

Pop Health Bar

Zinga Soups



Mamma's Chicken Soup (18oz) • \$18.95

Our homemade bone broth, roasted (halal) chicken, carrots, onions, garlic, coconut oil, celery, ginger, turmeric, basil, parsley, red chilli peppers, rosemary, thyme, pink Himalayan salt & black pepper.

My Skinny Italian Wedding Soup (18oz) • \$18.95

All beef homemade meatballs (grass-fed & grass-finished beef, nutritional yeast, free-range egg, herbs & spices), with free-range eggs whisked together with nutritional yeast and swirled into our hot homemade bone broth, plus basil, carrots, spinach, pink Himalayan salt & black pepper.

Lemmono Soup (18oz) • \$18.95

Our homemade chicken soup (halal) with turmeric rice, finished with our signature lemon sauce made from free-run egg, Sicilian lemon juice & rice (rice cannot be removed).

Stracciatella (18oz) • \$18.95

Free-run eggs whisked together with Parmesan cheese, then gently stirred into our hot, homemade chicken bone broth. Finished with fresh basil, black pepper, and pink Himalayan salt.

Spicy Nonna (18oz) • \$18.95

Spicy Italian pork sausage & massaged green kale in our homemade chicken bone broth. Finished with Italian stracciatella — a silky blend of free-run eggs and Parmesan whisked in to create tender, cloud-like wisps. Topped with fresh-picked basil, pink Himalayan salt & black pepper.



Our cups are not lined
with plastic or toxins!

(12oz)

Jar is an
extra \$1



Zinga Broths & Broth Cleanse



Chicken Bone Broth (12oz) • \$11.95 (32oz frozen) • \$18.95

Slow-simmered to gently extract collagen and minerals from the bones. Free-range chicken bones (halal), garlic, onions, apple cider vinegar, ginger, turmeric, carrots, coconut oil, celery, celery root, cayenne, basil, rosemary, thyme, alkaline water, pink Himalayan salt & black pepper. 100% organic.

Beef Bone Marrow Broth (12oz) • \$11.95 (32oz frozen) • \$18.95

Slow-simmered even longer to gently extract collagen, minerals, and rich marrow nutrients from the bones. Grass-fed & finished beef bones & bone marrow, garlic, onions, apple cider vinegar, ginger, turmeric, carrots, coconut oil, celery, celery root, cayenne, basil, rosemary, thyme, alkaline water, pink Himalayan salt & black pepper. 100% organic.

Adaptogen Mushroom Broth (12oz) • \$11.95 (32oz frozen) • \$18.95

Made in-house with organic ingredients that have simmered for 24hrs. Shiitake mushrooms, mini bella mushrooms, chaga, turkey tail, lion's mane, reishi, seaweed, dandelion leaves, green onions, chives, coconut oil, garlic, onions, apple cider vinegar, ginger, turmeric, kale, carrots, celery, celery root, parsley, alkaline water, pink Himalayan salt & black pepper.

Toro D'oro (12oz) • \$12.95

This warm broth is a combination of our famous mushroom broth and our famous grass-fed grass-finished beef bone broth. It is served topped with chopped chives & chilli peppers.

Royal Bone Broth (12oz) • \$15.95 (32oz frozen) • \$22.95

Our famous chicken bone broth (halal) with Royal Jelly honey. This is literally liquid GOLD! A perfect immunity-boosting sipper with a sweet and savory taste.

Just Bones! Bone Broth (32oz frozen) • \$21.95

Jiggly & gelatinous, this broth is crafted for carnivores & anyone seeking a nutrient-rich, collagen-packed broth - even suitable for colonoscopy prep or post surgery. Grass-fed oxtail, free-range chicken feet, grass-fed & finished-beef bone marrow, Redmond sea salt & filtered water.

Popa Bear's No-Salt Bone Broth (32oz frozen) • \$21.95

For both dogs and humans on a no salt diet. Made with grass-fed & grass-finished beef bone marrow, carrots, celery, parsley, apple cider vinegar & coconut oil - a nutrient-packed option without any salt.

100% ORGANIC, GLUTEN-FREE, SEED OIL-FREE & SOY-FREE... BUT NOT FREE.

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Wellness Caffè

Adaptogen Mushroom Latte (12oz) • \$7.95
Masala chia, ashwagandha, cocoa, cinnamon, chaga, cordyceps, reishi, turkey tail, lions mane, MCT oil, grass fed ghee, warm & frothy almond milk, maple syrup, cacao, & sea salt.

The Real Ginger Tea (12oz) • \$7.95
Cold pressed ginger, cold pressed turmeric, lemon, Manuka honey, mint & cinnamon.

Golden Milk Latte Dairy-Free (12oz) • \$7.95
Warm and frothy almond milk blended with turmeric, ginger, coconut oil, black pepper, cayenne, pure maple syrup, and cinnamon.

Ceremonial Matcha Latte (12oz) • \$7.95
Ceremonial-grade matcha and Manuka honey blended into frothy almond milk.

Zinga's Hot Cacao (12oz) • \$8.95 (Seasonal)
Our warm, homemade beef bone marrow broth blended with creamy grass-fed milk, a splash of Canadian maple syrup & rich cacao, finished with a touch of flaky sea salt.

The Pop Farmacia

Shots (2oz)
Farma-C • \$7.95
Ginger, turmeric, oil of oregano, Sicilian lemon, apple cider vinegar, cinnamon & black pepper.

Beet Kvass • \$7.95
Beets, carrots, pickle brine, filtered water, ginger, and sea salt. May contain other vegetables, herbs, and spices.

Gutsy • \$6.95
Organic coconut milk, bacterial cultures & yeast.

Fire Tonic • \$6.95
Apple cider vinegar, onion, first radish, garlic, hot peppers, ginger, turmeric, honey, elderberry & black pepper.

Freshly Made Salads & Snacks

The Pop Salad (48oz huge) • \$18.95
Kale massaged in extra virgin olive oil, spinach, cherry tomatoes, cucumbers, parsley, mint, quinoa, sunflower seeds, hemp hearts & Kalamata olives.
**Dressing ingredients:* tahini, flaxseed oil, garlic, pink Himalayan salt, lemon & cayenne.

Happy Gut Salad (48oz huge) • \$18.95
Alchemy pickle company ruby sauerkraut, hard boiled egg pickled in seasonal brine, kale massaged in extra-virgin olive oil, baby spinach, quinoa, avocado, pumpkin seeds, sunflower seeds, hemp hearts, pink Himalayan salt & black pepper. Served with a side of apple cider vinegar & extra virgin olive oil.

Hardheaded (16oz) • \$18.95
3 free range hard boiled eggs (cold), avocado, cherry tomatoes, fresh basil, turmeric, pink Himalayan salt, crushed black pepper & finished with a drizzle of extra-virgin olive oil. Served with a side of homemade fermented hot sauce.

Gym Chi Kimchi (16oz) • \$28.95
A protein-packed bowl with 3 free-range hard-boiled eggs, free range chicken (halal) & Alchemy Pickle Company kimchi. Topped with creamy avocado, cherry tomatoes, fresh basil, turmeric & finished with a healthy amount of extra-virgin olive oil, black pepper, and pink Himalayan salt.

Side Spicy Italian Sausage (4oz) • \$10.99
Warm Italian pork sausage snack. Made with herbs and spicy. Spicy level medium.

Enzo's Watermelon Cup (16oz) • \$9.50 (Seasonal)
Freshly cut organic watermelon!

Optional add on's \$

 **FREE RANGE CHICKEN**  **WILD SMOKED SALMON**  **AVOCADO**  **HOMEMADE HOT SAUCE**  **FREE RUN EGG**  **WILD SAFE CATCH TUNA (WHOLE TIN)**



Pop Health Bar

ORGANIC, GLUTEN FREE & SOY FREE



WE OFFER
ORGANIC COW'S MILK

NUTTIER

EARTHIER

FRUITIER



1 MARY BIG SPENDER \$6

Sunflower Butter, Banana, Vegan Hemp Protein & Almond Milk.



2 PUNK'D UP \$13.95

Pumpkin Butter, Maca, Banana, Cinnamon, Nutmeg, Vanilla Extract, Pure Maple Syrup & Almond Milk.



3 SMOOTH BREAK-UP \$13.95

Peanut Butter, Avocado, Cacao, Banana, Maple Syrup, Pink Himalayan Salt & Almond Milk.



4 STRONG LIKE JOHN \$12.70

Kale (Massaged with Extra Virgin Olive Oil), Baby Spinach, Cucumber, Avocado, Mint Leaves, Moringa, Parsley, Lemon, Ginger, a Date & Coconut Water.



5 THE MORNING AFTER THE CLUB \$13.95

Mango, Spinach, Matcha, Ginger, Spirulina, Banana, Mint, Almond Milk & Honey.



6 MANGO YOUR OWN BUSINESS \$9.95

Irish Sea Moss, Mango, Mint, Banana & Almond Milk.



7 BABE \$12.95

Sunflower Butter, Blueberries, Strawberries, Mint, Chia Seeds, Banana, Lucuma & Coconut Water.



ADD COWS MILK



Cups are made from
plants not plastic.



Add a double shot of vodka to any smoothie for
\$4.95 (because we believe in a healthy balance).

ORGANIC SUPERFOODS ADD-ONS

Aloe Juice \$3 • Ashwaganda \$0.75 • Avocado \$2 • Bee Pollen \$3 • Blueberries \$4 • Chaga \$1 • Chia Seeds \$0.75 • Chlorella \$2 • Cocoa \$0.75 • Coconut Oil \$1 • Coffee \$2 • Collagen \$2 • Dandelion \$2 • Espresso \$2 • Ginger \$2 • Need a Date? \$0.50 • Flax Seeds \$1 • Goji Berries \$2 • Honey Hemp Granola \$2 • Hemp Hearts \$0.75 • Kale \$2 • Sub in Kéfir \$3 • Lion's Mane \$1 • Lucuma \$0.75 • Mango \$2 • MCT Oil \$1 • Matcha \$1 • Moringa \$1 • Oil of Oregano \$2 • Peanut Butter \$1 • Pineapple \$2 • Protein (Plant-based) \$2 • Reishi \$2 • Rolled Oats \$3 • Sea Moss \$2 • Spinach \$2 • Spirulina \$2 • Whey Protein \$4 and more...



REDUCE ANXIETY



PROTEIN



BRAIN POWER



DETOX + GUT
HEALTH



KETO FRIENDLY



HYDRATE +
HEALTHY SKIN



RECOVERY



IMMUNITY