



wildflour

CAFÉ • COFFEE • BAKERY

Breakfast

8:00am - 11:30am

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

Choice of one meat: applewood smoked bacon, **HM** sausage, chorizo, **HM** honey-glazed ham. Choice of veggies: red onion, red pepper, green pepper, diced tomato, spinach. Choice of one cheese: 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** Shepherder 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

Shepherder French Toast \$13

Three slices of **BWB** Shepherder 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.

❤ – 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.

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



Lunch

SANDWICHES

All sandwiches are served with **HM** slaw

Substitute bread with a gluten-free tortilla \$2

Substitute slaw with bag of chips \$1.50 • side salad \$2.50
• shoestring fries \$2.75 • fresh fruit \$4.50

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 \$2.50

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 \$2.50

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 \$2.50

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 \$4.50

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** Sheepherder 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 \$2.50 or avocado \$2.50

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 \$2.50

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** Sheepherder Seeded Sourdough. Add applewood smoked bacon \$2.50 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 \$2.50

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

Cold

Hot