



E N T R É E S

AVOCADO TOAST \$10

Fresh avocado spread topped with tomato relish, fresh lemon juice, salt, black pepper, garlic powder, and hemp seeds on two slices of multi-grain toast

CHICKPEA SALAD SANDWICH \$10

Chickpeas prepared like tuna with onions, seasonings, and mayo on a multi-grain bread with fresh veggies on the side

BBQ PULLED SANDWICH \$12

BBQ jackfruit and mushroom topped with our housemade seasoned coleslaw on a brioche bun

CRISPY CHICK'N WRAP \$11

Seasoned seitan made from scratch with lettuce, tomatoes, cucumbers, carrots, and vegan ranch wrapped in a sundried tomato wrap. Comes with a side of buffalo sauce

QUINOA VEGGIE WRAP \$11

Quinoa with homemade creamy pesto sauce, lettuce, tomatoes, cucumbers, and carrots wrapped in a sundried tomato wrap

PHILLY CHEESE "STEAK" \$13

Vegan "beef" sautéed with peppers, onions, vegan cheese, lettuce, tomatoes, homemade sauce, and vegan mayo in a hoagie bread

WISE "RIB" SANDWICH \$13

Homemade seitan BBQ "ribs" with pickles and onions on a brioche bun

SPICY CHICK'N SANDWICH \$13

Homemade seitan, lettuce, tomato, and homemade spicy mayo on a brioche bun

"Wisdom's Signature Best Seller"

GARDEN BURGER \$14

Black bean burger patty made by Bloom Foods, arugula, avocado, tomato, onions, pickles, and homemade pesto aioli on a brioche bun

GOUDA BURGER \$13

Beyond meat with coconut sliced gouda cheese, lettuce, tomato, pickles, mustard, and ketchup on a brioche bun

CHEESY TRUFFLE BURGER \$13

Beyond meat patty with homemade cashew cheese sauce, lettuce, cucumbers, pickles, & ketchup on a brioche bun

CHICK'N PARM SUB \$13

Three beyond tenders, marinara, vegan cheese, and arugula on hoagie bread

BEYOND TENDER SANDWICH \$13

Three beyond tenders, lettuce, vegan cheese, pickles, tomatoes, and vegan mayo on a brioche bun

BEYOND CHICK'N TENDERS \$9

Four beyond tenders with a side of vegan ranch and BBQ sauce

S P E C I A L S

LUNCH SPECIAL \$15

Changes weekly & always gluten free
Only available Tuesdays - Fridays

DINNER SPECIAL

Changes monthly
Only available Fridays & Saturdays 6PM - 10PM

S A L A D S & B O W L S

Options change seasonally
Call our store to see what's available!

A L - A - C A R T E

TRUFFLE FRIES \$3.75

GARLIC PARM FRIES \$3.85

PESTO FRIES \$3.80

SWEET POTATO FRIES \$3.80

TRUFFLE MAC & CHEESE \$7.50

GLUTEN FREE BITES \$9

Buffalo, BBQ, or Half n Half

COFFEES & TEAS

	SMALL	MEDIUM	LARGE
TEA.....	\$3	\$3.50	\$4
BLACK COFFEE.....	\$3	\$3.50	\$4
CAFE LATTE.....	\$4.65	\$5.15	\$5.65
FLAVORED LATTE.....	\$5.15	\$5.65	\$6.15
TRADITIONAL MACCHIATO.....	\$4.15		
MACCHIATO LATTE.....	\$5.15	\$5.65	\$6.15
CAPPUCCINO.....	\$4.25		
CHAI LATTE.....	\$4.65	\$5.15	\$5.65
MATCHA LATTE.....	\$5.15	\$5.65	\$6.15
TURMERIC LATTE.....	\$5.15	\$5.65	\$6.15
KAVA.....	\$5.65		

SMOOTHIES

COCO BLISS.....	\$9
MATCHA MADNESS.....	\$9
BERRY SUMMER.....	\$9

LEMONADES

REGULAR LEMONADE.....	\$4.56
FLAVORED LEMONADE.....	\$4.56

BEER & WINE

TAP BEER.....	\$5
IPA.....	\$6
HARD KOMBUCHA.....	\$7.50
GLASS OF WINE.....	\$7
BOTTLE OF WINE.....	\$30

C U P C A K E S

JUMBO CUPCAKE | \$6.50

flavors change daily + available in store

12 JUMBO CUPCAKES | \$75

available for purchase in store or with custom order

REGULAR CUPCAKE | \$3.50

12 REGULAR CUPCAKES | \$36

custom order require a two-days in advance notice

GF CUPCAKE | \$3.95

flavors change daily + available in store

12 GF CUPCAKES | \$42

custom order require a two-days in advance notice

C O O K I E S

COOKIES | \$3

chocolate chip, pecan chocolate chip, s'mores, sugar, & oatmeal

12 COOKIES | \$25

available for purchase in store from or with custom order

O T H E R D E S S E R T S

MUFFINS | \$3.95

chocolate, coffee cake, blueberry, cinnamon, lemon poppyseed, & pumpkin

FUDGE BROWNIES | \$4.75

s'mores & walnut

SWEET CROISSANTS | \$4

strawberry & chocolate

GF LEMON BAR | \$5.25

C A K E S

all cake orders require at least a two-days in advance notice / orders can be placed in store & over the phone

6" CAKE | \$45

8" CAKE | \$55

9" CAKE | \$65

10" CAKE | \$85

12" CAKE | \$110

C H E E S E C A K E S & P I E S

CHEESECAKES

WHOLE - \$50 / SLICE - \$7

blueberry lemon, chocolate strawberry, regular w/ raspberry + chocolate, and seasonal flavors

*gluten free

PIES

WHOLE - \$30 / SLICE - \$4.50

seasonal flavors

CAKE POPS | \$4

BANANA CREME PIE | \$7.30

POP TARTS | \$5.50

strawberry, chocolate, mixed berry, blueberry, & cinnamon sugar

GF SCONES | \$4.10