soda Water

Basil is an herb that can improve stamina and endurance and reduce fatigue, leading to mental balance. Pineapples help boost immunity while aiding in digestion.

\$10.00 EACH
AFTER DISCOUNT

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Appetizers

Artichoke Bruschetta

With Balsamic Glaze

Chard Endive Salad

With Goat Cheese and Toasted Pine Nuts

Crispy Polenta

Topped with Marinated Anchovies

Tuna Crisp

Served with Spicy Caviar and Pickled Vegetables

Salmon Tacos

With Wakame Salad

Crispy Yucca Fries and Chipotle Aioli

Baked

Lobster Curry Chickpea Chowder

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