

BREAKFAST

8 AM - 11:30 AM

FAVORITES

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

Ida-Bowl | RGF

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

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

"KETO" Huevos Rancheros | GF

Two eggs scrambled with choice of chorizo, bacon or sausage with sautéed onions and red peppers topped with avocado, cotija cheese and fresh cilantro

Wildflour Scramble | RGF

Three eggs scrambled with housemade sausage, Ballard Farms Danish Pearl cheese, spinach, tomatoes and sweet potatoes served with BWB toast

"KETO" Scramble | GF

Three eggs scrambled with housemade sausage, goat cheese, red pepper, onion and avocado

Omelet Your Way | RGF

Three eggs with your choice of breakfast meat, cheese and veggies served with hash browns and BWB toast

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

12.5 **Smoked Salmon Toast** 15
Toasted BWB Multigrain, smoked Atlantic salmon, whipped cream cheese, capers, red onion and arugula

12.5 **Avocado Toast** 11

Toasted BWB Multigrain topped with smashed avocado, arugula, diced tomatoes, diced cucumbers and sliced avocado, drizzled with lemon vinaigrette. Seasoned with our house lemon pepper seed mix
Add smoked Atlantic salmon \$6 • Add an egg \$2

13.5 **Sofie's Peanut Butter Toast** 11

Toasted BWB Multigrain topped with housemade peanut butter, diced bananas, strawberries and mint drizzled with local Wildflour honey
Try it with Nutella® \$1

13 **Good Morning Breakfast Sandwich** 12

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

13 **Baldy Burrito | RGF ** 11

Three Scrambled eggs, chorizo, cotija cheese, tomato and red onion with guacamole drizzled with crema and served with sweet potato hash

13 **Oatmeal Blueberry Hot Cakes** 9 / 11

Served with whipped butter and maple syrup

12 **Sourdough French Toast** 11

Three slices of BWB Sourdough with sliced strawberries served with whipped butter and maple syrup

FROM THE BLENDER

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

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

Green Smoothie | GF

Spinach or kale blended with almond milk, banana, pineapple, and mango topped with shredded coconut

Sunrise Smoothie | GF

Strawberries, pineapple, mango and banana blended with orange juice, Greek yogurt and local Wildflour honey. Topped with chia seeds

FRUITS AND GRAINS

12 **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 \$1.25 • Add seasonal berries \$4

8 **Housemade Granola** Served with 2% milk 6

Substitute soy, oat or almond for 2% milk 50¢
Add banana \$1.25 • Add seasonal berries \$4

8 **Fruit Bowl** 4.5

Bananas with fresh seasonal fruit
Add Greek yogurt \$2 • Add Wildflour granola \$2

WILDFLOUR SIGNATURE MIMOSAS

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

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

 — 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 a gluten-free tortilla for bread \$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

Toasted Ciabatta Caprese

Sliced tomatoes, fresh sliced mozzarella, basil pesto, fresh basil, balsamic glazed onions and arugula tossed in lemon vinaigrette on a BWB ciabatta roll · **Add chicken \$2**

12.5

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

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

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

Add seasoned diced chicken \$2 *Make it a bowl!* 🍲

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

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

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

East Ave Arugula | GF 🍁

Seasoned diced chicken, arugula, roasted sweet potatoes, caramelized pecans, goat cheese and chopped bacon dressed with balsamic dressing

14.5

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

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

"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

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

"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
Substitute chicken, turkey or tofu for steak

14.5

SIDES

Seasoned Housemade Chips

Served with housemade BBQ sauce or Buttermilk Ranch

4

Fresh Seasonal Fruit

4.5

Daily Seasonal Soup

5