



New York City | The Hotel Wales
1295 Madison Avenue at 92nd Street
~212-876-6000 ~

ORGANIC HOT DRINKS **\$7**

Juicy Naam Lattes

Organic Coffee with Cashew Milk
Organic Matcha Green Tea with
Pumpkin Seed Milk

Also available with Almond or Hemp Milk

ORGANIC T SALON TEAS **\$6**

Empire Earl Grey
Green Gen Mai Cha
White Whispering Heaven
Peppermint
Marco Black Tea
Chamomile Lavender

ORGANIC BREAKFAST

Chia and Hemp Seed “Oatmeal” with Almonds, Blueberries Cacao Beans, Maple Syrup or Honey **\$10**

Hard Boiled Eggs w/Spelt Crackers & Market Greens **\$10**

Granola with Yogurt and Fresh Berries **\$10**

Organic Muffin Basket **\$12**

Vegetable Frittata w/ Salsa & Spelt Crackers **\$12**

Organic Fresh Squeezed Orange Juice **\$10**

ORGANIC SMOOTHIES **\$12**

**I AM BUZZING ~ Coconut Water, Bee Pollen,
Almonds, Banana, Honey**

**I AM GROUNDED ~ Coconut Water, Vita Mineral
Earth, Almonds, Cacao Nibs, Honey**

**I AM BERRY CUTE ~ Banana, Blueberries,
Cacao Nibs, Acai, Hemp Milk**

**I AM VIBRANT ~Super Greens Mix, Coconut
Water, Banana, Cacao Nibs, Almonds**

**I AM CACAO ~ Cacao Powder, Cacao Nibs,
Almonds, Banana and Hemp Milk**

ECSTATIC REJUVENATION SMOOTHIE **\$20**

Ecstatic Rejuvenation Powder, Greens Mix &
Organic Coconut Water

ORGANIC JUICES **\$12**

SUN ~ Carrot, Apple, Lemon, and Ginger
Nurtures the heart, solar plexus and eyes.

MOON ~ Kale, Parsley, Pear, Cucumber, and Lemon
Nurtures the digestive and reproductive system.

MARS ~ Cucumber, Carrot, Apple, Beet, Lemon, Ginger
Or **Pineapple & Ginger**
Nurtures the heart, immune system, and liver.

MERCURY ~ Carrot, Fennel, Parsley, Lemon
Nurtures the brain, adrenals and nervous system.

JUPITER ~ Spinach or Asparagus, Pear, Cilantro, Lemon
Nurtures the liver, spleen and digestion.

VENUS ~ Watermelon Lime & Ginger
Nurtures the reproductive and urogenital systems as well as kidneys.

SATURN ~ Kale, Carrot, Celery, Apple, Parsley, Lemon & Ginger
Nurtures the kidney, spleen, blood, and urinary system.

ORGANIC RAW SOUPS **\$12**

Green Energy Soup
Carrot Ginger Soup
Celery Soup
Thai Coconut Soup
Asparagus Soup
Heirloom Gazpacho Soup

ORGANIC SPREADS **\$12**

Vegan Pine Nut Hemp Pesto
Chickpea Hummus
Olive Tapenade
Guacamole
Heirloom Tomato Salsa

ORGANIC SIDE SALADS **\$10**

Red Quinoa w/ Herbs Salad
w/Scallions, Lemon and Olive Oil

Quinoa & Seaweed Salad
w/Sesame Ginger Dressing

Shredded Beet Salad
w/Lemon, Herbs and Olive Oil

Shredded Moroccan Carrot Salad
With Raisons and Citrus Dressing

Savoy Cabbage, Lacinato Kale & Carrot Slaw
with Lemon Hemp Seed Dressing

Shredded Kale Salad with Miso Dressing

ORGANIC MAIN SALADS **\$15**

Braising Green Salad with Garden Vegetables
Avocado & Lemon Hemp Vinaigrette

Vegetarian Nicoise with Baby Spinach, Organic
Eggs, Fingerling Potatoes, & Kalamata Olives

Buckwheat Soba Noodle Salad with Carrots, Red
peppers, Sesame Almond Dressing

**Wild Dulse, Avocado and Cucumber Salad
with Green Onion & Sesame Ginger Dressing
Spiralized Veggie Salad w/Almond Tahini Sauce
Or Raw Tomato Sauce**

**Raw Cauliflower Salad with Carrot & Cucumber,
Kalamata Olives and Parsley**

**Raw Vegan Tuna with Walnuts & Dill,
& Market Greens**

**Southwestern Bean Salad with Avocado, Salsa
& Raw Spicy Pita Chips**

***ORGANIC VEGAN NORI ROLLS* \$15**

**Raw Veggies and Avocado with a
Ginger Tamari Dipping Sauce**

***BY SPECIAL ORDER* \$18**

**Raw Layered Vegetable Lasagna with Pine Nut
Cheese & Vegan Hemp Pesto**

Falafel With Tabouli & Lemon Tahini

**Raw Coconut Pad Thai, Red Perrpers, Jicama,
Red Onion, w/ Honey & Black Sesame Seed Dressing**

***DESSERTS* \$10**

**Chia Seed Pudding with Chai Spices
Chocolate Mousse**

**~All desserts are Raw, Vegan and Sugar/Gluten free~
*FULL DESSERT MENU BY SPECIAL ORDER***