

# Hot Beverages

## Chamomile Tea

₱75

Chamomile is a herb that has long been used as a natural sleep aid.

## Warm Milk

₱60

Contains tryptophan, a hormone that promotes sleep.

## Decaf Coffee

₱90

Provides a warm, comforting drink without the stimulating effects of caffeine.

# Cold Beverages

## Cherry Juice

₱115

Cherries are a natural source of melatonin that helps regulate sleep.

## Almond Milk

₱135

Contains tryptophan and magnesium that helps muscles relax.

## Coconut Juice

₱80

Rich in electrolytes, promoting hydration and allowing for sound sleep.

## SOMMEIL MENU

### Our Address

315 Chamomile St., Brgy.  
Hipig, Quezon City