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WELCOME TO



coffee, tea, soups, salads, sandwiches, baked goods  
craft beers & wine, vegan selections, local art & music  
true happiness

Hours:  
Mon, Tues, Wed: 7am - 4pm  
Thurs, Fri: 7am - 9pm  
Sat: 10am - 9pm  
Sun: 10am - 7pm

1540 N. Franklin St. Tampa, Florida  
[www.cafehey.com](http://www.cafehey.com) • (813) 221-5150

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## EVENTS

We host weekly music events, food events, and monthly art shows.

### Sunday Brunch (monthly)

The last Sunday of every month is the Not Just For Omnivores Brunch where we showcase our specialty menu of a la carte vegan and non-vegan brunch options.

### Proper Dinner (monthly)

The first Monday of every month we have a reservations only multi-course salon-style dinner featuring specialized ingredients and often a guest host.

### Open Mic (weekly)

Every Thursday is Open Mic Night hosted by Doorstop Productions. All performance styles are welcome. Sign up sheet at the door. 7:00 - 9:00pm

### Croon Saloon (weekly)

Friday nights are our live music showcase with a featured singer songwriters with two or three guests musician slots. Contact us if you are interested in performing. Always free. Offering two for one sangrias. Look for the most recent schedule of performers.

### Art Shows

There's always art on the walls for viewing and purchase. We have art openings featuring local, and national artists usually every month. Ask about our next show!

### Lectures & Movies

Check our calendar of events for various movie screenings and lectures that we offer.

## BREAKFAST

<b>Cuban Toast</b> (swiss cheese & bread) .....	1.75
+ eggs .....	1.50
+ ham, turkey or vacon .....	2.00
+ tomato, peppers or red onions .....	.50
+ hummus .....	1.50
+ avocado .....	1.00
+ salmon .....	3.00

**Breakfast Sandwich** ..... 5  
Ham, Egg and Cheese

**A-to-the-Z** ..... 5.50  
Avocado, tomato, eggs, provolone cheese and turkey.

**1UP** ..... 5.50  
Egg whites, avocado and turkey w/ a teeny bit of cream cheese in a whole wheat wrap

**Breakfast Burrito** ..... 6  
Grilled peppers, tomatoes, red onion wrapped with avocado, pepper jack cheese and 2 eggs.

**AB-B-A** ..... 7  
Almond butter, banana and apricot jam pressed with cinnamon (vegan if dry pressed)

**Upper West Side Cuban Toast** ..... 4  
Very appetizing. Cream cheese, red onion, tomato and sesame/sunflower crunchies. (recommended: add salmon for \$3)

**Parfait** ..... 5

**Mini Parfait** ..... 3  
Freshly cut fruit, creamy vanilla yogurt, and housemade granola.

**Big Bowl of fruit** ..... 3.50

**Baby Fruit** ..... 2

**Granola with Milk or Yogurt** ..... 4

**Granola** ..... 3

**Oatmeal** ..... 2

Available until 11 AM. Ask about toppings!

## BAKED GOODS

**Muffins** ..... 2

**Cinnamon Buns** ..... 3

**Scones** ..... 2

**Banana Cranberry Bread (slice)** ..... 2

**Brownies** ..... 3

**Cupcakes** ..... 1.25

**Biscotti/Tea Cookies** ..... 1

**Cookies** ..... 1.25

**Chocolate Zucchini Bread (slice)** ..... 2

## QUICHE

**QUICHE ( "Keesh")** ..... 5

Check white board for today's special.

**w/ a side of fruit** ..... 6

**w/ a cup of soup** ..... 9

**LOOK UP! See white board for daily soups, quiche, pasta/grain salads, and drink specials.**

## SOUPS

Made fresh every day and available after 11:30 a.m. Served with La Segunda Cuban bread upon request.

**Cup** ..... 4

**Bowl** ..... 5

**Vintage Soup** ..... 2

Soups available by the bowl, to go only.

**Cup of soup with any 1/2 sandwich** ..... 8  
(Except full cuban or tuna wrap)

## SALADS

**Kale Yeah Salad** ..... 6

Raw kale and red cabbage, dressed in a garlic tomato dressing, topped with sesame sunflower crunchies.

**Garden Salad** ..... 6

Lettuce mix and a ridiculous amount of fresh veggies, with our house balsamic vinaigrette.

**Tuna Salad** ..... 8.50

MSC-certified sustainably caught tuna on a bed of overflowing greens. Our tuna salad mix changes weekly. Check our whiteboards for the most current flavors!

**Café Salad** ..... 4

**Small Fruit** ..... 2

**Cup of soup and Café salad** ..... 8

Add eggs, or hummus to any salad ..... +1.50

Add avocado ..... +1

Add cheese ..... +.50

Add tomatoes ..... +.50

Add ham, turkey, or Vacon ..... +2

Add salmon ..... +3.00

Add pork ..... +2.50

Add MSC-certified tuna ..... +3

**Grain Salads of the Day**

Check white board for today's specials.

Small ..... 3

Large ..... 5

## SANDWICHES

**Choice of fresh La Segunda Cuban bread or whole wheat wrap.**

**Sami's Bakery Bread** ..... +1

bread made from millet and flax seed

**All sandwiches are pressed** except for Yoshimi and Summer Lovin.'

**Full Cubans are not available in 1/2 sandwiches.**

**Half sandwich** ..... 4

**Half sandwich and cup of soup** ..... 8

**Half sandwich and café salad** ..... 8

Upgrade to kale salad ..... +2

Add MORE cheese ..... +.50

Add tomatoes ..... +.50

Add hummus ..... +1.50

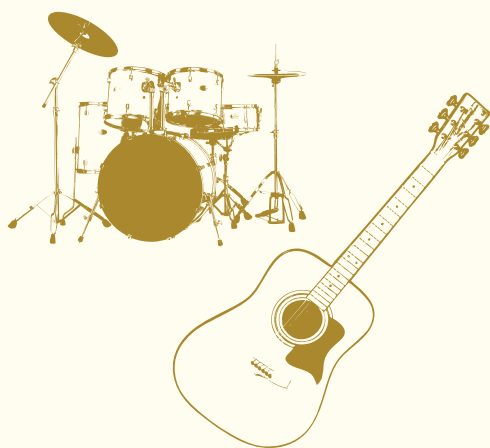
Add avocado ..... +1

Add egg ..... +1

Add ham, turkey or Vacon ..... +2

**Tuna Wrap** ..... 7.50

MSC-certified sustainably caught tuna in a whole wheat wrap. Check the whiteboard for this week's tuna mix flavors!



## TURKEY

<b>Turkey in the Grass</b> .....	8
Cream cheese, smoked turkey, watercress, balsamic sauce, cucumbers	
<b>Turkey Provolone</b> .....	7.50
Smoked turkey, provolone, yellow mustard, mayo, pickles, lettuce, tomato	
<b>Turkey Swiss</b> .....	7.50
Smoked turkey, swiss, Dijon mustard, mayonnaise, lettuce, tomato	
<b>Festival Turkey</b> .....	8
Smoked turkey, cranberry sauce, super cheddar, watercress and Dijon mustard	
<b>Rebel Rebel</b> .....	8.25
Avocado, smoked turkey, jalapeno jack cheese, lettuce, tomato, and mayonnaise	

## MOJO PORK

<b>Mi Cubano</b> .....	8
Housemade mojo roast pork, swiss cheese, mayonnaise, and jalapeno/cilantro/carrot slaw	
<b>Full Cuban</b> .....	8
No 1/2's, thanks! Housemade mojo pork, Genoa salami, Black Forest ham, swiss cheese, yellow mustard, mayo, pickles, lettuce, tomato	

## BLACK FOREST HAM

<b>The Ric Ross</b> .....	8
Jalapeno jack cheese, black forest ham, special sweet pepper jelly, lettuce, tomato	
<b>Ham and Swiss</b> .....	7.50
Ham, swiss, tomato and lettuce with maple Dijon sauce.	
<b>Ham and Pickle</b> .....	8
Spicy garlic chutney, honey mustard, pickles, sharp white cheddar, ham and lettuce	
<b>Ham and Super Cheddar</b> .....	8
Sharp white cheddar, Black Forest ham, balsamic sauce, lettuce, tomato	

## VEGETARIAN

<b>Yoshimi</b> .....	7
Served Cold. Cream cheese, sriracha, kimchi (contains fish sauce), avocado (Recommended: add salmon for \$3)	
<b>T'Ank</b> .....	7
Jalapeno jack cheese, avocado, tomato, red onion, lettuce, yellow mustard	
<b>Summer Lovin</b> .....	8
Served COLD: Shredded jicama, cream cheese, avocado, tomato, sesame sunflower krunchies.	
<b>VLT</b> .....	7
Lightlife vegan bacon, lettuce, tomato, and Veganaise (recommended avocado + 1.00)	
<b>ABBA</b> .....	7
Almond butter, banana and apricot jam pressed with cinnamon VEGAN IF DRY PRESSED	
<b>Hummus and Veggies</b> .....	7
Housemade hummus, shredded carrots, lettuce, tomato, cucumbers VEGAN IF DRY PRESSED	

## SODA, CHIPS & SNACKS

We have a variety of bottled and can drinks available in our cooler featuring the line of Blue Sky sodas and Hansen's diet sodas. Also, we have plenty of snacks hanging around including several varieties of Kettle Chips.

## BEER

### ABBEY ALES

<b>Brother Thelonious 25.5oz 9.4%</b> .....	18
<b>Orval Trappist Ale 6.9%</b> .....	8
<b>Ommegang Abbey Ale 8.5%</b> .....	6

### STOUTS

<b>Cigar City Jose Marti Porter 8%</b> .....	6
<b>Left Hand Milk Stout 5.2%</b> .....	5

### AMBERS

<b>Abita TurboDog Ale 5.6%</b> .....	5
<b>Cigar City Maduro Brown Ale 5.5%</b> .....	5
<b>Monk in the Trunk 5.5%</b> .....	5
<b>North Coast Prangster 7.6%</b> .....	6

### WHEAT

<b>UFO Harpoon Hefeweizen 5.1%</b> .....	5
<b>Blue Star Wheat Ale 4.5%</b> .....	5

### PALE ALE

<b>Titan Indian Pale Ale 7.1%</b> .....	5
<b>Cigar City Jai Alai 7.5%</b> .....	6

### LAGER / PILSNER

<b>Yanjing 4.5%</b> .....	3
<b>Oskar Blues Mama's Little Yella Pils</b> .....	5
<b>Orange Blossom Pilsner Squared 11%</b> .....	7
<b>Pilsner Urquell 4.4%</b> .....	5
<b>Ybor Gold Amber Lager 4.6%</b> .....	4
<b>Yuengling 4.4%</b> .....	3

### MEAD / CIDER

<b>Dogfish Head Midas Touch 9%</b> .....	7
<b>Magner's Irish Cider 4.5%</b> .....	5



## WINE

### WHITES

<b>Bigi Orvieto Amabile</b> .....	7/21
<b>Douglass Hill Chardonnay</b> .....	6/19

### REDS

<b>Douglass Hill Cabernet</b> .....	4/14
<b>Pennywise Petite Syrah</b> .....	7/21
<b>Albet I Noye's 2009 Petit Albet</b> ....	6/19

### OTHER LIBATIONS

<b>Sparkling Wine</b> .....	4
<b>Sangria</b> .....	5
(2 for 1 on Fridays)	
<b>Persephone</b> .....	4
pomegranate juice, ginger, sparkling wine	
<b>Mimosa</b> .....	3
orange juice and sparkling wine	
<b>Working Class Mimosa</b> .....	3
orange juice and the champagne of beers in a big glass mug	

Keep an eye out for our changing selections and featured beers and wines.

## WE BUY LOCAL!

Our espresso is roasted locally at:

*El Molino*

Our brewed coffee is from Buddy Brew- Tampa's local artisan roasting company.

**BUDDY BREW COFFEE**

**12oz: \$2 | 20oz: \$3.00 | Refillable mug \$3.75**

We offer you the choice of whole milk, skim milk, organic soy milk and soy creamer. There is no charge for any substitution. Breve style or almond milk add .50¢.

### COLD DRINKS

<b>Iced Café con Leche</b> .....	5
Four shots espresso, sweetened condensed milk, milk over ice.	
<b>Iced Latte</b> .....	3.75
Two shots, choice of milk, over ice. Add a flavor for .50 more.	
<b>Iced Macchiato</b> .....	3.75
Two shots into the milk, over ice. Stronger coffee flavor than a latte. (1:1 ratio, one size)	
<b>Iced Chai</b> .....	2.50
Kaleisia Masala Chai blend.	
<b>Iced Chai Latte</b> .....	4.75
Kaleisia Chai, milk and sweetener	
<b>Iced Black Hole</b> .....	4.50
Two shots espresso in 20 oz iced coffee. Around 300mg caffeine!	
<b>Vietnamese Iced Coffee</b> .....	2.75
Very sweet and cold. Takes up to 10 minutes!	
<b>Café Hey Super Iced Coffee</b> .....	3.75
Toddy-style cold-brewed coffee.	
<b>Iced Coffee</b> .....	2
<b>Flavors</b> .....	.50

*Ginger-Hazelnut — Butterscotch  
Raspberry — White Chocolate  
Carmel — Coconut — Peppermint  
Dark Chocolate — Milk Chocolate  
Almond — Cherry Amaretto — Maple  
Spice — Carribean Rum Toffee  
Macadamia — Cinnamon — Vanilla  
Banana — Sugarfree Vanilla, Caramel,  
and Chocolate*

### HOT DRINKS

<b>Espresso</b> .....	1.75
We pull double shots	
<b>Cuban coffee</b> .....	2
Double shot of espresso with floating sugar crema	
<b>Café con Leche</b> .....	sm. 3.25* / lg. 5**
This is the way Lucy made it! Sweetened condensed milk, espresso and steamed milk.	
<b>Macchiato</b> .....	3*
One to one ratio of espresso to foamed milk. (one size only)	
<b>Cappuccino</b> .....	sm. 3.25 / lg. 3.75
A one to five ratio of espresso to foamed milk (more coffee)	
<b>Americano</b> .....	sm. 2 / lg. 2.50
The rich flavor of espresso with brewed coffee body.	
<b>Café au Lait</b> .....	3.50
Brewed coffee, steamed milk one size	
<b>Black Hole</b> .....	3.25
Two shots espresso, 20 oz brewed coffee. About 300mg caffeine. WAKE UP!!!	
<b>Chai Latte</b> .....	4.75
Please allow 3 minutes for best preparation! True brewed Kaleisia Masala Chai or caffeine-free Roobois Chai blend with steamed milk and sweetener. <b>Make it dirty* for 1.50 more</b>	
<b>Latte</b> .....	sm. 3.25 / lg. 3.75
A one to three ratio of espresso to steamed milk (more milk).	
<b>Hot Chocolate</b> .....	sm. 3 / lg. 4.50
Made the old-fashioned way, topped with marshmallows and whipped cream.	

\* 2 shots \*\* 4 shots

### A FEW SUGGESTIONS :)

<b>Serena's Special</b> .....	4.50	<b>Pirate Gold</b> .....	4.50
Iced Caramel Macchiato (corporate style)		Rum, amaretto, toffee. Hot or iced	
<b>Red Hot Latte</b> .....	4.50	<b>Surfer Girl</b> .....	4.50
Cinnamon, chili and chocolate. Hot or iced		Ginger and chocolate. Hot or iced	
<b>Gorilla Hug</b> .....	4.50	<b>Caucasian</b> .....	5
Macadamia, banana and chocolate. Hot or iced		White Chocolate, Hazelnut, Breve Style Hot or iced (The Dude abides).	
<b>Mocha Latte</b> .....	4.50	<b>Quad Shot</b> .....	5.50
Swiss chocolate, chocolate sauce Hot or iced		4 shots espresso. Sweetened condensed milk. 14oz coffee. Hot or iced	
<b>Mexican Hot Chocolate</b> .....	4.50	<b>Steamers!</b> .....	1.75
Caliente y dulce! (make it dirty!)		Steamed milk and a flavor: Recommended: Vanilla, almond, maple or coconut!	
<b>Almond Joy</b> .....	4.50	<b>Café Milano</b> .....	4
Almond, coconut and chocolate. Hot or iced		Vanilla, almond, brewed coffee, steamed milk	
<b>Peppermint Mocha</b> .....	4.50	<b>Skinny Bi-otch</b> .....	4.50
Peppermint and chocolate		Sugarfree vanilla, skim milk.	
<b>Monk's Dream</b> .....	4.50	<b>Angel Kiss</b> .....	4.50
Amaretto and cherry. Hot or iced		White choc. & raspberry. Hot or iced	

## TEA MENU

**Iced Tea** ..... 2.00  
**Classic Black Tea or Organic Cold-Brewed Green Tea. Always available and free refills.**  
 Both are served unsweetened, but we've got simple syrup so you can make it as sweet as you like.  
 All teas are available Hot or Iced

Look for the three symbols below to guide you through the tea menu:

**Make it a latte!** Allow us the pleasure of making one of our specialized with these starred teas. Please allow 3-7 minutes for steeping. Any milk type is allowed. Please let us know if you prefer your latte unsweetened. 4.75



**Recommended iced.** Especially if you'd like an iced tea with a specialty flavor. Takes 3-7 minutes to steep for optimum flavor.



**Premium teas** from our friends at Kaleisia tea lounge. Just ask for more hot water. Most Kaleisia teas can be steeped two or three times! 2.75



### HERBALS (No Caffeine)

**Stash Chamomile:** A fine old standby, chamomile is known for aiding relaxation.

**Stash Peppermint:** Made from top-quality peppermint from the Pacific North West. Naturally caffeine free and often used as a digestive aid.

**Yogi Teas Throat Comfort:** Enjoyable taste of sweet licorice, really helps with a sore throat. Anne highly recommends just to drink especially if you smoke.

**Royal King American Ginseng:** Fights fatigue and stress by supporting the adrenal glands and your muscles' oxygen intake.

**Immuni-Tea:** Don't give in!!! Whether it's the cold, flu or just not feeling well, the special blend of botanicals can help. Echinacea, chamomile, peppermint, ginger, lemon grass, lemon verbena, and cardamom.



**Tropical Breeze:** Refreshing blend of hibiscus, apple, rose hip peel, pineapple and coconut shreds.



**Goji Treasures:** Sweet but guilt-free. Bits of apple, pear, honeydew and whole goji berries make this an anti-oxidant rich treat.



### Rooibos (No Caffeine)

**Pronounced "Roy-Boes"**

**Organic Pumpkin**

**Rooibos:** Rooibos, honeydew melon, Naturalpumpkin flavors, dried apples, nettle leaves and sun flower petals.



**Organic Rooibos Chai:**

Licorice, cinnamon, cardamom, ginger, honeybush, fennel, star anise, clove, pepper and peppermint.



**Organic Hawaiian Divine:**

Real pineapple and coconut pieces will seduce you into saying "Aloha"!



**Summer Spice:** The soothing excitement of fruits, nuts, and spices.



**Try our premium Kaleisia teas...**



### GREEN (Less Caffeine)

**Prince of Peace Organic Green:** A good company, a good product..

**Yamamoto Hoji-Cha:** A roasted green tea typical in Japan.

**Yamamoto Yama Genmai Cha:**

Toasted brown rice in this Japanese green tea gives it a light and nutty flavor.

**Gypsy Earl Grey Green:** An excellent alternative to traditional Earl Grey.



**Long Island Strawberry:**

With the civilized yet wild taste of strawberries, mango and green tea.



**Cherry Rose Sencha:**

Blend of sencha tea with aromatic rose petals and the essence of sweet cherries.



### BLACK (High Caffeine)

**Twining's Lapsang Souchong:** a strong, smoky flavor that many crave.

**Twining's Early Grey**

**Twining's English Breakfast Tea**

**Masala Chai:** An intensely spicy and warming infusion of black tea leaves, green cardamom, cinnamon, black pepper, licorice root, clove, peppermint and star anise. ginger,



**French Blend:** Fusion of black tea with jasmine, lavender and natural vanilla.



**Pu-erh Ginger:** a double soothing punch to what ails you with the healing and weight loss benefits of pu-erh leaves and the ginger root.



**Pomegranate Cranberry:**

Black tea leaves and peony petals blended into the antioxidant salad of pomegranate, cranberry, and raspberries.



**Almond Biscotti:** Roasted almonds and real vanilla.



### MATE:

(Less caffeine than coffee, more than black tea)

**Tiramisu Mate:** Roasted yerba mate, toffee bits, cocoa bean pieces and almond.

