

Ascension Menu

Oxygen - \$1 per minute (5 minute minimum)

Enjoy the relaxing effects of concentrated Oxygen, either at our bar or in the privacy of one of our secluded pods. Some find the effects invigorating, while others find it relaxes them. Try it and let us know how you feel! Add and aroma to heighten your experience. Choose any one scent, or mix them to change up and old favorite.

Available Aromas:

Cappuccino	Coconut
Chocolate	Eucalyptus
Jasmine	Lavender
Lime	Peach
Peppermint	Pumpkin Spice
Spearmint	Strawberry
Tangerine	Watermelon
Vanilla	Wintergreen

Cookies and Brownies - \$2.50

Our cookies, brownies and breads are made by the Huckleberry and Word of Mouth Baked Goods. Ask about our gluten-free peanut butter cookies.

Blue Lotus of the Nile - \$2.25/shot (Add to any beverage)

Bottomless Coffee - \$4.95

Our bottomless cup of coffee comes in two incredible varieties, our House Blend which is a Costa Rican Light Roast, or our decaffeinated blends, which is a Sumatran Medium Roast.

Imported Flavored Coffee - \$4.95

Our fine flavored coffees are imported from one of the finest purveyors of coffee, tea and hot chocolate in England, and are of the highest quality.

Available Flavors:

Irish Cream
Vanilla
Chocolate Truffle

English Hot Chocolate - \$4.95

Our amazing hot chocolate comes from the same purveyor as our amazing flavored coffees, and is beyond incredible. Served with whipped cream, they truly are dessert in a cup!

Aztec Chili Chocolate – touch of spice
Dreamtime – chocolate, malt, chamomile and honey
Mint
Caramel
White Chocolate

Tea - \$4.95

Our high quality teas are always fresh and brewed in your own personal teapot!

Assam Black
Mao Feng Green Tea
Ascension House Blend -

This lovely floral tea is blended only for Ascension.

Rocky Mountain Mint (decaf)

Hydrosols - \$4.95

Pure plant essence captured in liquid form and blended with natural Colorado spring water. (Gluten-Free)

Rose - Love, beauty
Clary Sage – Wisdom, understanding
Lavender – Peaceful state of mind
Lime - Healing, protection
Peppermint - Focus

Elixirs - \$5.95

These fun and fruity drinks are all natural blends of fruit juices and herbs. They are made with no added sugars, flavors, preservatives or artificial colors. Please see reverse side for ingredients and more information. (Gluten-Free)

Depth Recharger – Replenish energy and give you a boost
Liquid Yoga – Take the edge off
Mind Over Muddle – Simulates focus
Power Plant – Morning jump-start of pick-me-up
Tame the Elements – Immune system booster
Virtual Buddha – Balance and creativity
Morning After Tonic
Mighty Joe Yang – Masculine energy boost
Chi Devil – Feminine energy boost

Acai Juice Blend - \$4.95

Served with filtered water or straight up, this juice blend of acai, white grape, nashi pear, apricot, prune, purple grape, kiwi, cranberry, passionfruit, blueberry, wolfberry, pomegranate, lychee, camu camu and banana.

All items on the menu include a free sample psychic reading and a blessing. Feel free to continue your reading at \$1 per minute if you are still curious.

Information

Hydrosols

Hydrosols are also known as floral water or distillate water. It is the water that remains in the still after distilling an essential oil. They offer similar benefits of aromatherapy and are wonderfully unique to drink!

Blue Lotus of the Nile

For thousand of years, the Blue Lotus of the Nile has symbolized spiritual enlightenment. Indeed, this flower essence's purpose is to accelerate spiritual evolution and enhance healing on every level within the system. Blue Lotus is common in ancient Egyptian art. It was found scattered over Tutankhamen's body when the Pharaoh's tomb was opened in 1922. Many historians thought it was a purely symbolic flower, but there may be some reason to believe that ancient Egyptians used it to induce an ecstatic state as well as being widely used as a general remedy against illness, and to this day is used as a tonic for good health.

Ingredients

Depth Recharger ingredients:

Fruits: blackberry, boysenberry, pear, grape skin extract, lemon juice

Herbs: Chinese wolfberry, fleece flower, aromatic solomon's seal, Chinese asparagus, Chinese peony, bai zhu, false daisy, American ginseng, Asiatic cornelian cherry, Indian bread, Chinese licorice, gynostenma, white wax tree

Liquid Yoga ingredients:

Fruits: apricot, peach, pear, pineapple, orange
Herbs: jujube, Chinese senega, logan, dragon bone, fleece flower

Mind over Muddle ingredients:

Fruits: raspberry, plum, apple, grape skin extract

Herbs: Solomon's seal, eleuthero, schizandra, gata, kola, Chinese senega, green tea

Power Plant ingredients:

Fruits: white grape juice, lemon juice.

Herbs: sweet- tea vine, asian ginseng, bai zhu, astragalus, eleuthero, Indian bread, jujube, guarana bupleurum, cyperus, tangerine rind, Chinese licorice, mandarin rind, yerba mate, green tea

Tame the Elements ingredients:

Fruits: honey suckle flower, goldenbell fruit

Herbs: Chinese bell flower, burdock, common reed, Chinese mint, soy bean, Chinese licorice, lophaterum, schizonepeta

Virtual Buddha ingredients:

Fruits: peach

Herbs: Chinese schenga root, Chinese asparagus, asian ginseng, brown's lily, epimedium reishi, silk tea vine, bai zhu, astragalus, eleuthero, Indian bread, jujube, bupleurum, tangerine, cyprus, pinellia, mandarin, Chinese licorice

Morning After Tonic ingredients:

Fruits: red raspberries, apples, hibiscus

Herbs: ginko, kudzu, schizandra, gotu kola, feverfew, white willow bark, milk thistle, burdock root

Mighty Joe Yang ingredients:

Fruits: blackberries, boysenberries, pears, lemons

Herbs: Fo-Ti, Epimedium, Guarana, damiana, mulra puama, American ginseng, yerba mate, butea superba

Chi Devil ingredients:

Fruits: Blackberries, boysenberries, pears, lemons

Herbs: Sepimedium, guarana, fo ti, dong quai, American ginseng, yerba mate, pueraria mirifica

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