

**WISE &
WRIGHT**

163, 317 7th Ave SW

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MON TO FRI 7:30am to 7:00pm

SAT 10:00am - 6:00 pm

SUN 11:00am - 5:00 pm

follow us today

@WISEANDWRIGHT



CRAFT COFFEE

CAPPUCCINO	8oz	12oz
CAFE AMERICANO	12oz	16oz
AMERICANO MISTO	12oz	16oz
CAFE LATTE	12oz	16oz
MATCHA LATTE	12oz	16oz
CHAI LATTE	12oz	16oz
MOCHA	12oz	16oz
MEDIUM ROAST	12oz	16oz
CORTADO		
ESPRESSO		
MACCHIATO		

SUBSTITUTE ALMOND OR OAT MILK

ORGANIC TEAS

JADE SPRING Green Tea	PHILOSOPHERS BREW Herbal Lemongrass Tea
EARL GREY Black Tea	ANGEL WATER Herbal Spearmint Tea

WISE ELIXIR SMOOTHIES (16oz)

TALL DARK & HANDSOME (GF, VE)

Reduces risk of heart disease and cancer, cleanses the liver and blood, helps with energizing the body.

oat milk, avocado, dark chocolate, raw cacao, almond butter, vega chocolate protein*, reishi*, maca*, dandelion root*, chaga*, cordyceps*, lion's mane*, coriolus*, maitake*, dates.

Add a shot of espresso it tastes delicious!

POWER GREENS (GF, V)

Improves heart and gut health, mineral rich, increases metabolic rate, restores high quality skin complexion

oat milk, kale, cucumber, parsley, spinach, honeydew, mint, pineapple, chlorella*, matcha*, moringa*, honey.

VERY BERRY (GF)

Improves gut health, skin, teeth, eyesight, hair, and anti-oxidant rich.

oat milk, blueberry, blackberry, raspberry, strawberry, goji berries, banana, collagen*, honey, vanilla.

IMMUNITY (GF)

Strengthens and supports a healthy immune system, powerful detoxifier, enhances overall bone and tissue health.

orange juice, mango, pineapple, lemon, cayenne, ginger, turmeric, goji berries*, collagen*, honey.

SEVEN SEAS (GF)

Heavy metal detox smoothie that is packed with healthy fatty acids, good source of vitamin C and B12, improves digestion, rich source of iodine, provides anti-inflammatory properties, and a nutritional booster.

oat milk, banana, blueberry, almond butter, honey, dulce, sea lettuce, wakame, kombu, laminaria longicuris, knotted wrack, vanilla.

WISE ELIXIR LATTES (12oz)

MEDICINAL (GF, VE)

Boosts longevity and healing, improves overall liver health, and decreases the risk of tumors.

reishi*, chaga*, cordyceps*, lion's mane*, coriolus*, maitake*, raw cacao, lemon, vanilla, blackstrap molasses, maple syrup, cinnamon, dates, oat milk.

ELEVATED HOT CHOCOLATE (GF, V)

Helps remove abdominal fat, bacteria fighting, improves brain function, help boost HDL's (good cholesterol)

coconut butter, raw cacao, lucuma*, mesquite*, reishi*, chaga*, cordyceps*, lion's mane*, coriolus*, maitake*, honey, vanilla, dark chocolate, oat milk.

GREEN GODDESS (GF, V)

Enhances metabolism and mental focus, while promoting a state of relaxation and well-being

coconut butter, chlorella*, matcha*, moringa*, lucuma*, honey, oat milk.

TURMERIC GINGER (GF, V)

Improves digestion, reduces inflammation, and relieve joint and muscle pain.

coconut butter, black pepper, cinnamon, ginger, turmeric, honey, maca*, mesquite*, cloves, allspice, almond milk.

ALL COFFEE & ELIXIRS AVAILABLE AS ICED

BEVERAGE ADD ONS \$1EA

CHLORELLA*

COLLAGEN*

DANDELION ROOT*

GOJI BERRIES*

LUCUMA*

MACA*

MESQUITE*

MATCHA*

MORINGA*

MUSHROOM BLEND*

ALMOND BUTTER

VEGA PROTEIN

Detox

Anti-aging

Liver support

Eye & skin care

Rejuvenate cell growth

Mineral rich

High in fibre

Healthy heart

Nutrient packed

Supports immunity & longevity

Helps lower cholesterol & blood pressure

Repair muscle fibre. chocolate or vanilla

quality

quantity

(*) = ORGANIC (GF) = GLUTEN FRIENDLY (VE) = VEGAN (V) = VEGETARIAN

WISE MORNINGS

AVAILABLE ALL DAY

RANCHEROS BOWL (GF)

coconut turmeric brown rice, crushed avocado, cumin chili spiced black beans, edamame beans & sweet corn, tortilla chips, cherry tomatoes, arugula, rancheros sauce, soft poached egg.

SUNRISE BOWL (GF)

roasted sweet potatoes, seasoned kale, cherry tomatoes, anti-biotic free turkey bacon, avocado, two baked eggs, with a choice of mild romesco sauce or jalapeno aioli.

TURKEY BACON & EGGER SANDWICH (GF Option)

turmeric cream cheese, crushed avocado, arugula, anti-biotic free turkey bacon, baked egg.

GOOD MORNING SANDWICH (GF Option)

english muffin, sun-dried tomato and olives spread, arugula, jalapeno aioli, baked egg, choice of anti-biotic free turkey bacon or herbed mushrooms.

WISE BOWLS

COCONUT CHICKEN (GF)

coconut turmeric brown rice, free range roasted coconut chicken breast, roasted curried cauliflower, roasted onions, roasted red peppers, purple cabbage, roasted broccoli, coconut curry sauce.

WRIGHT VEGAN BOWL (GF, VE)

brown rice, red rice, lentils, red quinoa, millet, seasoned kale, roasted broccoli, curried cauliflower, herbed mushrooms, sweet potatoes, walnuts, avocado, with choice of romesco sauce or walnut arugula pesto.

JAMAICAN ME CRAZY BOWL (GF, VE OPTION)

coconut turmeric brown rice, free range jerk chicken breast, mango, cumin chili spiced black beans, edamame beans & sweet corn, purple cabbage, avocado, jalapeno aioli.

SIR-LOIN (GF, VE OPTION)

roasted sweet potato, seasoned kale, herbed mushrooms, roasted broccoli, cherry tomatoes, top sirloin steak, chimichurri chutney.

ACHILLES MEAL (GF, VE OPTION)

brown rice, red rice, lentils, red quinoa, millet, seasoned kale, free range roasted moroccan chicken breast, cherry tomatoes, cucumber, roasted red pepper, roasted onion, white bean hummus, with choice of either romesco sauce or walnut arugula pesto.

YOGA FIRE BOWL (GF, VE)

rice noodles, coconut red curry broth, keffir lime leaves, roasted curried cauliflower, roasted broccoli, roasted red pepper, roasted onions, purple cabbage, cashews, black sesame seeds, basil.

GONE FISHIN (GF, VE OPTION)

coconut turmeric brown rice, seasoned kale, wild roasted salmon, cumin chili spiced black beans, edamame beans & sweet corn, purple cabbage, mango, cherry tomatoes, avocado, tortilla chips, chipotle aioli.

SEOUL BOWL (GF) SEASONAL

brown rice, red rice, lentils, red quinoa, millet, wild ahi poke tuna, purple cabbage, cucumber, kimchi, avocado, gochujang sauce, soft poached egg, black sesame seeds, lime wedge.

DRINKS

BOTTLED WATER

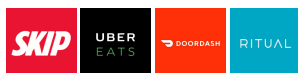
KOMBUCHA
ginger, blueberry, & mojito mint.

ICED TEA
white tea & blueberry, lemon, peach.

BAKED GOODS

Ask us about our vegan and gluten free baked options that we make in-house.

DELIVERY & PICKUP WITH



(GF) = GLUTEN FRIENDLY (VE) = VEGAN (V) = VEGETARIAN

BUILT UP TOASTS

AVOCADO REMIX (GF OPTION)

crushed avocado, herbed mushrooms, chimichurri chutney, walnuts, soft poached egg.

CRUSHED AVOCADO (GF OPTION, VE)

white bean hummus, crushed avocado, cherry tomatoes, arugula, olive oil, kosher salt.

THE HOLY POKE (GF OPTION)

turmeric cream cheese, avocado, cucumber, wild sesame ahi tuna, gochujang sauce, black sesame seeds

THE MILLENNIAL TOAST (GF OPTION)

cashew herbed cream cheese, anti-biotic free turkey bacon, avocado, arugula, walnut arugula pesto, soft poached egg.

WISE SUPERFOOD SALADS

AHI POKE TUNA (GF)

arugula, purple cabbage, wild sesame ahi poke tuna, mango, cherry tomatoes, cucumber, avocado, miso ginger vinaigrette, black sesame seeds.

LET'S TACO BOUT IT SALAD (GF, VE OPTION)

arugula, spinach, cumin chili spiced black beans, edamame beans & sweet corn, cherry tomatoes, cucumbers, free range roasted moroccan spiced chicken breast, crushed avocado, roasted red peppers, tortilla chips, vegan ranch dressing.

THAI SALAD (GF)

seasoned kale, spinach, purple cabbage, roasted broccoli, curried cauliflower, cucumber, cashews, cajun lime prawns, almond red curry vinaigrette.

AUTUMN APPLE SALAD (GF)

seasoned kale, roasted sweet potatoes, roasted brussel sprouts, apples, anti-biotic free turkey bacon, maple dijon vinaigrette.

ADD ONS

GLUTEN FREE BREAD
WILD SESAME AHI POKE TUNA
WILD CAJUN LIME PRAWNS
VEGAN WALNUT TACO MEAT
JERK JACKFRUIT
TOP SIRLOIN STEAK
WILD ROASTED SALMON
ROASTED MOROCCAN
CHICKEN BREAST

SOFT POACHED EGG
BAKED EGG
SLICED AVOCADO
CRUSHED AVOCADO
HERBED MUSHROOMS
ANTI-BIOTIC FREE
TURKEY BACON
ROASTED JERK CHICKEN
BREAST

