



WISE EATZ ALCOVE CAFÉ

WHERE HEALTH IS WEALTH

'WITH WEEKEND DINE IN RESTAURANT AND LIVE MUSIC'

WE ARE LOOKING TO PROVIDE THE BEST IN NUTRIENTS THROUGH ORGANICS RAW FRESH
WHOLE SOME & DELICIOUS

Ingredients are **ORGANIC Free Range AND wholesome to the best availability.** PENDING SUPPLIER for Organics

COFFEES

ORGANICS: LOW ACID

Add .75ea.

REGULAR

12oz 16oz 20oz

3.75 4.50 5.25

MUSHROOM

Add .75ea.

LATTES

HOT OR COLD

VANILLA

MOCHA

MUSHROOM

MATCHA

5.25 6.00

ESPRESSOS

SINGLE 2.85

DBL 3.35

CAPUCCINO 5.75

CORTADO

SINGLE 4.15

DBL 5.25

CHILLED Coffee SPECIALS

Z'S COCONUT VANILLA DREAM

ANNETTES SUBTLE MOCHA VANILLA

OH' CHOCOLATTAY & CEYENNE

CACAO MATCHA LATTE

20oz ONLY 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 Sambazon Acai, UNSWEET OR SWEET WITH GUARANA

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

coconut flakes

Sm 11. Lg 15.

CHIA SEED PUDDING Bowl chia seeds soaked in

pumpkin seed milk with maple syrup

Sm. 6. Lg. 9

Add Vanilla, Cacao, Raspberries, Kiwi, Banana \$2.

FRUIT Bowls: Fresh Org. *SEASONAL FRUIT

* SEE DAILY PRICING AND FRUITS AVAILABLE

SNOW BERRIES: Sm. 9. Large 12.

Frozen Raspberries and Blackberries

Either bowl floating in your choice of milk with maple syrup

drizzle or raw cane sprinkle.

ADD GRANOLA 2.50

WARM OR CHILLED

QUINOA MEDLEY -

ON A BED OF

MEDITERANIAN RICE-

KALE OR SPINACH

10.50

SMOOTHIES

FROZEN ORGANIC FRUIT

PENDING ON THE SEASON

ANNETTES BLACK BLUE & RASBERRIE; STAWBERRY BANANA ALMOND MILK

MANGO TANGO MANGO PINAPPLE COCONUT BANANA COCONUT MILK

CHERRY VANILLA CHERRY VANILLA MACA BANANA CASHEW MILK

FEEL THE BEET RED BEETS KIWI AVOCADO STRAWBERRY GINGER ICE WATER

EAT YOUR GREENS SPINACH KALE CUCUMBER PUMKIN SEED MILK *MATCHA OPTIONAL

BUILD YOUR OWN

MILKS

GRASS FED-DAIRY

CASHEW PUMPKIN SEED

OATMILK

ASK IF HEMP/ ALMOND

SWEETNERS

ADDED UPON REQUEST Additional .50

RAW CANE HONEY

MAPLE SYRUP AGAVE DATE

16oz 20oz 24oz

8.00 10.00 12.00

ORGANICS
SEASON PERMITTING

MACA

MACTHA

PLANT Protein

ALMOND BUTTER

PEANUT BUTTER

Add 2.50

CINNAMON

\$1.

WHEN AVAIL.

SPIRILINA

WHEAT GRAAS

ORGANICS
SEASON PERMITTING
BANANA BASE

PICK TWO

STRAWBERRIES

BLUE.BERRY

MANGOS

PINEAPPLE

*RASBERRIES

*ACAI

*CHERRIES

*KIWI

***Add 2.00**

SEE BOARD FOR WEEKLY AND SEASONAL SPECIALS

MILKS

CACAO

VANILLA

BERRY

ROSE

MATCHA

CINNAMON

TUMERIC

HOT CACAO w/vanilla

FRESH LEMONADE

Cold or Hot TEAS

MINT-GREEN TEA

ROSE HIBICUS VANILLA

CHAI (WHEN AVAILABLE)

LONDON FOG

BUTTERFLYPEA

RED ROOIBIS

SWEETNERS

ORGANIC CANE

MAPLE SYRUP

AGAVE DATE SUGAR

HONEY

ADD 2.00 FOR PELLGRINO or COCONUT WATER

SOON 9.5 ALKALINE WATER

*RO REVERSE OSMOSIS

JUICE: ORANGE POMEGRANITE MED 5. LG 7.

TASTRIES: COOKIES SCONES SPECIAL OF THE DAY AS MARKED

BAKED GOODS AT THE COUNTER

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!!

AS BEST THAT WE CAN WE WILL PROVIDE ORGANIC FOOD WITH ALWAYS QUALITY INGREDIENTS

WISE EATZ BRUNCH MUNCH

BREAKFAST

EGGS AND TOAST FREE RANGE EGGS (1)
12.50

WITH SOURDOUGH BREAD TOASTED & ROSEMARY BUTTER

THE EGGLESS EDGE (TUMERIC TOFU) **v 14.50**

TOFU TASTEFULLY DESIGNED FOR WARMTH W/ COCONUT OIL OR PLANT BASED BUTTER

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

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

ADD BLACK BEANS; CHICKPEAS OR KIDNEY BEANS **3.**

QUINOI WARM QUINOI ON SPINACH WITH AN EGG ON TOP

OR EGGLESS EDGE **13.50**

EA. ADDITIONAL EGG ADD **2.50** WITH ANY EGGPLATE ABOVE

LUNCH WRAPS VEGGIE SM

COLD: MUSHROOMS CUCUMBER BI OLIVES, SPROUTS TOMATO, SW. RED PEPPER, ROMAINE, SPRING MIX

HOT: NOT SPICY MUSHROOM ONION SWEET PEPPER AND SPINACH

broccoli

ADD CHICKEN (6.) TOFU (4.) BEAN (4.) (BI Bean; Kidney or chickpea)

***CHEFS DRIZZLES DESIGNED SPECIFIC PER PROTEIN ALTHOUGH YOU MAY REQUEST ANY OF THESE BELOW**

GRILLED SOURDOUGH

GRILLED CHEESE

OPENFACE CHICKEN SALAD ON A BED OF SPINACH OR SPRINGMIX & AGED CHEDDAR W/HOUSE RANCH

AVOCADO TOAST(GRILLED) ON A BED OF SPROUTS OR SPINACH AND DRIZZLED W/PARSLEY OLIVE OIL AND SESAME SEEDS

SLICED TOMATO ON GRILLED SOURDOUGH DRIZZLED IN GARLIC

QUICHE:

ALA CARTE **10.50 13.50**

Egg Quiche: ALL W/ AGED CHEDDAR CHEESE. FREE RANGE EGGS AND ORGANIC VEGGIES

BROCCOLI

SPINACH BROCCOLI

POTATO SPINACH

VEGAN ASK IF GFriendly BASE: HOUSE TAHINI (SESAME SEED) CASHEW & CHICKPEA W/ TUMERIC) BROCCOLI AND PLANT CHEESE (OR CHEFS SPECIAL OF THE WEEK. & SEASONAL CHANGES)

SIDES MEDITERANIAN RICE ORGANIC MAY BE JAZMINE OR BASMATI

D'JOUR POTATO OF THE WEEK

QUINOA SAL ON SPRING MIX; **MINI** SPRING MIX SALAD or soup

***Order Ahead- Whole Quiche: price will be MARKET PRICE**

THAT WEEK

SOUP

Sm. 5 MED 7. LG 9.

ROASTED RED PEPPER

KALE cardimon

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.

Bl. olive

SPINACH SALAD 7. 12.

<>SIGNATURE SALAD

ONE SIZE 18.50

Romaine Spring mix Tomato Mush. Sprouts Red onion

cucumber shredded carrot or beet (when available) fresh kiwi/

berries choice of Chick; Eggless egg salad or Bean

***ALL VEGETABLE CONTENT PENDING ON AVAILABILITY for ORGANICS**

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 TODAY'S SPECIAL SIDE

MAKE IT A WRAP Lg only 14.50

ORG. PASTA OF THE WEEK RED SAUCE OR VEGAN ALFREDO

8.50 12.50 ADD A BEAT BALL

3.

ADD any size salad above.

Watch for other specialty foods to test your palate.

PLATES 9.50

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

MINI SIDES: WARM MEDITERANIAN RICE; RED POTATOES; MINI SALAD W/CHICKEN; BEAN OR EGGLESS EGGSALAD

DESSERT HOUSE CHILLED PARFAIT CREAM CHERRY ACAI VANILLA

Children's Menu

Most items on the menu may be ordered at 1/3 price and 1/3 amount ask your server

Apples and nut butter 5.50

Grilled Cheese w/applesauce 7.

ORGANIC PASTA : CREAM SAUCE ALFREDO STYLE (CR.CASHEWTOFU) OR 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.

