

the Wolf Cafe

breakfast served until 11am

lite & quick

oats

organic steel cut oats, cinnamon-brown sugar topping, cranberries, bananas 5.5

house-made granola

rolled oats, almonds, coconut, cranberries, local honey, choice of milk, berries 6.5

parfait

greek vanilla yogurt, granola, berries 7

muffins & scones

fresh baked daily 3.25

avo toast

rustic multi-grain, fresh crushed avocado, sprouts, grape tomatoes, pickled sweet peppers 7.5
add over easy egg 1.25

acai bowl

acai blended with berries, bananas, almond milk, agave, topped with chia, hemp, pumpkin seeds, pecans, coconut 7.5 add granola 1.5

bowls

add fresh fruit, toast or grilled potatoes 1

slinger

house-made black bean burger, chili, cheddar, jalapeno, grilled onion, two eggs over easy 10
sub grass-fed beef patty 2

hash

roasted sweet potatoes, brussels sprouts, mushrooms, red onions, two eggs over easy 10

breakfast bowl

three eggs scrambled, organic spinach, salsa, avocado, cheddar, choose nitrate-free bacon or black beans 10

vegan bowl

tofu scramble, plant-based sausage, zucchini, red onion, sweet peppers, sweet potatoes, topped with hollandaise sauce 11

sandwiches

add fresh fruit, toast or grilled potatoes 1

breakfast club

two eggs over hard, bacon, spinach, tomato, smashed avocado, mayo on multi-grain toast 10.5

grilled egg sandwich

2 over hard eggs, cheddar on grilled multi-grain 7.5
add: nitrate-free bacon 2.25
nitrate-free ham 4
avocado 2

scrambles

add fresh fruit or toast 1

bacon scramble

3 eggs scrambled, nitrate-free bacon, organic spinach, red onion, grape tomatoes, goat cheese, grilled potatoes 10

ham scramble

3 eggs scrambled, nitrate-free ham, cheddar, grilled potatoes 9

veggie scramble

3 eggs scrambled, organic spinach, mushrooms, red onion, cheddar, salsa, grilled potatoes 9

plates

french toast

Companion brioche, dipped in our vanilla-caramel batter topped with butter, powdered sugar, served with pure maple syrup 3pcs. 9 / 2pcs. 7
add berries 2 add granola 1.5

buckwheat pancakes

3 house-made buckwheat pancakes with warm maple butter 7
add: blueberries 2 granola 1.5
banana .5 walnuts 1
chocolate chips 1

a la carte

prairie raised egg 1.25	avocado 2
bacon (nitrate free)	tofu scramble side 3
2 pcs. 2.25 / 4pcs 4.5	multi-grain toast 1.5
ham (nitrate free) 4	sourdough toast 1.5
seasonal fresh fruit 3	grilled potatoes 2

mission

serve people and the planet

you are what you eat

we are committed to serving the cleanest and freshest food possible! non-gmo, free of preservatives, nothing artificial, non-irradiated herbs and spices, hormone free cheese and milk, and organic whenever possible. our beef, chicken and eggs are sourced locally and raised humanly, using organic practices

sustainable? kale yeah!

we compost & recycle over 97% of our waste
5-star member of the Green dining Alliance
we use compostable straws and carry-out containers made in the USA
we source local / regional whenever possible

lunch

served 11am - 3pm

breakfast for lunch

breakfast club

two eggs over hard, nitrate-free bacon, organic spinach, tomato, smashed avocado, mayo on multi-grain toast, choice of side 11.5

slinger

house-made black bean burger, chili, cheddar, jalapeno, grilled onion, two eggs over easy 10
sub grass-fed beef burger 2

hash

roasted sweet potatoes, brussels sprouts, mushrooms, red onions, two eggs over easy 10

yogurt parfait

greek vanilla yogurt, granola, fresh berries 7

avo toast

rustic multi-grain, smashed avocado, sprouts, grape tomatoes, pickled sweet peppers 7.5
add over easy egg 1.25

acai bowl

acai blended with berries, bananas, almond milk, agave, topped with chia, hemp, pumpkin seeds, pecans, coconut 7.5
add granola 1.5

starters

balsamic chips

billy goat chips, gouda cheese, balsamic glaze, crushed red pepper 11

hummus plate

horseradish hummus topped w/olive relish, served with fresh veg and pita 10

kale & artichoke dip

organic tortilla chips 10

beer cheese dip

Companion pretzels, blackberry mustard & beer-cheese dip 6

salsa & chips

roasted tomato salsa & organic corn chips 6

baked cauliflower

dijon mustard, olive oil, garlic with creamy herb dressing 9

loaded fries

air-baked fries topped with chili, cheddar, sour cream, green onion 10

pick 2

- ☞ bowl of soup or chili ☞ half salad
☞ half sandwich (except black bear, salmon BLT or 'stang chicken) 11

soup

3-bean chipotle chili c 3.5 / b 5.5

soup of the day c 3.5 / b 5.5

salads

served with crunchy breadstick

paradise

mixed greens, walnuts, cranberries, blue cheese, maple vinaigrette 9

kale

marinated kale, carrots, cucumber, apples, sprouts, pumpkin seeds, apple cider vin 9

greek

mixed greens, hummus, olive relish, dolmas, grape tomatoes, feta, greek dressing 10.5

avocado

mixed greens, smashed avocado, pepitas, pickled peppers, chili-roasted chickpeas, feta cheese, honey-lime dressing 10.5

turkey cobb

mixed greens, all-natural turkey, grape tomatoes, boiled egg, pickled onions, bleu cheese, creamy herb dressing 11

chicken & spinach

prairie-raised chicken, organic spinach, almonds, cranberries, goat cheese, honey-lime vinaigrette 11.5

add to any salad:

prairie-raised roasted chicken breast 3.5

wild-caught chilled salmon (when available) 6.5

roasted 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 12

chickpea sandwich

chickpeas, capers, vegan mayo, spinach, tomato, smashed avocado, sprouts, pickled onions on multi-grain 11

veggie sandwich

organic spinach, tomato, smashed avocado, sprouts, cucumber, dill havarti, tarragon dijonnaise on multi-grain 11

chicken caesar wrap

prairie-raised chicken, organic spinach, parmesan cheese, caesar dressing on angelic bakehouse tortilla 11

mediterranean wrap

organic spinach, horseradish hummus, olive relish, grape tomatoes, feta cheese, greek dressing on angelic bakehouse tortilla 11

hot sandwiches

with choice of side

black bear

house-made black bean burger, spinach, tomato, onion, avo, chipotle mayo on brioche bun 11

salmon BLT (when available)

wild caught salmon, nitrate-free bacon, spinach, tomato, onion, tarragon-dijonaise on Companion brioche bun 14.5

turkey, bacon & gouda

dijon mustard on grilled multi-grain 11.5

'stang bbq chicken

prairie-raised chicken, bacon, bbq sauce, chipotle mayo, gouda cheese, pickled onion on pretzel bun 11.5

BLT&E

nitrate-free bacon, spinach, tomato, boiled egg, mayo on multi-grain toast 11.5

portabella rueben

grilled portabella mushrooms, sauerkraut, swiss cheese, russian dressing on rye 11.5

sliders

2 beyond beef burgers, spinach, pickled onions on angelic bakery dollar rolls, with pickles & grape tomatoes (no modifications please) 12

burgers

6 oz. grass-fed beef with choice of side

cheese burger

choice of real american, cheddar, gouda, swiss, goat, dill havarti or bleu cheese, spinach, tomato, onion, dill pickles on brioche bun 12

joe burger

nitrate-free bacon, spicy bbq sauce, cheddar, spinach, tomato, onion, dill pickles on brioche bun 12.5

the longhorn

wild mushroom blend, swiss cheese, spinach, tomato, onion on pretzel bun 12.5

dill-bert

nitrate-free bacon, avocado, dill havarti, dill pickles, spinach, tomato, onion on brioche bun 12.5

patty melt

caramelized onion, swiss cheese, russian dressing on pretzel bun 12.5

bowls

prosperity bowl

cauliflower rice, sweet potatoes, black beans, chili-roasted chickpeas, chimichurri sauce 10

tranquility bowl

roasted lemon-dijon tofu, cauliflower rice, wild mushroom blend, wilted organic spinach, grape tomatoes, tahini sauce 10

serenity bowl

see chalkboard 10

mac & 4-cheese

goat, cheddar, gouda, parmesan 8

grilled cheese

with choice of side

classic

real american cheese on sourdough 8.5

not-so classic

cheddar and gouda cheese on sourdough 9.5

double dill

dill havarti cheese, dill pickles on rye 10

sweet & salty

goat, cheddar, gouda, local honey, pink himalayan sea salt on sourdough 10.5

kids at heart

grilled cheese

american cheese on sourdough, choice of fruit, chips or fries 5

turkey & cheese

natural turkey & american cheese, choice of fruit, chips or fries 5

OPB & J

organic peanut butter & organic raspberry jam with choice of fruit, chips or fries 5

cheese flatbread

marinara sauce, mozzarella cheese 8

side salads

served with crunchy breadstick

paradise salad 4 (sub for side 1)

kale salad 4 (sub for side 1)

greek salad 5 (sub for side 2)

sides

super side

see chalkboard 3

fresh fruit

air-baked fries 3

mixed greens

with maple vinaigrette 3

billy goat chips

1.5

dinner

served 3pm - 9pm

starters

balsamic chips

billy goat chips, gouda cheese, balsamic glaze, crushed red pepper 11

hummus plate

horseradish hummus topped w/olive relish, served with fresh veg and pita 10

kale & artichoke dip

organic tortilla chips 10

beer cheese dip

Companion pretzels, blackberry mustard & beer-cheese dip 6

salsa & chips

roasted tomato salsa & organic corn chips 6

baked cauliflower

dijon mustard, olive oil, garlic with creamy herb dressing 9

loaded fries

air-baked fries topped with chili, cheddar, sour cream, green onion 10

bowls

hash

roasted sweet potatoes, brussels sprouts, mushrooms, red onions, two eggs over easy 10

slinger

house-made black bean burger, chili, cheddar, jalapeno, grilled onion, 2 eggs over easy 10
sub grass-fed burger 2

prosperity bowl

cauliflower rice, sweet potatoes, black beans, chili-roasted chickpeas, chimichurri sauce 10

tranquility bowl

roasted lemon-dijon tofu, cauliflower rice, wild mushroom blend, organic wilted spinach, grape tomatoes, tahini sauce 10

serenity bowl

see chalkboard 10

mac & 4-cheese

goat, cheddar, gouda, parmesan 8

soup

3-bean chipotle chili c 3.5 / b 5.5

soup of the day c 3.5 / b 5.5

salads

served with crunchy breadstick

paradise

mixed greens, walnuts, cranberries, blue cheese, maple vinaigrette 9

kale

marinated kale, carrots, cucumber, apples, sprouts, pumpkin seeds, apple cider vin 9

greek

mixed greens, hummus, olive relish, dolmas, grape tomatoes, feta, greek dressing 10.5

avocado

mixed greens, smashed avocado, pepitas, pickled peppers, chili-roasted chickpeas, feta cheese, honey-lime dressing 10.5

turkey cobb

mixed greens, all-natural turkey, grape tomatoes, boiled egg, pickled onions, bleu cheese, creamy herb dressing 11

chicken & spinach

prairie-raised chicken, organic spinach, almonds, cranberries, goat cheese, honey-lime vinaigrette 11.5

add to any salad:

prairie-raised roasted chicken breast 3.5

wild-caught chilled salmon (when available) 6.5

roasted lemon-dijon tofu 3

sandwiches

with choice of side

turkey club

natural turkey, nitrate-free bacon, cheddar, spinach, tomato, mayo on multi-grain 12

breakfast club

two eggs over hard, nitrate-free bacon, spinach, tomato, smashed avocado, mayo on multi-grain toast 11.5

BLT & E

nitrate-free bacon, spinach, tomato, boiled egg, mayo on multi-grain toast 11.5

chickpea sandwich

chickpeas, capers, vegan mayo, spinach, tomato, smashed avocado, sprouts, pickled onions on multi-grain 11

hot sandwiches

with choice of side

black bear

house-made black bean burger, spinach, tomato, onion, avocado, chipotle mayo on brioche bun 11

turkey, bacon & gouda

dijon mustard on grilled multi-grain 11.5

salmon BLT (when available)

wild caught salmon, nitrate-free bacon, spinach, tomato, onion, tarragon-dijonaise on Companion brioche bun 14.5

'stang bbq chicken

prairie-raised chicken, bacon, bbq sauce, chipotle mayo, gouda cheese, pickled onion on pretzel bun 11.5

portabella rueben

grilled portabella mushrooms, sauerkraut, swiss cheese, russian dressing on rye 11.5

sliders

2 beyond beef burgers, spinach, pickled onions on angelic bakery dollar rolls, with pickles & cherry tomatoes (no modifications please) 12

grilled cheese

with choice of side

classic

real american cheese on sourdough 8.5

not-so classic

cheddar and gouda cheese on sourdough 9.5

double dill

dill havarti cheese, dill pickles on rye 10

sweet & salty

goat, cheddar, gouda, local honey, pink himalayan sea salt on sourdough 10.5

flatbreads

cheese

marinara sauce, organic mozzarella cheese 8

margherita

organic mozzarella cheese, grape tomatoes, basil, olive oil, balsamic glaze 11

mushroom

wild mushroom blend, caramelized onion, goat cheese, fresh parsley 12

pepperoni

volpi pepperoni, marinara sauce, organic mozzarella cheese 11

burgers

6 oz. grass-fed beef with choice of side

cheese burger

choice of real american, cheddar, gouda, swiss, goat, dill havarti or bleu cheese, spinach, tomato, onion, dill pickles on brioche bun 12

joe burger

nitrate-free bacon, spicy bbq sauce, cheddar, spinach, tomato, onion, dill pickles on brioche bun 12.5

the longhorn

wild mushroom blend, swiss cheese, spinach, tomato, onion on pretzel bun 12.5

dill-bert

nitrate-free bacon, avocado, dill havarti, dill pickles, spinach, tomato, onion on brioche bun 12.5

patty melt

caramelized onion, swiss cheese, russian dressing on pretzel bun 12.5

kids at heart

grilled cheese

american cheese on sourdough, choice of fruit, chips or fries 5

turkey & cheese

natural turkey & american cheese, choice of fruit, chips or fries 5

cheese flatbread

marinara sauce, mozzarella cheese 8

sides

super side

see chalkboard 3

air-baked fries 3

billy goat chips 1.5

seasonal fresh fruit 3

mixed greens

with maple vinaigrette 3

side salads

served with crunchy breadstick

paradise salad 4 (sub for side 1)

kale salad 4 (sub for side 1)

greek salad 5 (sub for side 2)

beer / wine / cocktails

craft 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.

white wine

chardonnay

Hybrid, Lodi, CA 6oz. 7 / btl. 25

chardonnay

Longford, Monterey County, CA
6oz. 8 / btl. 29

pinot grigio

Il Donato, Italy 6oz. 6 / btl. 21

moscato

Luccio, Italy 6oz. 7 / btl. 25

riesling

Bex, Nahe Germany 6oz. 7 / btl. 25

sauvignon blanc

Twin Island, Marlborough, New Zealand
6oz. 8 / btl. 29

red wine

cabernet sauvignon

Hybrid, Lodi, CA 6oz. 7 / btl. 25

cabernet sauvignon

Crusher, Napa, CA 6oz. 8 / btl. 29

pinot noir

Block Nine, St. Helena, CA 6oz. 9 / btl. 33

red blend

Old Soul, Lodi, CA 6oz. 8 / btl. 29

malbec (organic)

Bousquet, Mendoza, Argentina
6oz. 8.5 / btl. 31

ROSE

petit verdot rose

Rustenberg, South Africa 6oz. 9 / btl. 33

cocktails

bloody mary

1220 infused vodka made with our house-made bloody mary mix 8

mimosa

prosecco and organic OJ 8

sunrise margarita

tequila, amaretto, OJ, lime juice 7

margarita

nothing but real ingredients 7

grapefruit habanero margarita 8

vodka & lemonade 8

vodka & raspberry lemonade 8

irish cream

Five Farms, Ireland 7
with coffee 7

espresso martini

espresso, kahlua, vodka 8

filthy chai

chai, kahlua, oat milk 7

canned cocktails

botanically inspired from 1220 spirits, stl

gin & tonic 8

moscow mule 8

forbidden fruit

vodka with natural flavors 8

pear & spice

vodka with natural flavors 8

canned beer

city wide APA

4 hands brewing co, STL 6

pils

perennial artisan ales, STL 6

bud, bud light, mich ultra

STL 3

well being (non-alcohol)

STL 5

glutenburg APA (gf)

Quebec 6

glutenburg (na & gf) 6

ace cider (seasonal)

Sebastopol, CA 5



Box Lunch Menu

48 hour advance notice and minimum order 10 boxes.

no substitutions please!

salads

served with crunchy breadstick and house-made chocolate chip cookie

paradise

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

chicken & spinach

prairie-raised chicken, organic spinach, almonds, cranberries, goat cheese, honey-lime vinaigrette 12.5

greek

mixed greens, hummus, olive relish, grape tomatoes, feta cheese, dolmas, greek dressing 11.5

kale

marinated kale, carrots, cucumber, apples, sprouts, pumpkin seeds, apple cider vinaigrette 10

turkey cobb

mixed greens, all-natural turkey, grape tomato, boiled egg, pickled onions, bleu cheese, creamy herb dressing 12

add to any salad:

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

extras

seasonal fresh fruit 3

billy goat chips 1.5

chocolate chip cookie 1.5

cold sandwiches

served with billy goat chips and house-made chocolate chip cookie

turkey club

natural turkey, nitrate-free bacon, cheddar, spinach, tomato, mayo on multi-grain 13

ham & swiss

all natural black forest ham, swiss cheese, spinach, tomato, dijon mustard on seeded rye 12

turkey & cheese

all natural turkey, real american cheese, spinach, tomato, mayo on sourdough 12

chickpea sandwich

house-made vegan chickpea salad, spinach, tomato, avocado, sprouts, pickled onion on multi-grain 12

veggie sandwich

organic spinach, tomato, avocado, sprouts, cucumber, dill havarti, tarragon-dijonaise on multi-grain 12

wraps

served with billy goat chips and house-made chocolate chip cookie

chicken caesar wrap

prairie-raised chicken, spinach, parmesan cheese, caesar dressing 12

mediterranean wrap

spinach, horseradish hummus, olive relish, tomatoes, feta cheese, greek dressing 12

Gluten-free bread and granola bar is available for a slight up-charge.

All of our meats are raised naturally without the use of antibiotics or growth hormones, nitrates or nitrites.

We buy organic and clean produce whenever possible.