



HEALTH & WELLNESS MENU

For parties of 6 or more guests, Santa Monica Proper adds a 20% service charge. Santa Monica adds a 5% wellness surcharge to all checks to assist in providing healthcare benefits for our colleagues.

WARNING: Certain foods and beverages sold or served here can expose you to chemicals including acrylamide in many fried or baked foods, and mercury in fish, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/restaurant.

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and during pregnancy, can cause birth defects.

For more information go to www.P65Warnings.ca.gov/alcohol.

June 2022.

COFFEE & TEA

FROM OUR FRIENDS AT COUNTER CULTURE

SERVED WITH YOUR CHOICE OF MILK

ADD VANILLA, CARAMEL, HAZELNUT OR WHITE MOCHA SYRUP (+ 1)

ESPRESSO / 5

AMERICANO / 5

LATTE / 7

CAPPUCCINO / 7

MATCHA LATTE / 8

CHAI LATTE / 8

COLD BREW / 6

BLACK ICED TEA / 6

TEA FROM TEALEAVES ORGANIC / 6

English Breakfast • Long Live Green • Earl Grey with Lavender •
Peppermint • Chamomille • Monsoon Chai • Long Live Oolong

WELLNESS JUICES

ALCHEMIST / 13

kale • celery • spinach • green apple • cucumber • aloe vera • parsley • lemon

FOUNTAIN OF YOUTH / 13

orange • ginger • turmeric • apple cider vinegar • cayenne pepper • lemon • honey

FRESH SQUEEZED / 8

choice of orange, grapefruit or pineapple

FRESH SMOOTHIES

BLENDED WITH ALMOND MILK / ALL SMOOTHIES CONTAIN NUTS

AÇAÍ / 16

hemp seed granola • bee pollen • coconut • raw honey

MATCHA / 15

coconut • dates • cashew butter • plant-based protein

BLUEBERRY / 15

banana • kale • green superfood

BANANA / 15

cacao • maca • royal jelly

ORGANIC POWDER ADD-INS

ORGAIN PROTEIN POWDER + 4

vanilla • vegan • gluten, dairy & soy free

AMAZING GRASS GREENS BLEND SUPERFOOD + 4

supports digestive health & immunity
source of energy, vitamins, fibers & antioxidants

NAVITAS MACA SUPERFOOD + 6

increases stamina & energy
regulates mood, sleep & metabolism

SURYA

SURYA SPA AYURVEDIC BLENDS

OUR EXCLUSIVE AYURVEDIC LATTES ARE SPECIALLY CURATED BY SURYA SPA'S FOUNDER AND WESTERN LEADER OF AYURVEDIC MEDICINE, MARTHA SOFFER. AYURVEDA IS A COMPREHENSIVE SYSTEM OF HEALTH AND WELL-BEING, BORN IN INDIA OVER 10,000 YEARS AGO. PRACTICES SUCH AS YOGA, MEDITATION AND NATURAL MEDICINE ALL WORK TOGETHER TO CREATE BALANCE AND HEALTH IN BODY, MIND AND SPIRIT.

SERVED WITH MILK OF YOUR CHOICE.

BRAINPOWER LATTE / 14

QUICKEN THE MIND AND STRENGTHEN YOUR MEMORY.

A LATTE FOR PRODUCTIVITY, MADE WITH NATURAL HERBS.

Brahmi • Bacopa • Dandy Blend • Superfood Creamer

Sweetened upon request with organic date sugar from Coachella Valley

WHOLE BODY ENERGY LATTE / 14

ENHANCE AND ENLIVEN WITHOUT CAFFEINE.

A LATTE FOR FULL BODY ENERGY, MADE FROM ADAPTOGENIC HERBS AND MUSHROOMS.

Cordyceps • Ashwagandha • Kapikachu • Dandy Blend • Superfood Creamer

Sweetened upon request with organic date sugar from Coachella Valley

HEALING HOT CHOCOLATE / 14

BOLD AND CREAMY CACAO TO ENRICH THE BODY & MIND.

A HEART-OPENING LATTE, MADE WITH HEALING ANTIOXIDANTS.

Cacao • Cinnamon • Chaga • Cordyceps • Lion's Mane • Maitake

Sweetened with organic date sugar from Coachella Valley

MIGHTY TURMERIC LATTE / 14

WARMING, ENERGIZING, AND DEEPLY NOURISHING.

A GROUNDING LATTE, MADE WITH ANTI-INFLAMMATORY PLANT MEDICINE.

Turmeric • Ginger • Astragalus • Tulsi • Pepper

AYURVEDIC DETOX TEA / 13

A REVITALIZING TEA THAT CLEANSSES AND DETOXIFIES WHILE AIDING DIGESTION, METABOLISM AND IMMUNITY.

Cumin Seed • Coriander Seed • Fennel Seed • from Mountain Rose Herbs

SURYA SPA IS LOCATED ON THE GROUND FLOOR OF THE SANTA MONICA PROPER HOTEL, FACING WILSHIRE BLVD. BOOK YOUR WELLNESS TREATMENTS ONLINE AT [SURYASPA.COM](https://suryaspa.com).