



Eat Wise Café

HEALTHY & SUSTAINABLE WAY TO EAT



Daily Open: 8AM - 6PM

 eatwisecafe

 EatWise Cafe



Eat Wise Café

EAT RIGHT • EAT WITH PURPOSE

"Eat Wise" is more than just a café, it's a conscious culinary journey designed to nourish both people and the planet. We believe in the power of food as medicine. Our menu is a testament to the idea that nutritious wholesome and sustainable food can be so delicious!

Crafted and curated by our brand's expert holistic nutritionist and wellness chef. We take pride in sourcing our ingredients responsibly, emphasizing seasonal, organic, and locally grown produce whenever possible.

Menu Highlights:

Plant-Powered Dishes - Our menu is predominantly plant-based, with a focus on whole, unprocessed foods. From vibrant salads and hearty bowls to signature wraps, we prove that plant-powered meals can be both satisfying and flavorful.

Seasonal Sensations - We celebrate the seasons with an updating menu that reflects the freshest ingredients available. We collaborate with local farmers and suppliers for the highest quality ingredients.

Mindful Protein Options - We offer a variety of wholesome plant protein as tofu, tempeh, beans and carefully sustainably raised eggs options.

Zero-Waste Practices - We implement zero-waste practices in our kitchen, recycling and minimizing our waste. We use eco-friendly, recyclable, or compostable packaging, encouraging customers to reduce their single-use plastic waste.

"Every Bite a Step Closer to a Greener Planet – "Join the Movement! 🌱🌍"
At EatWise Café

"Thank God It's Friday" Company is proud to introduce **EatWise Café Phuket**, we aim to unite people and the planet through the power of food. Join us in savoring delicious meals while making a positive impact on our environment.



Our mission & value

- 🌱 Offer Plant based/vegan menu. Simple, tasty and healthy
- 🌱 From plastic to paper
- 🌱 From paper to digital
- 🌱 Support local farmers
- 🌱 waste not, want not
- 🌱 Recycling and repurpose things
- 🌱 Dial down our pollution output as much as possible
- 🌱 Get us together on board make the better place for you and for me



Thanks for joining us on our mission to protect Mother Earth. You Rock!
Warmly,



All Day Breakfast

V = Vegan, VG = Vegetarian, GF = Gluten free



“Signature House-Baked Granola with Yogurt”

1. Chocolate Buckwheat Granola (Gluten Free)

Satisfying, guilt-free crunch with our house-made buckwheat granola made with raw cacao, coconut, cacao nibs, chia seeds, goji berries, pumpkin seeds and dates.

Served with fresh seasonal fruits and choice of:

Greek yoghurt (VG) 220.-

Or house-made coconut yoghurt (V) 230.-

2. House-baked Oat Granola

Ultimate harmony of flavor and nutrition in our house-baked oat granola with sunflower & pumpkin seeds, coconut, goji berries, raisins, coconut chips and dates.

Served with fresh seasonal fruits and choice of:

Greek yoghurt (VG) 220.-

Or house-made coconut yoghurt (V) 230.-

All Yogurt served with vegan caramel

Breakfast Power Jars (V) ALL 190.-

Breakfast power jars, loaded with Protein, Omega-3, Fiber and Antioxidants, made with oats, chia and basil seeds soaked overnight in fresh coconut milk, with superfoods and seasonal fruits.

Choose your favorite!

1. “Tropical Dream”: rolled oats, chia, fresh coconut milk & flakes, Himalayan salt, granola, banana, mango, passion fruit, goji berries and papaya.

2. “Apple Pie”: rolled oats, chia, fresh coconut milk cinnamon, allspice, vanilla extract, apple, guava, dates, turmeric powder, Himalayan salt, granola, coconut caramel. **Best seller!**

3. “PB&J”: rolled oats, chia, fresh coconut milk, house made peanut butter, Himalayan salt, strawberry & mulberry jam, granola, and toasted peanuts. **High protein recommend!**



V / VG option is available for all dishes please ask our team

ALL PRICES ARE NET- CREDIT CARD 3% CHARGE WILL BE APPLIED

**Avocado Goodness Toast (V) 280.-
with Quinoa Salsa**

Sourdough toast with creamy avocado, black and white sesame, white quinoa, cherry tomato, sundried tomato salsa and house chimichurri. *Gluten free is available*

The Best Tofu Scramble (V) 205.-

Rich and creamy tofu scramble cooked with our signature spices, onions and tomatoes, tarragon served with fresh salad and sourdough toast. *Gluten free is available*

**Creamy Quinoa Porridge 185.-
(V, GF)**

Warm, nutty and creamy white quinoa with caramelized banana, mulberry compote, goji berry and toasted coconut chips.

**Souffle Omelet (VG)
with Roasted Mushrooms**

240.-

Omelets souffle stuffed with roasted earthy mushrooms (button, shiitake, shimeji), spinach and feta cheese crumble, served with toasted sourdough. *Gluten free is available*



V/VG option is available for all dishes please ask our team

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Pancakes

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1. Classic Pancakes & Fresh Fruits (VG) 220.-

Made with organic flour mix, free-range eggs, milk and coconut caramel, served with fresh seasonal fruits. **Best seller!**

2. The Mexican Pancakes (VG) 280.-

Delicious savory pancakes with mashed avocado, tomato salsa, 2 poached free-range eggs. Serve with a side of fresh salad. **Popular!**

3. Choc Chip Banana Pancakes (VG) 220.-

Made with organic flour mix, free-range eggs, coconut milk, home-made dark chocolate and caramelized banana.

**Please ask for Vegan option
(Gluten free option available +30.-)*

Waffle

1. Waffle Dark Choco-Coconut-Banana 220.- (VG)

Made with organic flour mix, free-range eggs, coconut milk, served with homemade dark chocolate, caramelized banana and mulberry compose

2. Waffle & Fresh Fruits (VG) 220.-

Made with organic flour mix, free-range eggs, milk and coconut caramel, served with fresh seasonal fruits.

3. The Mexican Waffle (VG) 280.-

Delicious savory pancakes with mashed avocado, tomato salsa, 2 poached free-range eggs. Serve with a side of fresh salad.

**Please ask for Vegan option
(Gluten free option available +30.-)*



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Salads

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1. Summer Salad (V, GF)

250.-

Delightful avocado, mango, spinach, butterhead, microgreen, cherry tomato, seeds and balsamic honey dressing.

2. "Lahpet" BURMA TEA LEAF SALAD (V, GF)

200.-

Burma superstar's famous salad. Fermented tea leaves salad with fresh white and red cabbage, red onion, garlic, tomato topped with avocado, crispy cashew and organic crispy nut from Chaing mai.

3. Mediterranean Quinoa Salad (V, GF)

270.-

Vibrant nutrients loaded quinoa salad with spinach, kale, cranberry, almond slices, feta cheese, and tahini dressing.

V / VG option is available for all dishes please ask our team

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Quesadillas (Gluten free available +20THB)

Hearty, crispy and packed with flavor our signature quesadillas truly an epic plant-powered meal!



Tempeh Fajita Quesadillas 250.-

House made tortilla with roasted tempeh, bell peppers, onions, tomatoes, plant powered queso sauce and fresh herbs.

“Philly Steak” Quesadilla 250.-

Smoky grilled jackfruits & mushrooms with grilled paprika and sweet chili, tomatoes, shallots, crunchy lettuce and sweet hot sauce. **Popular ! Spicy !** 🌶️



The New Classic Quesadillas (V) 250.-

House made tortilla with roasted sweet pumpkin spread, meaty mushrooms, tomatoes, caramelized onions, spiced black beans, signature cheesy sauce and fresh herbs. **Best seller!**

EatWise BEEF Taco 250.-

Earthy grilled portabella and shimeji mushroom. Tomato salsa, fresh avocado, serve with homemade vegan queso sauce. **Recommend!**



Homemade Gluten-free Tortillas!

For Taco is available on request no extra charge
For Quesadillas & Wraps + 20.-/pc.

VG option is available for all dishes please ask our team

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Wraps (Gluten free available +20THB)

House-made gluten free wraps with choice of the delicious plant powered fillings

Buffalo Jackfruit Quesadillas 260.-

House made tortilla with roasted jackfruit in homemade buffalo sauce, spinach, bell peppers, caramelized onions, avocado and fresh herbs.

The Burrito 260.-

"meaty" marinated tempeh, black beans salsa, roasted peppers, brown rice, lettuce and house-made garlic aioli sauce.

Mediterranean Wrap Goddess 250.-

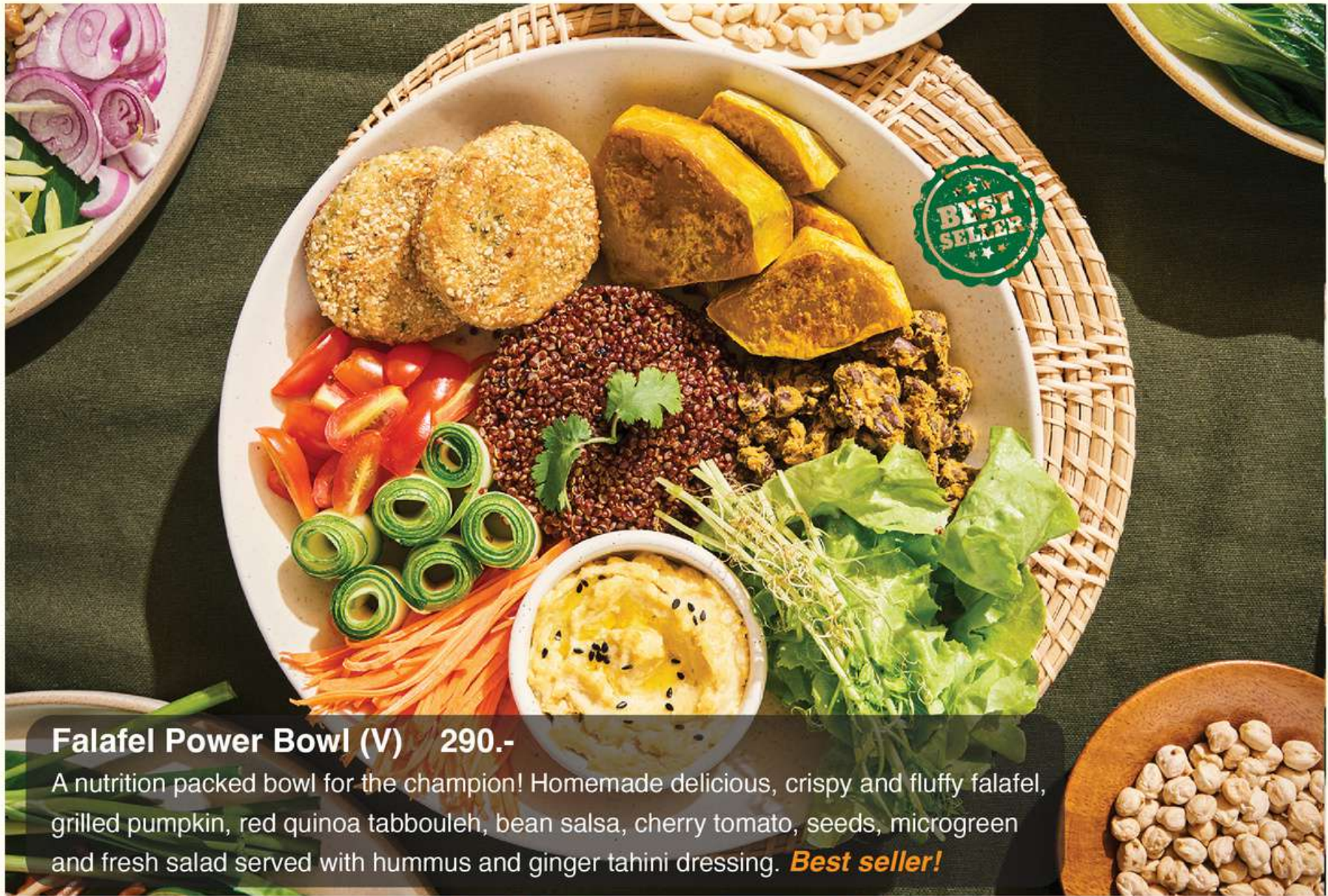
Crispy and fluffy goodness of fresh falafel, hummus and juicy fresh salsa salad, served with tahini dressing.

**Recommend added feta cheese omg!*

V / VG option is available for all dishes please ask our team

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All Day Brunch Bowl



Falafel Power Bowl (V) 290.-

A nutrition packed bowl for the champion! Homemade delicious, crispy and fluffy falafel, grilled pumpkin, red quinoa tabbouleh, bean salsa, cherry tomato, seeds, microgreen and fresh salad served with hummus and ginger tahini dressing. **Best seller!**



Sesame Tofu & Soba Bowl (V, GF) 250.-

Buckwheat soba with house made sesame sauce, grilled edamame, tofu, broccoli, Bok choy and crispy cucumber salad. **Super healthy choice !**



Quinoa Pesto Bowl (VG) 260.-

Quinoa, sautéed tofu, edamame, cherry tomato with pine nut pesto top with parmesan cheese, seeds served with homemade hummus and fresh salad.

V / VG option is available for all dishes please ask our team

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All Day Brunch Bowl



Nasi Kerabu (VG, GF) 250.-

Malay inspiration brown rice and quinoa, local fresh herbs, rich in fiber, serve with free-range eggs boiling and homemade rich probiotic soy sauce.



Local Farm Organic Mushroom Tempura (V) 250.-

Crispy-fluffy tempura mix mushrooms serve with sweet chili sauce and homemade avocado mayo dressing.

V / VG option is available for all dishes please ask our team



Chia Seed Pad Thai (VG, GF) 220.-

Thai Famous Street dish. Gluten free chia seed noodle stir fry with turmeric sauce, firm tofu, scrambled egg. Serve with bean sprouts, garlic chives, lime and crushed peanut.

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Superfood Smoothie Bowls

Tropical Matcha

260.-

Matcha, mango, fresh coconut milk, banana, coconut flakes, topped with mango, banana and passion fruit.

-Loaded with antioxidants and healthy fats, perfect for energy boost

Green Tribe

230.-

Pineapple, young coconut, mango, avo, spirulina, spinach, topped with fresh coconut chips, pineapple, mango and mint. Super hydrating and nutrient packed smoothie bowl, rich with electrolytes and healthy fats. **Recommend !**

Mango Colada

200.-

Pineapple, mango, fresh coconut milk, banana, mint, coconut flakes, topped with mango, banana and toasted coconut.

Chia Bomb

200.-

Strawberries, banana, chia seeds, young coconut, topped with goji berries, banana, & fresh coconut chips

-Packed with antioxidants, fiber, omega-3s, vitamins and minerals. **Best seller!**

V / VG option is available for all dishes please ask our team

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Croissant/Coffle

All set 150.-

All set serve with

- 1. Whipped butter**
(coconut caramel and rosemary sea salt)
- 2. Home-made jam**
(passion mango or strawberry jam)

Individual

- | | |
|-------------------------------------|--------------|
| 1. Butter croissant | 100.- |
| 2. Vegan croissant and vegan coffle | 100.- |

Fresh Fruits 250.-

Tropical Fruits Board with chia seed (V,GF)



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Coffee



COFFEE JUICES / COFFEE Thai Arabica

All hot 80 THB / Cold 90 THB

Espresso	Mocha
Americano	Flat white
Long Black	Cacao
Macchiato	Matcha latte
Cappuccino	Thai milk tea
Latte	Chai tea

Ice Americano orange juice	120.-
Ice Americano fresh coconut juice	120.-
Ice matcha honey lemon	130.-

Other options	HOT	ICED
Caramel Macchiato	90.-	120.-

Want more? Hot coffee large size 120.-

Extra

Extra short	+50.-
Decaffeinated	+50.-
Almond/Oat/Soy milk	+30.-

V / VG option is available for all dishes please ask our team

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Super Smoothies



1. Wake Me Up *Best seller!* 150.-

espresso, banana, raw cacao, coconut syrup, soy / coconut milk of your choice, ice.

2. Stay Cool 120.-

watermelon, strawberry, basil, lime, ice.

3. Wild Passion *Recommend !* 120.-

passion fruit, mango, pineapple, coconut water, basil

Create your own super smoothies 150.-

4. Pineapple Twist 130.-

pineapple, papaya, celery, coconut water, lime

5. Energy Boost 150.-

avocado, pineapple, orange, coconut water, lime

6. Berry Much *Popular !* 120.-

mulberry, mix berries, banana, coconut water, lime

Make
smoothie
Be
healthy

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Shot



Vitality Shot



Immunity Shot



Zen

Vitality Shot *Recommend !* **120.-**

Ginger, Lime, pineapple, sea buckthorn and cayenne pepper.

Immunity Shot **120.-**

Ginger, Turmeric, Lemon and coconut.

Zen **120.-**

Spirulina, lemon and coconut.

V / VG option is available for all dishes please ask our team

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Artisan Healthy Juices

Pure Slow Pressed Juice, No Ice, No Additives



I Have Glow

120.-

beet, carrot, orange, turmeric

Bright juice with amazing benefits, high in flavonoids and vitamin C, great for liver health and immune system boost. **Best seller!**



Liver Scrubber

120.-

Green Apple, Beet, Carrot

Too much party ?! it is time to clean up your liver.



Pure Orange Juice

120.-

Thai orange mix with Valencia orange.
Full packed of Vitamin C.



Green Tomato

120.-

Tomato, Guava, Ginger.

V / VG option is available for all dishes please ask our team

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Artisan Healthy Juices

Pure Slow Pressed Juice, No Ice, No Additives



Garden Party *Recommend !* 120.-

Pinach, Thai celery, cucumber, guava, ginger.
Perfect "after party juice" improves digestive function and stimulates natural detox.

Spicy Pina 120.-

Pineapple, cucumber, ginger
Delicious juice for great energy and immune system boost.

Tropikale 120.-

Pineapple, kale, cucumber, basil, lime.
Perfect tropical green juice for hydration and boosting weight loss.

V / VG option is available for all dishes please ask our team

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Thai Organic Kombucha all

160.-

Choose your favorite!

1. Orinal
2. Passion fruit + mango + cinnamon
3. Pure Ginger **Best seller!**
4. Lychee+ Chia seed

Infused waters (Water refill at any time)

65.-

Cucumber, mint, lime

Soft drink

Water

20.-

Soda

40.-

Coke / Coke zero

40.-

Coconut

90.-



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“EatWise” our island café

Awakened cuisine

Our menu is created to support people through consciousness lifestyle changes through the nutrition healing journey.

May our healthy foods bring the love, health and vitality of our Phuket island hometown into the heart of your home.



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