

BREAKFAST

8 AM – 11:30 AM

FAVORITES

<p>The Wildflour Classic Three eggs your style, hash browns, choice of applewood smoked bacon, housemade sausage or chorizo and BWB toast Add two pancakes \$2</p> <p>Ida-Bowl GF  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</p> <p>Carlita's Chorizo Migas GF  Two eggs your style, crispy tortilla strips tossed in warm tomatillo sauce with chorizo, roasted corn, red onion, black beans, avocado and cotija cheese</p> <p>"KETO" Huevos Rancheros GF  Two eggs scrambled with choice of chorizo, bacon or sausage with sauteed onions and red peppers topped with avocado, cotija cheese and topped with fresh cilantro</p> <p>Wildflour Scramble RGF  Three eggs scrambled with housemade sausage, Ballard Farms Danish Pearl cheese, spinach, tomatoes and sweet potatoes served with BWB toast</p> <p>"KETO" Scramble GF  Three eggs scrambled with housemade sausage, goat cheese, red pepper, onion and avocado</p> <p>Omelet Your Way RGF  Three eggs with your choice of breakfast meat, cheese and veggies served with hash browns and BWB toast</p> <p>Tartine 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</p>	<p>12.5</p> <p>12.5</p> <p>13.5</p> <p>13</p> <p>13</p> <p>13</p> <p>13</p> <p>12</p>	<p>Smoked Salmon Toast Toasted BWB Multigrain, smoked Atlantic salmon, whipped cream cheese, capers, red onion and arugula</p> <p>Avocado Toast Toasted 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 • Add an egg \$2</p> <p>Sofie's Peanut Butter Toast Toasted BWB Multigrain toasted and topped with housemade peanut butter, diced bananas, strawberries and mint drizzled with local Wildflour honey Try it with Nutella® \$1</p> <p>Good Morning Breakfast Sandwich 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</p> <p>Baldy Burrito RGF  Three Scrambled eggs, chorizo, cotija cheese, tomato and red onion with guacamole drizzled with crema and served with sweet potato hash</p> <p>Oatmeal Blueberry Hot Cakes Served with whipped butter and maple syrup</p> <p>Sourdough French Toast Three slices of BWB Sourdough with sliced strawberries served with whipped butter and maple syrup</p>	<p>15</p> <p>11</p> <p>11</p> <p>12</p> <p>11</p> <p>9 / 11</p> <p>11</p>
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FROM THE BLENDER

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

<p>Acai Bowl GF  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</p> <p>Green Smoothie GF  Spinach or kale blended with almond milk, banana, pineapple, and mango topped with shredded coconut</p> <p>Sunrise Smoothie GF  Strawberries, pineapple, mango and banana blended with orange juice, Greek yogurt and local Wildflour honey. Topped with chia seeds</p>	<p>12</p> <p>8</p> <p>8</p>
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FRUITS AND GRAINS

<p>Steel Cut Oatmeal Made with butter and brown sugar. Served with 2% milk Substitute soy, oat or almond for 2% milk 50¢ Add banana \$1.25 • Add seasonal berries \$4</p> <p>Housemade Granola Served with 2% milk Substitute soy, oat or almond for 2% milk 50¢ Add banana \$1.25 • Add seasonal berries \$4</p> <p>Fruit Bowl Bananas with fresh seasonal fruit Add Greek yogurt \$2 • Add Wildflour granola \$2</p>	<p>6</p> <p>6</p> <p>4.5</p>
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WILDFLOUR SIGNATURE MIMOSAS

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

SIDES

<p>Toast • Jam • Butter Choice of BWB bread</p> <p>Sweet Potato Hash with Chorizo</p> <p>Applewood Smoked Bacon or Housemade Sausage</p> <p>One Egg Any Style (Egg whites \$2.50)</p>	<p>2.5</p> <p>4</p> <p>4</p> <p>2</p>
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 — **Gluten-free**
 — **Request Gluten-free**

Consuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risk of food borne illness, especially if you have a medical condition.

LUNCH

SANDWICHES

All sandwiches served with fresh housemade chips

Substitute bread with a gluten-free tortilla \$1 • 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 sauce on a petite baguette • Add applewood smoked bacon \$2	13	B.L.T.A. Applewood smoked bacon, lettuce, tomato, mayonnaise and avocado on toasted BWB Sourdough Add house roasted turkey \$3	13.5
CT's Cranberry Walnut Chicken Salad Carly's signature chicken salad served on a croissant with mayonnaise, lettuce and tomato	12.5	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	13.5
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, basil pesto and arugula drizzled with lemon vinaigrette on a BWB ciabatta roll • Add chicken \$2	12.5	Grown-Up Grilled Cheese Ballard Farms Danish Pearl cheese, tomatoes, arugula, mornay sauce and avocado on BWB Multigrain Add applewood smoked bacon \$2	12.5
Chop Chop Sando Sliced salami, sliced provolone, shredded lettuce, diced tomatoes, sliced red onion, house made 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	13.5
Cilantro Lime Wrap RGF 🌿 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 Make it a bowl! 🍲	12	Croque Monsieur Thick 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

Substitute Beyond Burger for beef patty \$1
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 GF 🍁 Seasoned diced chicken, sautéed shaved Brussels sprouts, Tuscan kale, crispy sweet potatoes and quinoa topped with pumpkin seeds, dried cranberries and goat cheese	13.5
Cali Bowl GF 🍁 Seasoned 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	13.5
"KETO" Philly Bowl GF 🍁 Tender steak medallions, sautéed red and green peppers and onions, topped with melted provolone and mozzarella cheese served on top of riced cauliflower • Sub chicken for steak	13.5

SIDES

Seasoned Housemade Chips Served with housemade BBQ sauce or Buttermilk Ranch	4
Fresh Seasonal Fruit	4.5
Daily Seasonal Soup	5

SALADS

Add salmon \$6 • Substitute tofu for chicken

Chipotle Ranch GF 🍁 Seasoned diced chicken, romaine lettuce, roasted corn, jicama, red pepper, 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 GF 🍁 Seasoned diced chicken, arugula, roasted sweet potatoes, caramelized pecans, goat cheese and chopped bacon dressed with balsamic dressing	14.5
Chop Chop RGF 🌿 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 GF 🍁 Sliced heirloom tomatoes with fresh burrata cheese served atop arugula drizzled with lemon vinaigrette and topped with balsamic glazed onions and fresh cracked pepper Add seasoned diced chicken \$3	14.5
"KETO" Steak Salad GF 🍁 Spinach, red onion, grape tomatoes, blue cheese, walnuts and tender steak medallions topped with balsamic glazed onions. Served with oil and vinegar • Sub chicken, turkey or tofu for steak	14.5