

# THE PARLIAMENT

## JOIN US FOR HEALTHY HOUR

---

Monday - Friday 3pm - 7pm (bar only)

Pairing includes one Zero Proof Drink and one Snack for \$18

### ZERO-PROOF DRINKS & SNACKS

#### **CAMU-CAMU MINT BOOSTER**

Camu-Camu concentrate, Lemon Juice, Mint, Honey, Sparkling water  
with

#### **ANTIOXIDANT AND IMMUNITY BOOSTER**

Organic Heirloom Tomato Bruschetta  
Local Organic Tomato, Ricotta, Aged Balsamic

---

#### **MATCHA MIRACLE**

Matcha Concentrate, Lemon Juice, Pineapple Juice, Blue Agave  
with

#### **ENERGY AND DIGESTION BOOSTER**

Wild Rice Arancini  
Blended Wild Rice, Parmigiano, 2-month fermented Kimchi Aioli

---

#### **OCEAN WATER**

Blue Spirulina, Pineapple, Elderflower, Rosemary Syrup, Sparkling Water  
with

#### **PROBIOTICS AND VITAL NUTRIENTS**

Mini Wild Mushroom Slider  
Organic Wild Mushroom Patty, cage-aged cheddar, Crispy shallot