

# Food Just Got Real.

## The Real Café

Monday-Saturday 8am-8pm • Dine in or Take out • Breakfast. Lunch. Dinner.

*Food and beverages are of the highest quality, prepared for you from scratch daily with loving intention!*

- Organic & Locally Grown Produce • Organic Eggs
- Local Grass-fed Meats • Local Pastured Non-GMO Pork
  - Organic Dairy • Organic Pastured Poultry
  - Wild Caught Fish • Organic Sprouted Grains
- Organic Grass-fed Butter • Organic Spices and Condiments
- Organic Whole Cane Sugar, Coconut Sugar, Honey, Olive Oil, & Coconut Oil



405-513-5419 • 2851 W Edmond Rd. Edmond, OK 73012 • [www.EnergeticWellnessOk.com](http://www.EnergeticWellnessOk.com)

# Beverages

## Javazen Coffee-Infused Tea with Superfoods \$4.50

*Balance:* Coffee with Matcha Green Tea & Cacao – Coffee & Tea in Harmony!

This complex, smooth, and indulgent blend offers energy without jitters or a crash. Balance provides focus and vitality combined with a pervasive sense of harmony that empowers you to feel and perform your best!

*Boost:* Coffee with Yerba Mate & Acai – Make Peace with Energy!

A dark, earthy, high-caffeine blend most similar to traditional black coffee. Boost was created to help you conquer the toughest case of the Mondays or PR at the gym!

*Relax:* Decaf Coffee with Rooibos Tea & Goji Berry – There is Power in Calm!

A smooth, sweet, decaffeinated blend that is our most tea-like in flavor. Relax promotes vitality and an elevated mind-state, perfect for unwinding at the end of a long day, or when caffeine simply isn't necessary.

## Drip Coffee \$2.50

Our daily brewed coffee is single-sourced. Haitian Hound is a dark roast coffee with deep flavor, rich cocoa, and a sweet finish. Zombie Desert is a medium roast coffee with creamy body, hazelnuts, and a smooth finish.

## Iced Coffee \$4

Brewed coffee, cream, and two drops of Stevia extract poured over ice.

## Butter Latte \$5

Fresh brewed coffee of the day or black tea, blended with butter, virgin coconut oil, cinnamon and vanilla, with a drop of Stevia.

## Daily Roast French Press \$4.50

*Haitian Hound:* Dark roast coffee, deep flavor, rich cocoa, sweet finish.

*Zombie Desert:* Medium roast coffee, creamy body, hazelnuts, smooth finish.

*Sleepy Head:* Decaf medium roast coffee, balanced body, fruit and nuts, hints of cocoa.

## Espresso Coffee:

Latte: Small \$4 • Large \$5

Cappuccino: Small \$3 • Large \$4.50

Macchiato: Small \$2.50 • Large \$3.50

Extra Shot \$1

Substitute Coconut Milk - Latte \$2 • Others \$1

Mocha, Caramel, Vanilla or Chai \$1

## Green Breakfast Detox Smoothie \$8

Refreshing, natural detoxification smoothie includes frozen berries, banana, and honey blended with Pure Synergy Greens.

## Anytime Energy Smoothie \$8 Malk \$10

A pick-me-up for any time of the day! Loaded with good fats and digestible protein. Your choice of Kalona Supernatural whole milk or Malk sprouted almond milk, blended with coconut oil, grass-fed whey protein, frozen fruit, honey, and digestive enzymes.

## Kombucha on Tap

Small \$3 • Large \$5

Big Oak Kombucha is organic and local! Our house flavor is always Turmeric Ginger. Ask about the rotating flavors!

## Fresh Brewed Iced Tea \$3

Freshly brewed herbal and black tea served daily.

## Milk \$2.50

Kalona Supernatural whole milk.

## Energetic Wellness Bone Broth

Cup \$4 • 16oz \$6 • 32oz \$12

Nutrient-dense bone broth is loaded with minerals like calcium, phosphorus, and magnesium. It's easy to digest, rich in flavor, and will boost healing of any kind!

## Lemonade 16oz \$4

Freshly squeezed in house, with a touch of stevia.

## Orange Juice 6oz \$4

Freshly squeezed juice.

## Loose-Leaf Hot or Iced Tea \$3

Black

Green

Jasmine Green

Peppermint

Turmeric Lemongrass

Red Rooibos

Cough Tea

Mama's Red Raspberry

Hibiscus Orange Delight

Black Spice Chai

Red Rooibos Chai

## Wine and Beer

Served in-house after 11am.

Choose from our wine and beer menu!



## Breakfast

### The Real Omelet \$11

Stuffed with seasonal vegetables and raw cheddar cheese.

Comes with one side. **V** **GF**

Add Bacon or Sausage \$1.50

### The Breakfast Classic \$13

Two eggs made to order sautéed in butter, served with our house-made sausage patty, sautéed seasonal veggies, crispy potatoes, and sprouted spelt toast.

### Egg Sandwich \$10.50

Two fried eggs topped with raw cheddar cheese, sautéed spinach and onions, with Dijon mustard served on a millet roll. Comes with one side. **V** **GF**

### Sourdough French Toast \$8

Two slices of pan-seared sourdough bread served with real maple syrup and fresh fruit. **V**

### Sprouted Spelt Pancakes \$9

Three whole-grain pancakes served with butter and maple syrup. **V**

### Yogurt Smoothie Bowl \$10

This anti-aging smoothie bowl is sure to please! Kalona yogurt with a splash of almond milk, blended with collagen peptides, coconut oil, honey, and frozen fruit. Topped with fresh fruit and sprouted granola. **V** **GF**

### Creamy Oatmeal \$8

Sprouted oatmeal made with cream and butter topped with maple syrup and fresh fruit. **V** **GF**

## Breakfast Sides

Fresh Fruit \$5 **V** **VG** **GF**

Sautéed Seasonal Vegetables \$4 **V** **GF**

Crispy Potatoes \$4 **V** **VG** **GF**

Two Eggs Sautéed in Butter \$4 **V** **GF**

Sausage Patty \$4 **GF**

## Salads & Appetizers

### House Salad

Side \$4 • Full \$7

Mixed greens and seasonal veggies, tomatoes, cucumber, and red onion.

**V** **VG** **GF**

Add chicken \$4.50 **GF**

### Caesar Salad \$11

House-made Caesar dressing, crisp romaine, garlic croutons, topped with shaved parmesan. **V**

Add chicken \$4.50 • Add Salmon \$6

### Quinoa Salad

Side \$4.50 • Full \$8.50

Quinoa, shredded carrots, onions, and chopped almonds mixed with a citrus-honey vinaigrette atop a bed of greens. **V** **GF** Add chicken \$4.50

### The Real Hummus Plate \$7

Served with roasted garlic butter crostini, celery, and carrot sticks. **V**

## Soups & Chili

### The Real Café Chili

Cup \$9 • Bowl \$14

A rustic beef chili topped with raw cheddar, sour cream, and green onions. **GF**

Add rice or cornbread muffin \$1.50

### Chicken & Rice Soup

Cup \$6 • Bowl \$10

Pastured chicken with sprouted brown rice, carrots, celery, onion, and sautéed spinach in our house-made bone broth! Served with millet crackers. **GF**

### Lentil Soup

Cup \$4 • Bowl \$8

Sprouted lentils, carrots, celery, onions, topped w/ Greek yogurt and served with a sprouted spelt breadstick.

## Sandwiches

All sandwiches served with a choice of side.

**The Classic Cheeseburger \$15**  
Grass-fed beef patty with raw cheese, tomato, onion, lettuce, and house-made mayo and pickles. Served with or without a bun. **GF**

**The Real Burger \$15**  
Grass-fed burger with raw cheddar cheese topped with sautéed mushrooms, onion, and spinach with house-made mayo and pickles. Served with or without a bun. **GF**

**The Real Chicken Sandwich \$15**  
Pan-seared chicken breast with fresh greens, pickled onions, and house-made mayo and pickles. **GF**

**The Salmon Burger \$16**  
House-made salmon patty with tartar sauce and sautéed spinach and onions.

**Grilled Veggie Sandwich or Wrap**  
**w/ Jacksons Sea Salt Chips \$9**  
**w/ other side \$12**  
Grilled seasonal vegetables topped with raw cheddar cheese, a sprig of arugula and balsamic glaze. Served on toasted millet bread or wrapped in a plain or curry seasoned coconut wrap. **V GF**

**Sprouted Black Bean Burger \$12**  
Southwest sprouted black bean, quinoa burger served on sliced millet bread topped with lettuce, tomato, pickled onion and house-made spicy mayo. **V GF**

**Sweet Potato Quesadilla \$12**  
House-made sprouted spelt tortilla, savory sweet potato filling and cheddar cheese, served with spicy sour cream. Comes with tortilla chips and Pico de gallo.

## Entrées

**Veggie Stir-Fry \$9**  
Cabbage and mixed seasonal vegetables stir-fried with your choice of miso-ginger or chicken glaze. **V VG GF**

Add rice or quinoa \$1.50  
Add chicken or beef \$4.50  
Add egg \$3.50

**Vegetarian Medley \$11**  
Create your own entrée! Choose three sides for a wonderful variety of fresh vegetables. **V GF**

**Penne Marinara \$12**  
**add Beef/Sausage \$5**  
Classic Italian marinara tossed with Einkorn penne pasta finished with basil and grated parmesan.

**Chicken Marsala \$17**  
Pan-seared chicken breast with mushrooms, onions, and spinach served with a Marsala wine sauce over sprouted brown rice. Can substitute creamy chicken glaze. **GF**

**The Real Café Meatloaf \$17**  
Grass-fed beef meatloaf with a side of mashed potatoes and sautéed seasonal vegetables.

**Pan-Seared Salmon \$22**  
Wild-caught salmon fillet topped with lemon-caper sauce and served with mashed cauliflower and sautéed seasonal vegetables. **GF**

## Children's Menu

**PB&J \$6**  
Peanut butter and jelly served on toasted millet bread. Comes with a choice of petite side. **V VG**

**Grilled Cheese \$6**  
Buttered millet bread and cheddar cheese toasted in our panini press. Comes with a choice of petite side. **V VG**

**Real Kid's Cheeseburger w/Fries \$7**  
A mini burger patty on a millet roll with lettuce and raw cheddar cheese. Served with a side of fries. **GF**

**Penne Marinara \$6**  
**add Beef/Sausage \$3**  
Einkorn penne pasta with classic marinara and sprinkled parmesan. **V**

## Petite Sides

Fruit \$4  
Fries \$3  
Sautéed Seasonal Veggies \$3

## Sides

Red Skin Potato Fries \$5 **V VG GF**  
Baked Sweet Potato \$4 **V GF**  
Sautéed Seasonal Veggies \$4 **V VG GF**  
Mashed Potatoes \$4 **V**  
Fermented Veggies \$4 **V VG GF**  
Mashed Cauliflower \$4 **V GF**  
Jackson's Sea Salt Potato Chips \$2 **V VG GF**  
Tortilla Chips \$2 **V VG GF**

## Baked Goods

Two Cookies \$3.50 **V**  
Chocolate Cake \$7 **V**  
Muffin of the Day \$3 **V**  
Scone of the Day \$4 **V**

