

# the Wolf Cafe

breakfast served until 11:00 a.m.

## lite & quick

### **oats**

organic steel cut oats, brown sugar  
cinnamon, cranberries, bananas

### **house-made granola**

rolled oats, almonds, coconut, cranberries,  
local honey, berries, choice of milk 5.25

### **parfait**

greek vanilla yogurt, granola, berries 6.25

### **muffins & scones**

fresh baked daily 2.75

### **fresh fruit bowl**

seasonal fresh fruit, coconut, pecans 6

### **avo toast**

rustic multi-grain, fresh crushed avocado,  
sprouts, cherry tomato, petite peas 7

### **add egg 1**

### **acai bowl**

acai blended with berries, bananas, almond  
milk, agave topped with chia, hemp,  
pumpkin seeds, coconut 7

### **add granola 1**

## breakfast bowls

### **slinger**

black bean burger, chili, cheddar, jalapeno,  
grilled onion, two eggs 9.5

### **hash**

sweet potatoes, brussels sprouts,  
mushrooms, red onions, two eggs, choice of  
toast or fruit 9.5

### **breakfast bowl**

three eggs scrambled, spinach, salsa,  
avocado, cheddar, choose n.f.bacon or black  
beans, choice of toast or fruit 9.5

### **serve as burrito add 1**

### **cheesy grits**

organic yellow grits, cheddar cheese,  
two eggs 8

### **add kale 1 add bacon or ham 2**

## skillets

all skillets include: three 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**

ham, cheddar 8.5

## plates

### **breakfast club**

two eggs, bacon, spinach, tomato, avocado,  
mayo on multi-grain toast, potatoes or fruit  
8.5

### **grilled egg sandwich**

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

### **add nitrate-free bacon or ham 2**

### **french toast**

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

### **add organic berries or granola 2**

### **huevos rancheros**

two eggs, avocado, black beans, roasted  
tomato salsa & salsa verde, cilantro,  
2 corn tortillas 8.5

### **buckwheat pancakes**

topped with house-made granola, bananas,  
warm maple butter 9

### **blueberry pancakes**

organic blueberries with warm maple  
butter 9

### **banana-walnut pancakes**

with warm maple-butter 9

## a la carte

prairie raised egg 1

bacon (local & nitrate-free) 4

ham 4

grilled potatoes 2

seasonal fresh fruit 2

cheesy grits 3

avocado 2

## gluten free?

Yes. We have a wide selection of gluten-free offerings. While The Wolf is proud to offer menu items with gluten-free ingredients, it is not a gluten-free environment. Due to the handcrafted nature of our menu and use of shared cooking and prep areas, we cannot assure you that our restaurant environment or any menu item will be completely free of gluten.

We offer gluten-free bread, buns, pizza shells for a small up-charge. Our granola and all of our dressings are gluten-free. Also, check out our cold case for g.f. desserts. If you have any questions, please ask for assistance.

Cross contamination could apply to all allergens.

# lunch & dinner

served at 11:00am

## breakfast all day

### breakfast club

two eggs, bacon, spinach, tomato, avocado, mayo on multi-grain toast 9

### huevos rancheros

two eggs over easy, avocado, black beans, roasted tomato salsa & salsa verde, cilantro, 2 corn tortillas 9

### parfait

greek vanilla yogurt, granola, berries 6.5

### house-made granola

rolled oats, almonds, coconut, cranberries, local honey, choice of milk 6

### avo toast

rustic multi-grain, sprouts, cherry tomato, fresh avocado, petite peas 6 / add egg 1

### slinger

house-made black bean burger, chili, cheddar, jalapeno, grilled onion, 2 eggs over easy 9.5  
sub grass-fed burger 1

### hash

sweet potatoes, brussels sprouts, mushrooms, red onions, 2 eggs over easy 9

## starters

### balsamic chips

billy goat chips, gouda cheese, balsamic glaze, crushed red pepper 9.5

### trio hummus plate

sun dried tomato w/walnuts, white bean w/tomato jam, horseradish w/olive relish, served with fresh veg and flatbread 10.5

### kale & artichoke dip

organic tortilla chips 7.5

### companion pretzel bun

with blackberry mustard & beer-cheese dip 5

### salsa & Chips

house-made salsa trio, organic corn chips 5

### baked cauliflower

dijon mustard, olive oil, garlic with creamy herb dressing 5

### loaded fries

"air-baked" fries topped with chili, cheddar, sour cream, green onion 6

## bowls

### prosperity bowl

cauliflower rice, butternut squash, black beans, chimichurri sauce 9.5

### community bowl

organic quinoa, roasted tomatoes, kale, chick peas, tahini sauce 9.99

### tranquility bowl

roasted tofu, cauliflower rice, wild mushroom blend, peas, cherry tomatoes, tahini sauce 9.5

### serenity bowl

organic quinoa; see chalkboard 9.5

### mac & 4-cheese

goat, cheddar, gouda, parmesan 7.5

## soup

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

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

## salads

served with crunchy breadstick

### paradise

mixed greens, walnuts, cranberries, blue cheese, maple vinaigrette  
sm.7 lg.10

### chicken & spinach

prairie-raised chicken, organic spinach, almonds, cranberries, goat cheese, honey-lime vinaigrette  
sm.7 lg.10

### greek

mixed greens, hummus, olive relish, kalamatas, tomatoes, feta cheese, dolmas, greek dressing  
sm.7 lg.10

### kale

marinated kale, carrots, cucumber, apples, sprouts, pumpkin seeds, apple cider vinaigrette  
sm.6 lg.9

### cobb

mixed greens, nitrate-free bacon, chicken, tomato, avocado, boiled egg, pickled onions, bleu cheese, creamy herb dressing  
sm.8 lg.11

### southwest avocado

mixed greens, roasted corn & black bean salsa, avocado, cotija cheese, honey-lime dressing with organic corn chips  
sm.7 lg.10

### add to any salad:

prairie-raised roasted chicken breast 3.5  
wild-caught salmon (when available) 6.5  
baked lemon-dijon tofu 3

## cold sandwiches & wraps

with choice of side

### turkey club

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

### veggie sandwich

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

### chickpea sandwich

chickpeas, capers, vegan mayo, spinach, tomato on multi-grain 9.5

### chicken caesar wrap

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

### mediterranean wrap

spinach, horseradish hummus, olive relish, tomatoes, feta cheese, greek dressing 10.5

### kale & quinoa wrap

kale, organic quinoa, avocado, black beans, roasted butternut squash, apple cider vinaigrette 10.5

## pick 2

choose a bowl of soup, chili or half salad with any half sandwich (except black bear, salmon BLT & grilled chicken) 10.5

## hot sandwiches

with choice of side

### 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 14

### BLT & E

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

### portabella rueben

grilled portabella mushrooms, sauerkraut, swiss cheese, russian dressing on rye 10.5

### grilled veggie

zucchini, roasted red pepper, portabella mushroom, tomato jam, goat cheese on grilled multi-grain 9.5

### 'stang grilled chicken

prairie-raised chicken, bacon, green hot sauce, bleu cheese, spinach, tomato, pickled onion on pretzel bun 10.5

## grilled cheese

with choice of side

### classic

real american cheese on sourdough 8

### not-so classic

cheddar and gouda cheese on sourdough 9

### lone wolf

spinach, tomato jam, cheddar cheese on sourdough 9 / add grilled chicken 3

### double dill

dill havarti cheese, dill pickles on rye 9

### sweet & salty

goat, cheddar, gouda, local honey, pink himalayan sea salt on sourdough 10

## burgers

6 oz. MO grass-fed beef with spinach, tomato, onion, dill pickles and choice of side

### cheese burger

real american, cheddar, gouda, pepper, goat, dill havarti or bleu cheese on brioche 11

### joe burger

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

### the longhorn

wild mushroom blend, swiss cheese on pretzel bun 11.5

### dill-bert

nitrate-free bacon, avocado, dill havarti, dill pickles on brioche bun 11.5

### patty melt

caramelized onion, swiss cheese, russian dressing on pretzel bun 11.5

## sides

### mixed greens

with maple vinaigrette 3

### super side

see chalkboard 3

### kale salad 3

### spicy organic kimchi 3.5

### seasonal fresh fruit 3

### billy goat chips 1.5

### air-baked fries 3

## why no numbers?

Customers ask us why we don't list nutritional information with our menu items.

We believe (barring specific advice to the contrary) if you are eating primarily whole, health-full foods-an array of clean, sustainably raised fruits, nuts, seeds, legumes, fish, meats, eggs, whole-kernel grains and healthy fats & oils you probably don't need to stress about the numbers.

We prefer to focus on food quality and trust our bodies to tell us what we need. Denise & Bob

## kids at heart

sandwiches with choice of fries, chips or fruit

### grilled cheese

american cheese on sourdough 7

### turkey & cheese

natural turkey & american cheese 7

### PB & J

organic peanut butter & raspberry jam 7

### cheese flatbread

marinara sauce, mozzarella cheese 7

## flatbreads

available after 3pm

### cheese

marinara sauce, mozzarella cheese 7

### margarita

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

### mushroom

wild mushroom blend, caramelized onion, goat cheese 10

### mediterranean

tomato jam, hummus, kalamata olives, pickled onions 9

*thanks for supporting  
local family business!*

# beverages

## coffee

organic & house roasted by Birdsong Coffee Co.

### single cup

16 oz. 2.25

20 oz. 2.5 (to-go)

bottomless 3.75

### cold brew

16 oz. 2.25

### nitro cold brew

16 oz. 2.5

### vietnamese

16 oz. 3.5

### granita (blended)

16 oz. 3.5

## espresso

**double espresso** 2.5

**americano** 2.5

**traditional cappuccino** 6 oz. 3.25

**american cappuccino** 16 oz. 3.75

**latte** 16 oz. 3.75

### flavored latte

organic vanilla, organic caramel,  
organic hazelnut, organic chocolate,  
lavender, toffee, s.f. vanilla 16 oz. 4.25

## beverages

### tractor soda

with refills 2.75

### iced tea

with refills 2.5

### house-made lemonade

with refills 2.5

**chai latte** 16 oz. 3.75

**matcha latte** 16 oz. 3.75

### hot tea (full-leaf loose tea)

all day breakfast (black)

green tea

orange ginger mint

natural hibiscus

10 oz. 2.25

**milk or chocolate milk** 12 oz. 2.5

**hot chocolate** 12 oz. 2.5 16 oz. 3

## fresh smoothies

made fresh using real stuff

### strawberry

acai, banana, orange juice honey 16 oz. 6

### green

pineapple, banana, kale, matcha tea,  
coconut milk 16 oz. 6

## cold pressed juice

real cold pressed juice made in-house  
using organic produce 12oz. 7

### green ale

kale, cucumber, celery, apple, ginger, lemon

### green tonic

apple, celery, lemon

### carrot

carrot, apple, ginger, lemon

### sweet green

pineapple, cucumber, apple, mint

### beet

beet, orange, kale, cucumber

## red wine

### cabernet sauvignon

Hybrid, Lodi, CA

6oz. 6 / btl. 22

### pinot noir

Block Nine, St. Helena, CA

6oz. 7 / btl. 26

### red blend

Old Soul, Lodi, CA

6oz. 8 / btl. 30

### malbec (organic)

Bousquet, Mendoza,

Argentina 6oz. 8 / btl. 30

### cabernet sauvignon

crusher, napa, CA

6oz. 8 / btl. 30

## white wine

### chardonnay

Hybrid, Lodi, CA

6oz. 6 / btl. 22

### pinot grigio

Il Donato, Italy 6oz. 6 / btl. 22

### moscato

Luccio, Italy 6oz. 6 / btl. 24

### chardonnay

Longford, Monterey County,

CA 6oz. 8 / btl. 30

### riesling

Bex, Nahe Germany

6oz. 6.5 / btl 24

### sauvignon blanc

Twin Island, Marlborough,

New Zealand 6oz. 8 / btl. 30

## cocktails

**bloody mary** 8

**real margarita** 9

**mimosa** 8

**vodka & lemonade** 7

**screwdriver** 8

**bailey's**

with coffee 7

on the rocks 6

**moscow mule** 8

## ROSE

### petit verdot rose

Rustenberg, South Africa

6oz. 7.5 / btl. 28

### rose

France 250ml can 7

## beer

**We have 12 craft beers on tap with a heavy focus on local breweries. Our selections are guaranteed to change so check back often. We also carry a great local can selection.**

*drink local*