

# THE WOLF



Breakfast served until 11am, 7 days a week

## LITE & QUICK

### oats

organic steel cut oats, brown sugar-cinnamon topping, cranberries, bananas 5.25

### granola

gluten-free oats, almonds, coconut, cranberries, local honey, choice of milk, berries 5.25

### parfait

greek vanilla yogurt, granola, berries 6.25

### muffins & scones

fresh baked daily 2.75

## BOWLS & PLATES

### slinger

house-made black bean burger, chili, cheddar, jalapeno, grilled onion, 2 eggs over easy 9.5

### hash

sweet potatoes, brussels sprouts, mushrooms, red onions, 2 eggs over easy, choice of toast or fruit 9.5

### quinoa bowl

organic quinoa: see chalkboard 9.5

add over easy egg 1

### burrito or bowl

3 eggs scrambled, spinach, salsa, avocado, cheddar, choose n.f.bacon or black bean burger, choice of potatoes or fruit 9.5

### breakfast club

2 eggs over hard, nitrate-free bacon, spinach, tomato, avocado, mayo on multi-grain toast, choice of potatoes or fruit 8.5

### egg sandwich

2 eggs over hard, cheddar on grilled multi-grain, choice of potatoes or fruit 6.5

add nitrate-free bacon or local ham 2

### french toast

Companion brioche, butter, powdered sugar, pure maple syrup 3pcs. 8.5 / 2pcs. 6.5

add berries or granola 2

### homestyle

2 or 3 eggs over or scrambled, nitrate-free bacon or local ham, choice of one: toast, potatoes or fruit 8.5 / 9.5

## SKILLETS

all skillets include: 3 eggs scrambled, potatoes, choice of toast or fruit

### bacon

nitrate-free bacon, spinach, onion, tomatoes, goat cheese 9.5

### veggie

spinach, mushrooms, red onion, cheddar, salsa 8.5

### ham

local ham, cheddar 8.5

**no substitutions please!**

## EXTRAS

prairie raised egg 1.5 / 2 eggs 3

grilled potatoes 3

nitrate-free bacon or ham side 4

fruit cup 3 / avocado 2

multi-grain toast 1.25

## DRINKS

fresh brewed iced tea

with refills 2.25

house-made lemonade

with refills 2.25

organic smoothies 5.5

orange juice 3

fitz's root beer 2

ski soda 2

chai latte 3.75

hot tea 2

milk 2

chocolate milk 2.5

hot chocolate 3

## COFFEE

Stringbean Coffee Co.

single cup 16oz. 2.15

bottomless cup 3.83

iced coffee 2.15

vietnamese 3.25

### granita

blended 3.25

## ESPRESSO

double espresso 2.5

### americano

espresso w/hot water 2.5

traditional cappuccino

6oz. 3.25

american cappuccino

16oz. 3.75

### latte

16oz 3.75

### flavored latte

organic vanilla, organic caramel, organic hazelnut, organic chocolate, sugar-free vanilla 4.25

## OUR MISSION

### Serve People & Serve the Planet

Over 90% of our menu is prepared in-house with great care and a lot of love using the finest fresh, local and real ingredients.

We are constantly striving to source food products that are free from additives, preservatives and GMOs.

Our goal is to serve you the best tasting and cleanest food we can.

Some of our local partners include:

Companion Bakery

Sugaree Baking

Billy Goat Chip Co.

Windcrest Dairy

Heartland Creamery

Rolling Lawns Farm

Attadale Farm

314 Hot Sauce

Double Star Farm

Stringbean Coffee

Fitz's Root Beer

Ski Soda

Kuna Meat

Fox River Dairy



# Lunch served 11am-3pm

## SOUPS & STARTERS

**3-bean chipotle chili** c 3.25 / b 5.25

**soup of the day** c 3.25 / b 5.25

### **balsamic chips**

Billy Goat chips, gouda, balsamic glaze,  
crushed red pepper 9.5

### **trio hummus plate**

house-made hummus: beet w/walnuts,  
lentil w/feta, horseradish w/olive relish  
served with fresh veg and flatbread 10.5

### **mac & 4-cheese**

goat, cheddar, gouda, parmesan 7.5

### **kale & artichoke dip**

organic tortilla chips 7.5

### **sweet & salty**

goat, cheddar, gouda, local honey, sea salt,  
grilled rustic italian bread, fruit garnish 8.5

## SALADS

served with crunchy breadstick

### **paradise**

mixed greens, walnuts, cranberries,  
blue cheese, maple vinaigrette 7/10

### **BLT & E salad**

nitrate-free bacon, mixed greens, tomato,  
boiled egg, green goddess dressing 7/10

### **chicken & spinach**

prairie-raised chicken, organic spinach, almonds,  
cranberries, goat cheese, honey-lime vinaigrette 8/11

### **kale & parmesan**

kale, parmesan, cracked pepper,  
green goddess dressing 5/7

### **add wild caught salmon**

when available 6

### **add roasted chicken**

local & prairie-raised 3.5

### **add baked tofu**

teriyaki marinated 2

## GOLD SANDWICHES

served with choice of side (bottom right)

### **turkey club**

natural turkey, nitrate-free bacon, cheddar,  
spinach, tomato, mayo on multi-grain 10.5

### **BLT & E**

nitrate-free bacon, spinach, tomato, boiled egg,  
mayo on multi-grain toast 10.5

### **veggie**

organic spinach, tomato, avocado, sprouts, cucumber,  
dill havarti, tarragon-dijonaise on multi-grain 9.5

### **pick 2**

pick bowl of soup or chili or 1/2 any salad or  
1/2 any cold sandwich or \*hot sandwich 10.5

## WRAPS

served with choice of side (bottom right)

### **southwest wrap**

prairie raised chicken, pepper cheese,  
spinach, salsa, grilled wheat tortilla 10.5

### **chicken caesar wrap**

prairie-raised chicken, spinach, parmesan cheese,  
caesar dressing, wheat tortilla 10.5

### **mediterranean wrap**

spinach, horseradish hummus, olive relish, tomatoes,  
feta cheese, balsamic vinaigrette, wheat tortilla 10.5

## BURGERS

6 oz. MO grass-fed beef on Companion brioche bun with  
spinach, tomato, onion and choice of side (bottom right)

### **classic**

with dill pickles 10.5

### **cheese**

choice of American, cheddar, gouda, pepper  
or goat cheese, dill pickles 11

### **joe burger**

nitrate-free bacon, spicy bbq sauce,  
cheddar, dill pickles 11.5

### **bistro**

nitrate-free bacon, tomato jam, over easy egg 12

### **dill-bert**

nitrate-free bacon, avocado,  
dill havarti cheese, dill pickles 11.5

### **big kahuna**

spicy pineapple jam, gouda, caramelized onion 11.5

## HOT SANDWICHES

served with choice of side (bottom right)

### **\*turkey, bacon & gouda**

dijon mustard on grilled multi-grain 10.5

### **black bear**

house-made black bean burger, avocado,  
chipotle mayo on Companion brioche bun 10.5

### **salmon BLT**

wild caught salmon, nitrate-free bacon,  
spinach, tomato, onion, tarragon-dijonaise  
on Companion brioche bun 13.95

### **\*grilled veggie**

zucchini, roasted red peppers, portabella mushroom,  
tomato jam, goat cheese on grilled multi-grain 10.5

### **\*grilled cheese**

goat cheddar & gouda  
on grilled rustic italian bread 9

### **\*double dill**

dill havarti cheese, dill pickles  
on grilled rustic italian bread 9

### **\*sweet & salty grilled cheese**

goat, cheddar, gouda, local honey, sea salt  
on grilled rustic italian bread 10.5

## BOWLS

### **slinger**

house-made black bean burger, chili, cheddar,  
jalapeno, grilled onion, 2 eggs over easy 9.5

### **hash**

sweet potatoes, brussels sprouts, mushrooms, red  
onions, 2 eggs over easy, served with fresh fruit 9.5

### **quinoa bowl**

organic quinoa; see chalkboard 9.5

### **chicken teriyaki**

prairie-raised chicken, organic quinoa,  
topped with slaw, served with lettuce cups 10.5  
sub baked tofu NC

## SIDES

### **mixed greens**

with maple vinaigrette 3.5

### **spicy organic kimchi** 3.5

### **super side**

see chalkboard 3

### **fresh fruit** 3

### **grilled potatoes** 3

### **Billy Goat Chips** 1.5

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# DINNER

served after 3pm

## SOUPS & STARTERS

**3-bean chipotle chili** c 3.25 / b 5.25

**soup of the day** c 3.25 / b 5.25

### **balsamic chips**

Billy Goat chips, gouda, balsamic glaze,  
crushed red pepper 9.5

### **trio hummus plate**

house-made hummus: beet w/walnuts,  
lentil w/feta, horseradish w/olive relish  
served with fresh veg and flatbread 10.5

### **mac & 4-cheese**

goat, cheddar, gouda, parmesan 7.5

### **kale & artichoke dip**

organic tortilla chips 7.5

### **sweet & salty grilled cheese**

goat, cheddar, gouda, local honey, sea salt,  
grilled rustic italian bread, fruit garnish 8.5

## SALADS

served with crunchy breadstick

### **paradise**

mixed greens, walnuts, cranberries,  
blue cheese, maple vinaigrette 7/10

### **BLT & E salad**

nitrate-free bacon, mixed greens, tomato,  
boiled egg, green goddess dressing 7/10

### **chicken & spinach**

prairie-raised chicken, organic spinach, almonds,  
cranberries, goat cheese, honey-lime vinaigrette 8/11

### **kale & parmesan**

kale, parmesan, cracked pepper,  
green goddess dressing 5/7

### **add wild caught salmon**

when available 6

### **add roasted chicken**

local & prairie-raised 3.5

### **add baked tofu**

teriyaki marinated 2

## HOT SANDWICHES

served with choice of side (bottom right)

### **turkey, bacon & gouda**

dijon mustard on grilled multi-grain 10.5

### **black bear**

house-made black bean burger, avocado,  
chipotle mayo on Companion brioche bun 10.5

### **salmon BLT**

wild caught salmon, nitrate-free bacon,  
spinach, tomato, onion, tarragon-dijonaise  
on Companion brioche bun 13.95

### **grilled veggie**

zucchini, roasted red peppers, portabella mushroom,  
tomato jam, goat cheese on grilled multi-grain 10.5

### **grilled cheese**

goat cheddar & gouda  
on grilled rustic italian bread 9

### **double dill**

dill havarti cheese, dill pickles  
on grilled rustic italian bread 9

### **sweet & salty grilled cheese**

goat, cheddar, gouda, local honey, sea salt  
on grilled rustic italian bread 10.5

### **southwest wrap**

prairie raised chicken, pepper cheese,  
spinach, salsa, grilled wheat tortilla 10.5

## BOWLS

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jalapeno, grilled onion, 2 eggs over easy 9.5

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organic quinoa; see chalkboard 9.5

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cheddar, dill pickles 11.5

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## FLATBREAD PIZZA

Companion flat bread

### **cheese**

mozzarella and tomato sauce 7

### **margherita**

mozzarella cheese, tomato, basil,  
olive oil, balsamic glaze 9

### **pepperoni**

Volpi pepperoni, tomato sauce, mozzarella 9.5

### **bbq chicken**

prairie raised chicken, spicy bbq sauce,  
mozzarella, gouda, red onion, cilantro 9.5

### **3 little pigs**

tomato sauce, mozzarella, pepperoni,  
nitrate-free bacon, ham 9.5

## GOLD SANDWICHES

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natural turkey, nitrate-free bacon, cheddar,  
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### **BLT & E**

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mayo on multi-grain toast 10.5

## SIDES

### **mixed greens**

maple vinaigrette 3.5

### **spicy organic kimchi** 3.5

### **super side**

see chalkboard 3

### **fresh fruit** 3

### **grilled potatoes** 3

### **Billy Goat Chips** 1.5

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