

WISE & WRIGHT

163, 317 7TH AVE, SW.
(403) 454-2987

MONDAY TO FRIDAY 7:30 AM TO 7:00 PM
SATURDAY & SUNDAY 10:00 AM TO 4:00 PM

WISE BREAKFAST

BREAKFAST ITEMS NOT AVAILABLE
BETWEEN 11 AM TO 1PM, MON - FRI

BREAKFAST BOWL

RANCHEROS BOWL

Coconut Turmeric Brown Rice, Refried Beans,
Stone Bread, Crushed Avocado, Cilantro,
Spicy Salsa, Arugula, Rancheros Sauce,
Soft Poached Egg, Chili Oil

\$11.95

MAKE IT A BURRITO

It's a Wise Decision

\$9.95

BUILT UP TOASTS

CRUSHED AVOCADO (VE)

Crushed Avocado, White Bean Hummus,
Roma Tomatoes, Cherry Tomatoes,
Arugula, Olive Oil

\$6.00

WEST COAST SMOKED SALMON

Turmeric Cream Cheese, Smoked Salmon,
Fennel, Capers, Shallots, Dill

\$8.95

EL SABIO (VE)

Crushed Avocado, Quinoa, Pomegranate,
Cumin Spiced Black Beans & Sweet Corn,
Arugula, Jalapeno Aioli

\$6.00

G.O.A.T. (V)

Whipped Honey Goat Cheese, Mango,
Pomegranate, Basil, Pumpkin Seeds, Balsamic Glaze

\$6.00

COFFEE & TEA

CAPPUCCINO	8oz	\$3.50	12oz	\$4.00
CAFE AMERICANO	12oz	\$3.55	16oz	\$3.55
AMERICANO MISTO	12oz	\$4.00	16oz	\$4.50
CAFE LATTE	12oz	\$4.50	16oz	\$4.75
MATCHA LATTE	12oz	\$4.50	16oz	\$4.75
CHAI LATTE	12oz	\$4.25	16oz	\$4.75
HOT CHOCOLATE	12oz	\$3.75	16oz	\$4.75
MOCHA	12oz	\$5.00	16oz	\$5.50
ESPRESSO		\$2.75		
MACCHIATO		\$3.25		

SUBSTITUTE ALMOND OR COCONUT MILK \$1

ORGANIC TEAS \$3

JADE SPRING

Green Tea

QUENCH

Blend of White & Green Tea

ENGLISH BREAKFAST

Black Tea

PHILOSOPHERS BREW

Herbal Tea

EXPRESS CHAI

Black Tea

ANGEL WATER

Herbal Tea

SMOOTHIES

TALL DARK & HANDSOME

Avocado, Dark Chocolate, Raw Cacao, Peanut Butter,
Vega Chocolate Protein, Coconut Milk

\$7.95

THE WISE

Spinach, Kale, Avocado, Pineapple, Honey,
Coconut Milk

\$7.45

VERY BERRY

Blueberry, Blackberry, Raspberry, Strawberry,
Banana, Coconut Yogurt Blend

\$7.95

THE WRIGHT

Pineapple, Mango, Peach, Banana, Coconut Milk

\$7.45

SAVE TIME
USE OUR
MOBILE APP

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WISE EATS

STONE OVEN FLATBREAD

MOROCCAN CHICKEN \$12.45

Pulled Fresh Range Moroccan Chicken,
Walnut Arugula Pesto, Walnuts, Roasted Shallots,
Dried Dates, Feta Cheese, Arugula, Curry Oil

SPICY CHIPOTLE SQUASH (V) \$12.45

Butternut Squash, Walnuts, Caramelized Onion,
Walnut Arugula Pesto, Goat Cheese

INCLUDES CHOICE OF BROCCOLI KALE
OR EL JEFE SALAD

SUPER FOOD SALADS

AHI POKE TUNA SALAD (GF) \$13.95

Arugula, Soy Sesame Ahi Poke, Mango,
Cherry Tomatoes, Cumin Spiced Cucumber,
Miso Ginger Vinaigrette, Avocado, Black Sesame Seeds

**BROCCOLI, KALE, QUINOA
& FETA SALAD (V & GF)** \$10.95

Salted Olive Oil Kale, Quinoa, Broccoli, Cumin Spiced
Cucumbers, Cherry Tomatoes, Curry Lime Dressing,
Feta Cheese, Pumpkin Seeds

EL JEFE SALAD (V & GF) \$10.95

Arugula, Red Onion, Mango, Pomegranate,
Cumin Spiced Black Beans & Sweet Corn,
Roasted Chickpeas, Jalapeno Lime Vinaigrette, Avocado

NICEWISE SALAD (GF) \$13.95

Arugula, Spinach, Sweet Potato, Kalamata Olives,
Green Beans, Cumin Cucumber, Sweet Lemon Dressing,
Roasted Tandoori Salmon, Avocado, Hard-Boiled Egg

WISE BOWLS

COCONUT CHICKEN BOWL (GF) \$12.95

Coconut Turmeric Brown Rice, Fresh Range
Roasted Coconut Chicken, Cauliflower, Shallots,
Green Beans, Purple Cabbage, Curry Oil,
Coconut Curry Sauce, Cilantro

VEGETABLE SUPERBOWL (VE) \$10.95

Farro, Roasted Squash, Roasted Cauliflower,
Spring Peas, Pumpkin Seeds, Walnut Arugula Pesto,
Kalenaise

WRIGHT VEGAN BOWL (VE) \$10.95

Wild Rice, Quinoa, Sweet Potatoes, Arugula,
Broccoli, Cherry Tomatoes, Cumin Spiced Cucumber,
Pomegranate, Olive Oil, Pumpkin Seeds,
Walnut Arugula Pesto, Avocado, Kalenaise

OMEGA 3 SEAFOOD BOWL (GF) \$13.95

Curried Lentils & Chickpeas, Tandoori Salmon,
Cajun Lime Prawns, Green Beans, Flax Seeds,
Chili Oil, Cilantro

JAMAICAN ME CRAZY BOWL \$12.95

Coconut Turmeric Brown Rice, Fresh Ranged
Jerk Chicken, Mangoes, Cumin Spiced Black Beans
& Sweet Corn, Purple Cabbage, Avocado,
Jalapeno Aioli, Cilantro

PEANUT NOODLE BOWL (VE) \$11.95

Buckwheat Soba Noodles, Satay Peanut Sauce, Broccoli,
Carrots, Cumin Spiced Cucumber, Purple Cabbage,
Chopped Cashews, Cilantro, Black Sesame Seeds

ADD MORE PROTEIN TO EACH BOWL

Oven Roasted Chicken \$4 Cajun Lime Prawns \$5 Soy Sesame Ahi Tuna \$5 Tandoori Salmon \$5