



KINGSTONLICIOUS

A premier prix fixe culinary experience
January "fresh start" menu

MIO GELATO

\$25 for three pints of hand-made sorbetto/gelato

Order online for delivery Monday, Wednesday, or Friday. Miogelato.ca

Mushroom extracts have a number of health benefits for general consumption. Mio Gelato does not employ a health practitioner: consumption of these products is not recommended to those who are pregnant or breast feeding.

Electric lemon sorbetto

Lemon sorbetto enriched with cordyceps extract and lion's mane extract to energize and beat the winter blue

Lavender Sleep

Lavender gelato with chaga extract, reishi extract, lion's mane extract, tremella extract, and cordyceps extract to sooth and relax

Matcha Magic

Matcha gelato with ashwagandha to de-stress and promote effectiveness

Mio Gelato

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KINGSTON