

Health Food Eatery. Powered by Plants.

Order Online - Link is on Homepage
eatplantwise.com

15 East Deer Park Rd Dix Hills, NY



**FOOD MENU** 

# Order Online Follow Us on: 10 1

@eatplantwise



12

11.5

13.5

\*Organic Ingredients Used When Available \*Please Mention Allergies When Ordering \*Most Updated Menu is Online

eatplantwise.com

**WRAPS** 

WHOLE WHEAT

Mash up \*Contains Tree Nuts (Cashews) Bean Chili, Avocado Mash, Brown Rice (Or Quinoa), Cashew 'Sour' Cream, Sriracha Hot Sauce. (Do as Bowl)

**Big Kahuna** 

Veggie Tuna (Chickpeas, Celery, Broccoli, Red Onion, Sunflower Dijonaise), Kale, Cranberries. (Add Carrots or Beets)

Rock Out \*Contains Soy (Tempeh) Tree Nut (Cashews) 12.5 House Made Veggie Patty (Black Beans-Quinoa-Tempeh), Kale, Shredded Beets, Red Onion, Special Sauce (Mix of BBO/Dijon/Sriracha) & Cashew. (Add Avocado Mash +2)

Egg Wise \*Contains Soy (Tofu)

Roasted Tofu in Dijon Maple Glaze, Roasted Tomatoes, Avocado Mash, Quinoa, Sunflower Dressing (Add Red Onion & Spinach) (Do as Salad)

**Greco Roman** 

Tomato Chickpeas, Spinach, Red Onion, Kalamata Olives, Cucumber, Sunflower Dressing.

Hummus & Falafel \*Cold Wrap Homemade Hummus, Baked Falafels, Arugula, Tomato, Sunflower Tahini. (Add Red Onions)

**NORI ROLLS** 

Little Kahuna Veggie Tuna (Chickpeas, Celery, Broccoli, Red Onion, Sunflower Dijonaise), Kale, Cranberries.

**Zen Roll** \*Contains Soy (Thai Dressing) 9.95

\*Comes with Spicy Kimchi or Tempeh Brown Rice, Avocado Mash, Zucchini Noodles, Arugula, Carrots, Side of Thai Dressing.

Rock'n Roll \*Contains Soy (Tempeh) & Tree Nut (Cashews) 9.75 House Made Raw Veggie Patty (Black Beans-Quinoa-

Tempeh), Kale, Shredded Beets, Red Onion, Special

Sauce (Mix of BBO/Dijon/Sriracha) & Cashew.

**SALADS** 

**Avocado Quinoa** 

Arugula, Quinoa, Red Onion, Avocado Mash, Tomato, Sunflower Vinaigrette.

Kale Caesar \*Contains Almonds

Veggie Tuna (Chickpeas, Celery, Broccoli, Red Onion, Sunflow er Dijonaise), Kale, Carrots, Almonds, Cranberries.

Southern Charm \*Contains Cashews 12.5

Kale, Cilantro, Brown Rice, Tomato, Red Onion, Carrots, Topped w/Chili. (Avo Mash +2) Special Sauce (Mix of BBQ/Dijon/Sriracha) & Cashew.

Thai Chi Noodle \*Contains Soy (Thai Dressing) \*Choose: Spicy Kimchi or Tempeh

Zucchini Noodles, Arugula, Broccoli, Red Pepper, Carrots, Almonds, Thai Dressing.

**Modern Greek** 9.5 Spinach, Tomato, Cucumber, Red Onion, Kalamata Olives, Lemon Sunflower Tzatziki. (Add Ávo Mash +2 or Veggie Tuna +1)

Kale Masala \*Warm Salad 12 Kale, Chickpea Masala, Red Onion, Sunflower Dressing. (Add Avocado Mash +2)

**Not Just Garnish** 11.5

Kale, Parsley, Quinoa, Red Pepper, Cranberries, Hemp Hearts, Avocado Vinaigrette.

**Fully Raw** 11.5

Spinach, Broccoli, Beets, Carrots, Red Pepper, Cucumber, Tomato, Hummus (Or Avocado Mash), Squeeze of Orange.

Any Juice or Smoothie Off when you purchase a Meal

SUPER HERO SAMPLER BOWL

**Bowl Choose 2 Items:** Comes with

Bean Chili, Chickpea Masala, Tomato Chickpea, Zucchini **Brown Rice** Noodles w/ Cashew Alfredo. or Quinoa

GF

9.5

**Choose 3 Items:** 

Baked Falafel, Black Beanball, Veggie Tuna, Avocado mash, Homemade Hummus.

## **BOWLS**

All Bowls come on a Bed of Spinach with Brown Rice or Quinoa with the exception of Zucchini Alfredo.

**Zucchini Alfredo** 

Raw Zucchini Noodles, Cashew Alfredo, Bean Chili & Beanballs.

Chili Bowl 10.5

11.5

11.5

S/M/L

Bean Chili & Beanballs. (Add Avocado Mash & Cashew Dressing +2.5).

**Masala Bowl** 

Chickpea Masala, Tomato, Falafels, Sunflower Tahini. (Add Avo Mash +2)

**Tomato Chickpea** 10.5

Tomato Chickpeas, Beanballs.

HALF & HALF BOWL

Choose Half a Salad and Half a Bowl **Served in the Same Container** 12.5

**SIDES** 

**Bean Chili** 6.5/7.5/11.5

Chickpea Masala 6.5/7.5/11.5

**Tomato Chickpeas** 5.5/6.5/10.5

**Brown Rice** 4.5/5.5/9.5

**Ouinoa** 4.5/5.5/9.5

Raw Zucchini Noodles 3.75/4.75/7.75 w/ Cashew Alfredo

**Veggie Tuna** 6.5/8.5/12.5

### **MAKE IT A COMBO**

Add a Small or Medium Side Cup to any Meal for \$1 off

## **WEEKLY SPECIALS**





# **ADD TO MEAL \$6 REGULAR PRICE \$9**



ADD SIDE TO MEAL SM\$4 MD\$6 LG\$10 **REGULAR PRICE SM\$6 MD\$8 LG\$12** 



# DRINK MENU

Fresh Juiced Apple.

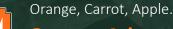
**Iced Matcha Latte** 

For customers with severe allergies there may be cross contamination.

## **FRESH JUICES**



#### **Orange Basic** 7.95



#### Orange Advanced 8.95 Orange, Lemon, Grapefruit, Carrot Comes with 1: Ginger or Turmeric.



#### **Green Basic** 7.95 Kale, Apple, Cucumber.



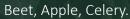
#### **Green Advanced** 9.25

Kale, Spinach, Celery, Cucumber Comes with 2:

Parsley, Cilantro, Lemon, Ginger (Add Spirulina +1).



#### **Red Basic** 7.95



**Red Advanced** 8.95

Beet, Spinach, Red Pepper, Celery, Carrot.

#### **CUSTOM JUICE**

8.95

#### **Choose 2-3 Base Items**

Apple, Beet, Carrot, Celery, Cucumber, Orange.

### **Choose 2-3 Special Items**

Cilantro, Ginger, Grapefruit, Kale, Lemon, Parsley, Red Pepper, Spinach, Turmeric.



9.5

Fresh batches blended throughout the day.

Base is blended Oats, Chia Seeds, & Vanilla.

\$1 off with purchase of any meal.

#### DAILY SMOOTHIE

# Feelin Nutty (Add Coffee +.50)

Peanut Butter, Cacao, Chocolate Protein, Banana, Hemp Seeds, Oat Milk

#### SMOOTHIE SPECIAL

# **Blueberry Dream**

Blueberry, Acai Berry, Almond Butter, Banana, Vanilla Protein, Almond Milk (Add Maca +.75)

### Make It A Parfait (Choose 3 Toppings)

10.5

7.5

Strawberry, Banana, Homemade GF Granola (Contains Almonds), Chia Seeds, Peanut Butter, Almond Butter, Cranberries, Hemp Seeds, Cashews, Almond Slices, Walnuts, Coconut Shreds, Cacao Nibs.

### LIGHT CUPS

Hot or Cold Cereal (Choose Hot Water or Cold Almond/Oat Milk) 7.25 House Made Oat Mix (GF Rolled Oats, Almonds, Sunflower Seeds, Coconut Shreds, Hemp Seeds, Dates, Almond Butter, Maple Syrup, Vanilla Extract), Strawberries. (Add Almond Butter or Peanut Butter +\$1)

Hit The Spot (Cold Item - Choose Almond or Oat Milk) Strawberry, Blueberry, Banana, Cranberries, Chia Seeds, Coconut Shreds, Maple Syrup, Soft Homemade Granola.

#### **ADDITIONAL DRINKS**

Strawberry Lemonaue	5.95
Strawberry, Lemon, Apple, Juiced Over Ice.	
Spicy Green Lemonade	6.5
Kale, Spinach, Lemon, Ginger, Apple, Over Ice. <i>(Add Matcha +1)</i>	
Blueberry Mint Iced Tea	5.95
Blueberry, Peppermint Tea, Fresh Juiced Apple.	
Lemon Ginger Iced Tea	6.5
Fresh Lemon & Ginger, Green Tea.	

Matcha, Maple Syrup, & Oat Milk 5.95 Iced Maca-cino

5.95

Iced Coffee, Maca, Maple Syrup & Almond Milk

Iced Coffee 3.99

Almond/Oat Milk, Maply Syrup Available.

Organic Hot Coffee (S/M) 2.25/2.5

Almond/Oat Milk & Cane Sugar Available.

Organic Hot Tea (s/M) 1.5/2

Almond/Oat Milk & Cane Sugar Available.

#### **WELLNESS SHOTS**

ACV Shot	
<b>Lucky Shot</b> Parsley, Cilantro, Lemon, Ginger	2
<b>Fire Fighter</b> Lemon, Grapefruit, Beet, Red Pepper, Ginger, Cayenne	9
Lemon, Ginger (Do as Tea for \$1.75/\$2.5)	2

Apple Cider Vinegar, Filtered Water.

# Mash Up Mondays



BUY 1 Get 1 Free (Mash Up Wrap Only)

# Nacho Tuesdays



Tortilla Chips, Red Bean Dip, Seasonings (Not Spicy), House Made Pico (Tomato, Red Onion, Garlic, Lemon), Cashew Avocado Drizzle, Fresh Cilantro (Optional) Add Avocado Mash +2

Add To Meal \$6 Reg Price \$9

# Mac Wednesdays



Elbow Pasta (Not GF),
Mac n Cheese Sauce (Cashews,
Almond Milk, Chickpeas, Carrots,
Garlic, Nutritional Yeast,
Seasonings)

Add Side To Meal: Sm \$4 Md \$6 Lg \$10 Reg: Sm \$6 Md \$8 Lg \$12