

BREAKFAST

8 AM – 11:30 AM

FAVORITES

The Wildflour Classic	12.5	Avocado Toast	10
Three eggs your style, hash browns, choice of applewood smoked bacon, housemade sausage or chorizo and BWB toast Add two pancakes \$2		BWB Multigrain toasted and topped with smashed and sliced avocado, arugula, diced tomatoes and diced cucumbers drizzled with lemon vinaigrette. Seasoned with our lemon pepper mix Add smoked Atlantic salmon \$6	
Ida-Bowl	12	Peanut Butter Toast	11
Two eggs your style with sweet potatoes sautéed with red onion, farro, Brussels sprouts, riced cauliflower and arugula Add sausage, bacon, chorizo, or ham \$2		BWB Multigrain toasted and topped with housemade peanut butter, diced bananas, strawberries and mint drizzled with local Wildflour honey Try it with Nutella® \$1	
Carlita's Chorizo Migas	13.5	Good Morning Breakfast Sandwich	12
Two eggs your style, crispy tortilla strips tossed in warm tomatillo sauce with chorizo, roasted corn, red onion, black beans, avocado and cotija cheese		Two eggs your style on a fresh BWB croissant with choice of applewood smoked bacon, housemade sausage or chorizo, Ballard Farms Danish Pearl cheese, tomatoes and arugula served with sweet potato hash Add avocado \$2	
Wildflour Scramble	13	Baldy Burrito	11
Three eggs scrambled with sausage, Ballard Farms Danish Pearl cheese, spinach, tomatoes and sweet potatoes served with BWB toast		Scrambled eggs, chorizo, cotija cheese, tomato and red onion with guacamole drizzled with crema and served with sweet potato hash	
Omelet Your Way	13	Oatmeal Blueberry Hot Cakes	9 / 11
Three eggs with your choice of breakfast meat, cheese and veggies served with hash browns and BWB toast		Served with whipped butter and maple syrup	
Tartine	12	Sourdough French Toast	11
Two eggs your style on toasted BWB Multigrain with cream cheese, sautéed spinach and red peppers, sliced tomato and basil. Served with sweet potato hash		Three slices of BWB Sourdough with sliced strawberries served with whipped butter and maple syrup	
Smoked Salmon Toast	15		
Toasted BWB Multigrain, smoked Atlantic salmon, whipped cream cheese, capers, red onion and arugula			

FROM THE BLENDER

Add kale, ground flax seed, chia seed, protein powder, cocoa nibs, coconut 50¢

Acai Bowl	12
Acai base blended with whole milk, Greek yogurt, strawberries, blueberries and bananas topped with sliced bananas and strawberries, whole almonds, shredded coconut and housemade peanut butter. Sprinkled with chia seeds	
Green Smoothie	8
Spinach or kale blended with almond milk, banana, pineapple, and mango topped with shredded coconut	
Sunrise Smoothie	8
Strawberries, pineapple, mango and banana blended with orange juice, Greek yogurt and local Wildflour honey. Topped with chia seeds	

FRUITS AND GRAINS

Steel Cut Oatmeal	6
Made with butter and brown sugar. Served with 2% milk Substitute soy, oat or almond for 2% milk 50¢ Add banana \$1.50 • seasonal berries \$4	
Housemade Granola	6
Served with 2% milk Substitute soy, oat or almond for 2% milk 50¢ Add banana \$1.50 • seasonal berries \$4	
Fruit Bowl	4.5
Bananas with fresh seasonal fruit Add Greek yogurt \$2 • Wildflour granola \$2	

SIDES

Toast • Jam • Butter	Choice of BWB bread	2.5
Sweet Potato Hash with Chorizo		4
Applewood Smoked Bacon or Housemade Sausage		4
One Egg Any Style	(Egg whites \$2.50)	2

GOTTA GO!

8 AM - 10:30 AM FOR CARRY-OUT ONLY

Breakfast Bagel	7
Scrambled eggs on BWB bagel with cheddar cheese and choice of applewood smoked bacon, housemade sausage, ham or chorizo	
Downtown Bagel	7
BWB bagel with scrambled eggs, Gruyère and mornay sauce Add meat \$2	
BWB Burrito	7
Scrambled eggs, cheddar cheese, tomatoes and green onion with choice of meat	

WILDFLOUR SIGNATURE MIMOSAS

Classic \$9 • Hibiscus \$10 • Kombucha \$11

LUNCH

SANDWICHES

All sandwiches served with fresh housemade chips
Substitute fresh fruit \$4.50 or side salad \$2.49 for chips

Sun Valley Roast Turkey House roasted turkey, provolone cheese, sliced avocado, sliced tomatoes, lettuce and chipotle mayonnaise on a petite baguette Add applewood smoked bacon \$2	12	B.L.T.A. Applewood smoked bacon, lettuce, tomato, mayonnaise and avocado on toasted BWB Sourdough Add house roasted turkey \$3	13
CT's Cranberry Walnut Chicken Salad Carly's signature chicken salad served on a croissant with mayonnaise, lettuce and tomato	12	The Club House roasted turkey, Black Forest ham, Ballard Farms Danish Pearl cheese, applewood smoked bacon, lettuce, tomato and mayonnaise on toasted BWB Sourdough Add avocado \$2	13
Bigwood Tuna Salad Albacore tuna salad with Ballard Farms Danish Pearl cheese, lettuce, tomato, mayonnaise and Dijon mustard on BWB Sourdough	12	Veggie Sando Local micro greens, sliced tomato, sliced cucumber, shredded carrots, sliced avocado and arugula tossed in lemon vinaigrette with basil pesto mayonnaise on a BWB Ciabatta roll Add house roasted turkey \$3	11
Ciabatta Caprese Sliced heirloom tomatoes, fresh sliced mozzarella, Purple Sage Farms basil, arugula and basil pesto drizzled with lemon vinaigrette on a BWB Ciabatta roll Add chicken \$2	12	Grown-Up Grilled Cheese Ballard Farms Danish Pearl cheese, tomatoes, arugula, mornay sauce and avocado on BWB Multigrain Add applewood smoked bacon \$2	12
Chop Chop Sando Sliced salami, sliced provolone, shredded lettuce, diced tomatoes, sliced red onion, housemade Italian peppers, mayonnaise and Dijon mustard on a petite baguette Add avocado \$2	13	Classic Reuben Pastrami, Ballard Farms Danish Pearl cheese, sauerkraut and Russian dressing on BWB Rye	13
Cilantro Lime Wrap Spinach, farro, cotija cheese, roasted red peppers, green onion, roasted corn and avocado tossed in cilantro lime dressing and wrapped in a flour tortilla Add seasoned diced chicken \$2 <i>Make it a bowl!</i> 🍲	12	Croque Monsieur Thin sliced ham, Ballard Farms Danish Pearl cheese, Dijon and mornay sauce on BWB bread of choice Make it a madam and add an egg \$2	13

SPECIALTIES

Add salmon \$6.
Substitute tofu for chicken

George's Smash Burger Your choice of two or three fresh ground beef patties smashed and topped with cheese of choice and served with lettuce, sliced tomatoes, red onion and burger sauce. Served with housemade chips Add one fried egg \$2 • bacon \$2 • avocado \$2	11 / 13
Brussels Bowl Season diced chicken, sautéed shaved Brussels sprouts, Tuscan kale, crispy sweet potatoes and quinoa topped with pumpkin seeds, dried cranberries and goat cheese	13
Cali Bowl Season diced chicken, riced cauliflower, quinoa, arugula, black beans, roasted corn, cotija cheese, tomatoes, green onion, sliced avocado, fresh cilantro and lime wedge drizzled with cilantro lime dressing	13

SALADS

Add salmon \$6.
Substitute tofu for chicken

Chipotle Ranch Seasoned diced chicken, romaine lettuce, roasted corn, jicama, red pepper slivers, grape tomatoes, black beans, shredded cheddar and mozzarella cheeses, avocado, tortilla strips and lime wedge dressed with chipotle ranch dressing	14.5
East Ave Arugula Seasoned diced chicken, arugula, roasted sweet potatoes, caramelized pecans, goat cheese and chopped bacon dressed with balsamic dressing	14.5
Chop Chop Romaine and red leaf lettuce, radicchio, Italian salami, provolone cheese, grape tomatoes, red onion, chickpeas, pepperoncinis and housemade croutons dressed with lemon vinaigrette	14.5
Fried BBQ Chicken Fried chicken bites tossed with our housemade BBQ sauce, romaine lettuce, cucumber, red onion, roasted corn, diced tomato, shredded mozzarella, black beans, sliced avocado and thin sliced fried onions dressed with ranch dressing and drizzled with BBQ sauce	14.5
Caprese Salad Sliced heirloom tomatoes, fresh burrata cheese and arugula drizzled with lemon vinaigrette and topped with balsamic glazed onions and fresh cracked pepper Add seasoned diced chicken \$3	14.5

SIDES

Seasoned Housemade Chips Served with housemade BBQ sauce or Buttermilk Ranch	4
Fresh Fruit	4.5

DAILY SEASONAL SOUP

🍲 **Corn Chowder \$6** 🍲