



WISE EATZ ALCOVE CAFÉ

WHERE HEALTH IS WEALTH

WE ARE LOOKING FORWARD TO PROVIDING THE BEST IN NUTRIENTS THROUGH ORGANICS RAW FRESH
WHOLESONE & DELICIOUS
WEEKEND DINE IN RESTAURANT AND LIVE MUSIC' coming soon

ESPRESSOS

SINGLE 2.85
DBL 3.35

CAPUCCINO
5.75

CORTADO
SINGLE 4.15
DBL 5.25

COFFEES

ORGANICS: LOW ACID
REGULAR

12oz 16oz 20oz
3.75 4.50 5.25

MUSHROOM coffee
Add .75ea.

CHILLED Coffee

LATTES

HOT

5 12oz 6 16oz 7 20oz
COLD 16 oz 6 20oz 7

VANILLA

MOCHA

MUSHROOM

MATCHA

Add 1.45

SPECIALS

Z'S COCONUT VANILLA DREAM

ANNETTES SUBTLE MOCHA VANILLA

OH' CHOCOLATTAY & CEYENNE

CACAO MATCHA LATTE

ONLY 20oz 7.95

MILKS

GRASS FED-DAIRY

CASHEW

PUMPKIN SEED

OATMILK

COCONUT

ASK IF HEMP or

ALMOND

SWEETNERS

RAW CANE

HONEY

MAPLE SYRUP

AGAVE

DATE

STEVIA

BOWLS

ACAI Bowl

Sm 11. Lg 15.

Sambazon Acai, UNSWEET OR SWEET WITH GUARANA

plain org. Greek yogurt, banana, granola, blueberries, maple syrup or honey
coconut flakes

CHIA SEED PUDDING Bowl

Sm. 6. Lg. 9

chia seeds soaked in pumpkin seed milk with VANILLA & Maple Syrup
Add Vanilla, Cacao, Raspberries, Kiwi, or Banana sm1. lg2.

FRUIT Bowl: Fresh Org. *SEASONAL FRUIT Sm. 6. Lg. 9
'Floating' in your choice of milk with maple syrup drizzle or raw
cane sprinkle Sm. 9. Large 12.

Lay them on a bed of yogurt 2.00

Add Granola 2.50

SNOW BERRIES: Sm. 9. Large 12. Add Granola 2.50

frozen Raspberries and Blackberries 'Floating' in your choice of milk
with maple syrup drizzle or raw cane sprinkle.

Savory Bowls: CHILLED QUINOI MEDLEY ON KALE 8.

WARM MEDITERANIAN RICE ON A BED OF SPINACH 8.

SMOOTHIES

FROZEN ORGANIC FRUIT
PENDING ON THE SEASON

ANNETTES BLACK BLUE & RASBERRIE; STAWBERRY BANANA ALMOND MILK Med 12.

MANGO TANGO MANGO PINAPPLE COCONUT BANANA COCONUT MILK Med 12

CHERRY VANILLA CHERRY VANILLA MACA BANANA CASHEW MILK Med 12

FEEL THE BEET RED BEETS KIWI AVOCADO STRAWBERRY GINGER ICE WATER Med 12

*EAT YOUR GREENS SPINACH, KALE, CUCUMBER, BLUEBERRIES, PUMKIN SEED MILK Med 12

* SQUEEZE OF ORG LIME WHEN AVAIABLE 4 ZEST

FRUITS

SEASON PERMITTING
INCLUDES BANANA

PICK TWO OF:

STRAWBERRIES

BLUEBERRY

MANGOS

PINEAPPLE

*RASBERRIES

*ACAI

*CHERRIES

*KIWI

*Add 2.00

BUILD YOUR OWN

MILKS

GRASS-FED DAIRY

CASHEW

PUMPKIN SEED

OATMILK

ALMOND

SWEETNERS

ADDED UPON REQUEST Additional .50

RAW CANE HONEY

MAPLE SYRUP AGAVE DATE

16oz 20oz 24oz

8.00 10.00 12.00

Add ins:

MACA

MATCHA

PLANT Protein

ALMOND BUTTER

PEANUT BUTTER

Add 2.50

CEYLON CINNAMON

\$1

WHEN AVAIL.

SPIRULINA

WHEAT GRASS

MORINGA

Add 2.50

MILKS

12OZ 6 16OZ 7

CACAO

VANILLA

BERRY

ROSE

MATCHA

CINNAMON

TUMERIC

PICK UR SWEETNER

TEAS

12 OZ 5. 16OZ 6.

20 OZ 7

MINT-GREEN TEA

ROSE HIBICUS

VANILLA

CHAI (WHEN AVAILABLE)

LONDON FOG

BUTTERFLYPEA

RED ROOIBIS

MATCHA

SWEETNERS

ORGANIC CANE

MAPLE SYRUP HONEY

AGAVE DATE SUGAR

Cold or Hot

HOT CACAO

w/vanilla

12 OZ 16OZ 20

>R.O. WATER

12OZ 4. 16 OZ 5.

ENHANCED WITH

Fresh LEMON

VINEGARAPPLE CIDER

* LAVENDER

*ORANGE

*LEMON

* ROSEMARY

ADD 2.00 FOR

PELLIGRINO or

COCONUT WATER

* ESSENTIAL OILS

WHEATGRASS

SHOTS 5.

WHEN AVAILABLE

SOON 9.5 ALKALINE WATER

>R.O. REVERSE OSMOSIS

JUICE: ORANGE POMEGRANITE MED 5. LG 7.

FRESH LEMONADE: WHEN ORGANIC IS AVAIL.

BAKED GOODS AT THE COUNTER

TASTRIES: COOKIES; SCONES; SPECIAL TREATS

WILL SPECIFY GLUTEN AND ALLERGY FRIENDLY

WE WILL USE ALMOND AND OTHER BLENDS OF GLUTEN FREE FLOURS

SOUR DOUGH AND OTHER BAKED GOODS will be

organic of the best quality FLOUR without BROMATE

***ALTHOUGH, WE ARE NOT A GLUTEN FREE**

ENVIRONMENT!!

SEE BOARD FOR WEEKLY AND SEASONAL SPECIALS AND FRESH FRUITS

WISE EATZ BRUNCH MUNCH

BREAKFAST

EGGS AND TOAST FREE RANGE EGGS (2) 13.50
WITH SOURDOUGH BREAD TOASTED & ROSEMARY BUTTER
EA. ADDITIONAL EGG ADD 2.50

THE EGGLESS EDGE (TUMERIC TOFU) v 14.50
TOFU TASTEFULLY DESIGNED FOR WARMTH W/ COCONUT OIL OR PLANT BASED BUTTER

BREAKFAST WRAPS: Sm. 10.50 Lg 13.50
ADD POTATO OR RICE (BROWN OR WHITE) Sm. 2. Lg 3.
EGG WITH VEGGIES: MUSHROOM, SW. PEPPER, CHIVES, SPINACH
GENTLY SPICED WITH GARLIC & BASIL
EA. ADDITIONAL EGG ADD 2.50

EGGLESS EDGE (TUMERIC TOFU) v
WITH VEGGIES: MUSHROOM, SW. PEPPER, CHIVES, SPINACH

SIDES: RED PARSLEY POTATO v or w/BUTTER 4.50
MEDITERANIAN RICE BROWN OR WHITE 4.50

QUINOA WARM QUINOA ON SPINACH WITH AN EGG ON TOP
OR EGGLESS EDGE 13.50

QUICHE: ALACARTE SM 10.50 LG 13.50

Egg Quiche: ALL W/AGED CHEDDAR CHEESE. FREE RANGE EGGS AND ORGANIC VEGGIES organic crusts made from non-bromate flour
BROCCOLI

SPINACH BROCCOLI
POTATO SPINACH

VEGAN BASE: HOUSE TAHINI (SESEME SEED) CASHEW & CHICKPEA W/ TUMERIC) BROCCOLI AND PLANT CHEESE (OR CHEFS SPECIAL OF THE WEEK & SEASONAL CHANGES)
ADD A SIDE FOR 4.50: MEDITERANIAN RICE ORGANIC
D'JOUR POTATO OF THE WEEK
QUINOA SAL ON SPRING MIX.;
MINI SPRING MIX SALAD or Soup
*Order Ahead for a Whole Quiche: price will be MARKET PRICE THAT WEEK

CURRY VEGETABLE GF v 14.50 16.50

*BROCCOLI MUSHROOM ZUCCHINI SNOWPEAS SWEET RED PEPPER THAI BASIL
ADD A PROTEIN CHICKEN (6.) TOFU (4.) BL BEAN (4.)
ASK FOR: MILD MEDIUM *HOT
TELL YOUR SERVER BROWN OR WHITE RICE

Side MIXED GREENS MINI SALAD or mini soup add 4.

SEE BOARD FOR TODAYS SPECIAL SIDE

MAKE IT A WRAP Lg only 14.50
Add a PROTIEN CKICK (4). TOFU (3.) BEAN (3.)

ORG. PASTA OF THE WEEK RED SAUCE OR VEGAN ALFREDO
8.50 12.50 ADD A BEAT BALL 3.
ADD any size salad above \$2 OFF

PLEASE REMEMBER OUR EGGS ARE FROM FARMS THAT CARE & 85% TO 95% OF EVERYTHING IS MADE W/ ORGANIC INGREDIENTS AND FROM CARING FARMS

LUNCH WRAPS VEGGIE SM 11.50 Lg 13.50

COLD: MUSHROOMS CUCUMBER BLACK OLIVES, SPROUTS TOMATO, SWEET RED PEPPER, ROMAINE, SPRING MIX

HOT: **NOT SPICEY** MUSHROOM SWEET PEPPER AND SPINACH

Add CHICKEN (6.) TOFU Scramble or Cubes (4.) BEANS (4.) (Bl Bean; Kidney or chickpea)

*CHEFS DRIZZLES DESIGNED SPECIFIC PER PROTEIN ALTHOUGH YOU

DRIZZLES: Rst. Red Pepper; Cilantro, Tomato Basil All made w/VEGANNAISE)
HOT OR SWEET RED PEPPER, CILANTRO, TOMATO BASIL, RANCH (GARLIC & BASIL)

GRILLED SOURDOUGH

GRILLED CHEESE 12.50

OPENFACE CHICKEN SALAD 15.50

ON A BED OF SPINACH OR SPRING MIX & AGED CHEDDAR W/HOUSE RANCH

AVOCADO TOAST (GRILLED) 13.50

ON A BED OF SPROUTS OR SPINACH AND DRIZZLED W/PARSLEY OLIVE OIL AND SESEME SEEDS

SLICED CHILLED TOMATO 13.50

DRIZZLED IN GARLIC BASIL OIL (ASK FOR SIZZLED HOT TOMATO)

BEET BURGER 15.85

DELICIOUSLY MADE W/BEETS SHITAKE AND PORTABELLA MUSHROOM & TOFU

SOUP

Sm. 5 MED 7. LG 9.

ROASTED RED PEPPER

KALE cardamon

w/GREEN VEGGIE BROCCOLI; ZUCCHINI.

CACAO MUSHROOM

ADD SPINACH OR BROCCOLI PCS 2.00

SALAD

MINI SIDE 4.

SMALL CLASSIC SALAD 9.

LARGE CLASSIC SALAD

CLASSIC Romaine Spring mix tom.

sprouts red onion cuc. mush.

black olive

SPINACH SALAD 7. 12.

<>**SIGNATURE Classic SALAD** ONE SIZE 18.50

Romaine Spring mix Tomato Mush. Sprouts Red onion cucumber shredded carrot (beet when avail.) fresh kiwi or a berry

ADD choice: BREAST OF Chicken; Eggless egg salad or Beans

*ALL VEGETABLE CONTENT ^pending ON AVAILABILITY **ORGANIC**

PLATES 9.50

MINI PORTIONS: QUICHE; QUINOA MEDLEY CHILLED; SOUP W/SOUR DOUGH OR GF CRACKERS

MINI SIDES: WARM MEDITERANIAN RICE on Spinach; MINI SALAD w/ CHICKEN; BLACK BEAN OR EGGLESSS EGG SALAD

DESSERT CHERRY ACAI VANILLA CHILLED CREAM PARFAIT 9

CHIA PUDDING PARFAIT W/THIS WEEKS NON-DAIRY WHIPCREAM 9

Children's Menu

Items on the menu may be ordered at 1/2 PRICE ask your server APPROX HALF THE FOOD

Apples and nut butter 5.50

Grilled Cheese w/applesauce 7.

ORGANIC PASTA: CREAM SAUCE ALFREDO STYLE v(CASHEW TOFU) OR ORG, TOM. SAUCE

We will provide to the best of our ability healthy clean foods nutrient live, generous to the body and mind. We strive to also, bring into the house Clean Chicken, Eggs and Fish.