

FAVORITES	
The Wildflour Classic RGF	\$14.5
Three eggs your style, sweet potato hash, choice of applewood smoked bacon, HM sausage, chorizo, or HM honey-glazed ham. Served with BWB toasted bread of choice.	
Wildflour Scramble RGF	\$14.5
Three eggs scrambled with chorizo, gouda cheese, spinach, tomatoes and sweet potato hash. Served with BWB toasted bread of choice.	
Omelet Your Way RGF	\$16
<i>Choice of one meat:</i> applewood smoked bacon, HM sausage, chorizo, HM honey-glazed ham. <i>Choice of veggies:</i> red onion, red pepper, green pepper, diced tomato, spinach. <i>Choice of one cheese:</i> cheddar, mozzarella, gouda. Served with sweet potato hash and BWB toasted bread of choice.	
Ida-Bowl ♥	\$14.5
Two eggs your style with sweet potato hash sauteed with red onion, farro, Brussels sprouts, riced cauliflower and arugula. Add HM sausage, applewood smoked bacon, chorizo or HM honey-glazed ham \$5	
Carlita’s Chorizo Migas GF ♥	\$16
Two eggs your style, crispy seasoned tortilla strips, tossed in warm HM tomatillo sauce with chorizo, roasted corn, red onion, black beans, cotija cheese, drizzled with crema. Topped with sliced avocado and fresh cilantro.	
Avocado Toast	\$13
A thick slice of BWB Shepherdder Seeded Sourdough toasted and topped with smashed and sliced avocado, arugula tossed in HM lemon vinaigrette and topped with diced tomatoes and cucumbers. Seasoned with HM lemon pepper seed mix. Add an egg \$2, bacon \$5 or smoked Atlantic salmon \$8	
Good Morning Breakfast Sandwich	\$13
Two eggs your style on a BWB croissant with choice of applewood smoked bacon, HM sausage or HM honey-glazed ham, gouda cheese, sliced tomato, and arugula. Served with sweet potato hash. Add avocado \$2.5	
Baldy Burrito	\$13
Scrambled eggs, chorizo, sweet potato hash, cotija cheese and red onion with avocado and drizzled with crema and served atop warm tomatillo sauce and topped with a fried jalapeño pepper.	
Smoked Atlantic Salmon Bagel	\$17
BWB bagel of choice toasted, smoked Atlantic salmon, whipped cream cheese, capers, red onion and arugula. Add an egg \$2	
Shepherdder French Toast	\$13
Three slices of BWB Shepherdder Seeded Sourdough dipped in HM cinnamon-vanilla custard and grilled until golden with sliced strawberries and dusted with powdered sugar. Served with whipped butter and maple syrup.	
Oatmeal Blueberry Hot Cakes	\$12 / \$13
Two or three hot cakes served with whipped butter and maple syrup.	

HEALTHY START	
PB&J Overnight Oats GF	\$10
Gluten-free oats, chia seed, almond milk, HM peanut butter and HM mixed berry compote topped with shredded coconut. Add sliced banana \$1.25 or granola \$2	
Steel Cut Oatmeal GF	\$9
Made with butter and brown sugar. Served with 2% milk.	
HM Granola Bowl GF	\$10
Greek yogurt topped with Wildflour Honey Oat Granola. Add bananas \$1.25 or seasonal berries \$4	
Fresh Fruit Bowl GF	\$7
Sliced bananas with fresh seasonal berries. Add Greek yogurt or Wildflour Honey Oat Granola \$2	

SIDES	
Toasted BWB bread of choice with jam and butter	\$2.5
Sweet potato hash with chorizo GF	\$5
Applewood smoked bacon, HM sausage, HM Honey-glazed ham or chorizo	\$5.5
One Egg Your Style	\$2.5



♥ – House Favorite

GF — Gluten-free RGF — 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.

Cold

Hot

Lunch

SANDWICHES

All sandwiches are served with **HM** slaw
Substitute bread with a gluten-free tortilla \$2
Substitute slaw with bag of chips \$1.5 • side salad \$2.5
• shoestring fries \$2.75 • fresh fruit \$4.5

The Sun Valley Sando ♥ **\$14.5**
HM roasted turkey, provolone cheese, sliced avocado, sliced tomato, red leaf lettuce and **HM** chipotle mayonnaise on a **BWB** petite baguette. Add applewood smoked bacon \$2.5

The Club **\$16**
HM roasted turkey, **HM** honey-glazed ham, gouda cheese, applewood smoked bacon, red leaf lettuce, sliced tomatoes and mayonnaise on **BWB** sourdough toasted. Add avocado \$2.5

B.L.T.A. **\$16**
Applewood smoked bacon, red leaf lettuce, sliced tomato, sliced avocado and mayonnaise on **BWB** toasted sourdough. Add **HM** roasted turkey or **HM** honey-baked ham \$5

Chop Chop Sando **\$17**
Chopped Genoa salami, mortadella and provolone cheese tossed with shredded lettuce, shredded radicchio, diced tomatoes, diced red onion and HM Italian peppers in our **HM** lemon vinaigrette with mayonnaise and Dijon mustard on a **BWB** petite baguette. Add avocado \$2.5

CT's Cranberry Walnut Chicken Salad ♥ **\$14.5**
Carly's signature chicken salad on a **BWB** croissant with a sliced tomato, red leaf lettuce and mayonnaise.

Bigwood Tuna Salad **\$14**
BWB tuna salad, gouda cheese, red leaf lettuce, tomato, mayonnaise and Dijon on **BWB** bread of choice.

Caprese Baguette ♥ **\$14**
BWB petite baguette with fresh-sliced mozzarella, sliced tomato, arugula tossed in **HM** lemon vinaigrette and pesto mayo. Drizzled with balsamic reduction. Add chicken \$4.5

Veggie Sando **\$15**
Local microgreens, sliced tomato, sliced cucumber, shredded carrots, sliced avocado, arugula tossed in **HM** lemon vinaigrette, and basil pesto mayonnaise on **BWB** Shepherdor Seeded Sourdough. Add **HM** roasted turkey \$5

George's Smash Burger ♥ **\$16**
Two fresh ground beef patties smashed and topped with cheese of choice (cheddar, gouda, provolone, American), red leaf lettuce, sliced tomatoes, red onion and burger sauce. Served on a **BWB** Hawaiian bun with shoestring fries. Add one fried egg \$2, applewood smoked bacon \$2.5 or avocado \$2.5

Carolina Gold Pulled Pork ♥ **\$16**
Slow-cooked pulled pork tossed in our **HM** Carolina Gold sauce topped with American cheese and our **HM** slaw and finished with a drizzle of **HM** Carolina Gold Sauce on a mayonnaise dressed **BWB** Hawaiian bun. Served with shoestring fries.

Grilled Ham and Honey Mustard **\$16**
HM honey-baked ham, Swiss cheese, grilled onion, **HM** honey Dijon and fig jam on **BWB** sourdough grilled to perfection. Add avocado \$2.5

Croque Monsieur **\$15**
Thinly sliced **HM** honey-baked ham, gouda cheese, Dijon mustard and mornay sauce on **BWB** sourdough. Make it a Madam and add an egg \$2

Grown-Up Grilled Cheese **\$14.5**
Gouda cheese, sliced tomato, arugula, **HM** mornay sauce and avocado on **BWB** Shepherdor Seeded Sourdough. Add applewood smoked bacon \$2.5 or **HM** honey-glazed ham \$5

11:30am – 2:30pm

BOWLS

Substitute chicken with tofu • with seasoned salmon \$8

Downtown Bowl | GF ♥ **\$17**
HM honey-glazed chicken, fresh corn medley (corn, red onion, jalapeño) mozzarella cheese, watermelon radish, avocado, and fresh cilantro on a bed of white rice and drizzled with **HM** cilantro lime dressing. Served with a wedge of lime.

Baja Salmon Bowl | GF ♥ **\$19**
Seasoned wild Alaskan Sockeye salmon, sauteed green and yellow squash, pearl onions, red peppers and black beans on a bed of white rice topped with cotija cheese, fresh cilantro and avocado. Dressed with **HM** jalapeño vinaigrette.

Honey Chicken Bowl | GF **\$17**
HM honey-glazed chicken sauteed with green and yellow squash, cauliflower and pearl onions. Served over a bed of white rice and topped with sesame seeds.

Cali Bowl | GF **\$17**
Diced chicken, riced cauliflower, quinoa, arugula, black beans, roasted corn, cotija cheese, tomatoes and green onion sauteed together, drizzled with **HM** cilantro lime dressing and topped with sliced avocado, fresh cilantro and lime wedge.

SALADS

Substitute chicken with tofu • with seasoned salmon \$8

Honey Sesame Crunch Salad | RGF ♥ **\$17**
HM honey-glazed chicken, romaine lettuce, Napa cabbage, red cabbage, shredded carrots and red bell pepper tossed in **HM** honey sesame dressing. Topped with green onion, sesame seeds, fresh cilantro and crispy wontons.

Mexican Caesar Salad | GF **\$17**
Southwest seasoned diced chicken, romaine lettuce, roasted corn, black beans, red pepper, watermelon radish, cotija cheese and pepitas tossed in **HM** green chili Caesar dressing. Topped with cilantro, seasoned tortilla strips and sliced avocado.

Chop Chop Salad | RGF **\$17**
Chopped Genoa salami, mortadella and provolone cheese tossed in our **HM** lemon vinaigrette with romaine and red leaf lettuce, radicchio, grape tomatoes, red onion, chickpeas, **HM** Italian peppers and **HM** croutons. Add avocado \$2.5

Fried BBQ Chicken Salad ♥ **\$17**
Fried chicken bites tossed in our **HM** BBQ sauce, romaine lettuce, cucumber, red onion, roasted corn, diced tomato, shredded mozzarella, black beans, sliced avocado, and thin sliced fried onions. Dressed with **HM** ranch dressing and drizzled with **HM** BBQ sauce.

Chipotle Ranch Salad | GF **\$17**
Southwest seasoned diced chicken tossed with romaine lettuce, roasted corn, jicama, red pepper slivers, grape tomato, black beans, shredded cheddar and mozzarella cheese. Dressed with **HM** chipotle ranch dressing and topped with sliced avocado and seasoned tortilla strips. Served with lime wedge.

SIDES

Slaw	\$2.5
Shoestring Fries	\$6
Daily Soup Bowl	\$6
Fresh Fruit	\$5
Bag of Chips	\$2

♥ – House Favorite