

the Wolf Cafe

breakfast served until 11am

bowls

add fresh fruit, toast or
grilled potatoes 1.5

oats

organic steel cut oats, cranberries, berries,
cinnamon-brown sugar topping 7.25

acai bowl

acai blended with berries, bananas,
almond milk, agave, topped with chia,
hemp, pumpkin seeds, pecans, coconut 10
add granola 2.5 (contains honey)

parfait

local greek vanilla yogurt,
house-made granola, berries 8.75

house-made granola

rolled oats, almonds, coconut, cranberries,
local honey, choice of milk, berries 8.25

slinger

wolf-made black bean burger, chili, cheddar,
jalapeno, pickled onion, 2 eggs over easy 12.5
sub grass-fed beef patty 2.25

hash

roasted sweet potatoes, brussels sprouts,
mushrooms, red onions, two eggs over easy,
tarragon-dijonaise 12.5

breakfast bowl

three eggs scrambled, organic spinach, salsa,
avocado, cheddar, choose nitrate-free bacon
or black beans 12.5

scrambles

add fresh fruit or toast 1.5

bacon scramble

3 eggs scrambled, nitrate-free bacon,
organic spinach, red onion, grape tomatoes,
goat cheese, grilled potatoes 12.5

ham scramble

3 eggs scrambled, nitrate-free ham,
cheddar, grilled potatoes 11.25

veggie scramble

3 eggs scrambled, organic spinach,
mushrooms, red onion, cheddar, salsa,
grilled potatoes 11.25

tofu scramble bowl

tofu scramble, plant-based sausage,
zucchini, red onion, sweet peppers,
sweet potatoes, chimichurri sauce 12.5

sandwiches

add fresh fruit, toast or
grilled potatoes 1.5

breakfast club

12.75

two eggs over hard, bacon, spinach, tomato,
smashed avocado, mayo on multi-grain toast

grilled egg sandwich

9.5

2 eggs over hard, cheddar cheese,
tarragon-dijonaise on grilled brioche
add avocado 2.5

add nitrate-free bacon 2.5

add nitrate-free ham 4.5

plates

avo toast

rustic multi-grain, fresh crushed avocado,
sprouts, grape tomatoes, pickled sweet
peppers 10

add over easy egg 1.5

add tofu scramble 1.75

lox bagel

organic everything bagel, smoked salmon,
herbed goat cheese, caper berries,
pickled onions, baby arugula 14

french toast

Companion brioche, grilled, butter,
powdered sugar, pure maple syrup
3pcs. 12.25 / 2pcs. 10.25

add: blueberries 2.5 granola 2.5

chocolate chips 1.5

buckwheat pancakes

3 house-made buckwheat pancakes, butter,
powdered sugar, pure maple syrup 10.25
add: berries 2.5 granola 2.5

chocolate chips 1.5

a la carte

avocado 2.5

prairie raised egg 1.5

bacon (nitrate free)

2 pcs. 2.75 / 4pcs 5.5

ham (nitrate free) 4.75

seasonal fresh fruit 3

grilled potatoes 3

everything bagel

w/cream cheese 5

w/vegan cream cheese


5.5

tofu scramble side 3.5

multi-grain toast 2.5

sourdough toast 2.5

 **vegan**

 **available vegan (may be an upcharge)**

snacks

hummus plate 🌿

Goddess hummus, chili crisp, flat bread and fresh veg 13

pretzels & beer cheese dip

Companion pretzels, blackberry mustard and Wolf-made Civil Life chipotle beer-cheese dip 11

charred brussels sprouts

local hot honey, sea salt 7

sticky carrots

sesame-soy glaze, peanuts, scallions 7

roasted beets

walnuts, goat cheese, baby arugula, champagne vinaigrette 12

caramelized onion-jalapeno dip

with kettle chips 7

kale & artichoke dip

with organic tortilla chips 12

salads

served w/flat bread

paradise 🌿

local little gem lettuce, baby arugula, cranberries, toasted walnuts, bleu cheese, maple vinaigrette add organic grilled chicken or air-baked breaded chicken (gf) 6 14

greek 🌿

local little gem lettuce, baby arugula, goddess hummus, olive relish, grape tomatoes, dolma, feta, mediterranean dressing 13

napa salmon salad

soy-glazed Wester Ross salmon, napa cabbage, sweet peppers, pineapple, roasted carrots, roasted edamame, scallions, creamy sesame dressing (when available) without salmon 13 22

smoked salmon wedge salad

Scottish smoked salmon, local little gem lettuce, avocado, radish, pickled onions, grape tomatoes, toasted hazelnuts, parmesan cheese, champagne vinaigrette 18

chicken & spinach

organic spinach and grilled organic chicken breast, almonds, goat cheese, blueberries, crumbled potato chips, honey-lime vinaigrette 17

add to any salad:

grilled organic chicken breast or air-baked breaded chicken (gf) 6
Wester Ross salmon, chilled 9
roasted beets 3

side salads

served with flatbread

paradise salad 🌿 5

greek salad 🌿 5

soup

3-bean chipotle chili c 4.5 / b 6.5

served w/organic tortilla chips

soup of the day c 4.5 / b 6.5

served w/flat bread

sandwiches

with choice of side

salmon BLT

Wester Ross salmon, nitrate-free bacon, spinach, tomato, onion, tarragon-dijonaise on multi-grain bun (when available) 18

turkey club

all natural turkey, nitrate-free bacon, cheddar, spinach, tomato, mayo on multi-grain 14.5

breakfast club

2 eggs over-hard, bacon, organic spinach, tomato, smashed avo, mayo on multi-grain bread 14

turkey, bacon & gouda

caramelized onion, blackberry mustard on grilled sourdough 14

'stang chicken

air-baked breaded chicken (gf), bacon, bbq sauce, chipotle mayo, gouda cheese, pickled onion on multi-grain bun 15

hot honey chicken

air-baked breaded chicken (gf), hot honey sauce, local little gem lettuce, pickles, mayo on multi-grain bun 15

mushroom rueben

sauteed mushrooms, sauerkraut, swiss cheese, Russian dressing on grilled rye bread 14

classic grilled cheese

real American cheese on grilled sourdough 11

double dill

dill havarti cheese, dill pickles on grilled rye bread 12.5

sweet n salty

goat cheese, white cheddar, gouda, local honey, pink sea salt on grilled sourdough 12.5

burgers

local 6 oz. prairie raised,
grass-fed beef with choice of side

grass-fed burger

local 6oz burger, spinach, tomato, onion,
dill pickles on multi-grain bun 13.5

cheese burger

choice of real American, cheddar, gouda,
swiss, 4-alarm cheddar, goat, dill havarti,
spinach, tomato, onion, dill pickles
on multi-grain bun 14.5

joe burger

nitrate-free bacon, bbq sauce, cheddar,
spinach, tomato, onion, dill pickles
on multi-grain bun 15

dill-bert

nitrate-free bacon, avocado, dill havarti,
dill pickles, spinach, tomato, onion
on multi-grain bun 15

sl*tty

smash-burger style, real American cheese,
caramelized onions, pickles, red onion,
Russian dressing, mayo on multi-grain bun
(cooked med-well) 16.5

kimchi burger

spicy korean kimchi, sprouts, wasabi mayo,
grilled with asian glaze on multi-grain bun 15

plant-based burgers

with choice of side

beyond burger 🌱

plant based burger, spinach, tomato, onion,
dill pickles on multi-grain bun. 13.5
choice of real American, cheddar, gouda,
swiss, goat or dill havarti add 1.00

black bear 🌱

wolf-made black bean burger, spinach,
tomato, onion, avocado, chipotle mayo
on multi-grain bun 14

bowls

prosperity bowl 🍷

forbidden rice, roasted sweet potatoes,
black beans, roasted edamame,
pickled peppers, chimichurri sauce 13

harmony bowl 🍷

forbidden rice, sautéed mushrooms,
sesame roasted carrots, local little gem
lettuce, daikon radish sprouts, peanuts,
scallions, asian sesame sauce 17

mac & 4-cheese

goat, cheddar, gouda, parmesan,
served in cast iron skillet 10.5

slinger 🌱

wolf-made black bean burger, chili,
cheddar, jalapeno, pickled onion,
2 eggs over easy 12.5

hash 🌱

roasted sweet potatoes, brussels sprouts,
mushrooms, red onions, two eggs over easy,
tarragon-dijonaise 12.5

kids at heart

grilled cheese

real American cheese on sourdough,
choice of fruit, chips or air-baked tots 7

turkey & cheese

natural turkey & real American cheese
on sourdough, choice of fruit, chips
or air-baked tots 7

chicken strips

air-baked breaded chicken (gf)
choice of fruit, chips or air-baked tots 7

sides

super side 3.5

soup add 1

air-baked tots 3

greens 🍷 3.5

fresh fruit 3

greek salad add 2

kettle chips 2

paradise salad
add 2

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

light lunch

avo toast

rustic multi-grain, smashed avocado, sprouts,
grape tomatoes, pickled sweet peppers 10
add over easy egg 1.5
add tofu scramble 1.75

lox bagel

organic everything bagel topped with
smoked salmon, herbed goat cheese,
caper berries, pickled onions, baby arugula 14

acai bowl

acai blended with berries, bananas, almond milk,
agave, topped with chia, hemp, pumpkin seeds,
pecans, coconut 10
add granola 2.5 (contains honey)

pick 2

1. bowl of soup or chili
2. salads: paradise or greek
3. sandwiches: veggie, chickpea, turkey club,
mushroom rubeen, grilled cheese, double dill,
sweet n salty or turkey, bacon & gouda 13.5

salads

served w/flat bread

paradise

local little gem lettuce, baby arugula,
cranberries, toasted walnuts, 14
bleu cheese, maple vinaigrette
add organic grilled chicken or
air-baked breaded chicken (gf) 6

greek

local little gem lettuce, baby arugula, goddess
hummus, olive relish, grape tomatoes, dolmas,
feta, mediterranean dressing 13

napa salmon salad

soy-glazed Wester Ross salmon, napa cabbage,
sweet peppers, pineapple, roasted carrots,
roasted edamame, scallions,
creamy sesame dressing 22
(when available)
without salmon 13

smoked salmon wedge salad

scottish smoked salmon, local little gem lettuce,
avocado, radish, pickled onions, grape tomatoes,
toasted hazelnuts, parmesan cheese, 18
champagne vinaigrette

chicken & spinach

organic spinach and grilled organic chicken,
almonds, goat cheese, blueberries, crumbled
potato chips, honey-lime vinaigrette 17

add to any salad:

grilled organic chicken breast
or air-baked breaded chicken (gf) 6
artisan scottish salmon, chilled 9
roasted beets 3

side salads

served w/flat bread

paradise salad 5

greek salad 5

soup

3-bean chipotle chili c 4.5 / b 6.5

served w/organic tortilla chips

soup of the day c 4.5 / b 6.5

served w/flat bread

snacks

hummus plate

Goddess hummus, chili crisp, flat bread, radish
add fresh veg 2 13

pretzel & beer cheese dip

Companion pretzels, blackberry mustard and
wolf-made Civil Life chipotle beer-cheese dip 12

charred brussels sprouts

local hot honey, sea salt 7

sticky carrots

sesame-soy glaze, peanuts, scallions 7

roasted beets

walnuts, goat cheese, baby arugula,
champagne vinaigrette 12

caramelized onion-jalapeno dip

with kettle chips 7

kale & artichoke dip

with organic tortilla chips 12

bowls

prosperity bowl

forbidden rice, roasted sweet potatoes,
black beans, roasted edamame,
pickled peppers, chimichurri sauce 13

harmony bowl

forbidden rice, sautéed mushrooms,
sesame roasted carrots, local little gem lettuce,
daikon radish sprouts, peanuts, scallions,
asian sesame sauce 17

mac & 4-cheese

goat, cheddar, gouda, parmesan,
served in cast iron skillet 10.5

slinger

wolf-made black bean burger, chili, cheddar,
jalapeno, pickled onion, 2 eggs over easy 12.5

hash

roasted sweet potatoes, brussels sprouts,
mushrooms, red onions, two eggs over easy,
tarragon-dijonaise 12.5

sandwiches

with choice of side

salmon BLT

Wester Ross salmon, nitrate-free bacon, spinach, tomato, onion, tarragon-dijonaise on multi-grain bun (when available) 18

turkey club

all natural turkey, nitrate-free bacon, cheddar, spinach, tomato, mayo on multi-grain 14.5

breakfast club

2 eggs over-hard, bacon, organic spinach, tomato, smashed avo, mayo on multi-grain bread 14

turkey, bacon & gouda

caramelized onion, blackberry mustard on grilled sourdough 14

'stang chicken

air-baked breaded chicken (gf), bacon, bbq sauce, chipotle mayo, gouda cheese, pickled onion on multi-grain bun 15

hot honey chicken

air-baked breaded chicken (gf), hot honey sauce, local little gem lettuce, pickles, mayo on multi-grain bun 15

mushroom rueben

sauteed mushrooms, sauerkraut, swiss cheese, Russian dressing on grilled rye bread 14

veggie sandwich 🌱

avocado, cucumber, daikon radish sprouts, spinach, pickled onion, herb goat cheese, tomato jam, champagne vinaigrette on Companion Italian bread 14

chickpea sandwich 🌱

chickpeas, capers, vegan mayo, spinach, tomato, smashed avocado, sprouts, pickled onions on multi-grain 13.5

classic grilled cheese

real American cheese on grilled sourdough 11

double dill

dill havarti cheese, dill pickles on grilled rye bread 12.5

sweet n salty

goat cheese, white cheddar, gouda, local honey, pink sea salt on grilled sourdough 12.5

kids at heart

grilled cheese

real American cheese on sourdough, choice of fruit, chips or air-baked tots 7

turkey & cheese

natural turkey & American cheese on sourdough, choice of fruit, chips or air-baked tots 7

chicken strips

air-baked breaded chicken (gf) choice of fruit, chips or air-baked tots 7

burgers

local 6 oz. prairie raised, grass-fed beef with choice of side

grass-fed burger

local 6oz burger, spinach, tomato, onion, dill pickles on multi-grain bun 13.5

cheese burger

choice of real American, cheddar, gouda, swiss, 4-alarm cheddar, goat, dill havarti, spinach, tomato, onion dill pickles on multi-grain bun 14.5

joe burger

nitrate-free bacon, bbq sauce, cheddar, spinach, tomato, onion, dill pickles on multi-grain bun 15

dill-bert

nitrate-free bacon, avocado, dill havarti, dill pickles, spinach, tomato, onion on multi-grain bun 15

sl*tty

smash-burger style, real American cheese, caramelized onions, pickles, red onion, Russian dressing, mayo on multi-grain bun (cooked med-well) 16.5

kimchi burger

spicy korean kimchi, sprouts, wasabi mayo, grilled with asian glaze on multi-grain bun 15

plant-based burgers

with choice of side

beyond burger 🌱

plant based burger, spinach, tomato, onion, dill pickles on multi-grain bun. choice of real American, cheddar, gouda, swiss, goat or dill havarti add 1.00 13.5

black bear 🌱

wolf-made black bean burger, spinach, tomato, onion, avocado, chipotle mayo on multi-grain bun 14

sides


super side 3.5 soup or chili add 1

air-baked tots 3 greens 🌱 3.5

fresh fruit 3 greek salad add 2

kettle chips 2 paradise add 2

 **vegan**

 **available vegan (may be an upcharge)**

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