

The Vegan Wolf

breakfast served until 11am

lite & quick

oats

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

avo toast

rustic multi-grain, fresh crushed avocado, sprouts, grape tomatoes, pickled sweet peppers 7.5 add tofu scramble 1.5

acai bowl

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

bowls

add fresh fruit or toast 1

slinger

house-made black bean burger, chili, american style cheese, jalapeno, grilled onion, tofu scramble 11

hash

roasted sweet potatoes, brussels sprouts, mushrooms, red onions, tofu scramble, hollandaise sauce 11

breakfast bowl

tofu scramble, spinach, salsa, avocado, american style cheese, black beans 11

vegan bowl

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

sides

avocado 2 tofu scramble side 3
sprouted grain or sourdough toast 1.5
seasonal fresh fruit 3

fresh brewed coffee

16 oz. cup 2.38
bottomless 3.81

cold brew

16 oz. cup 2.38

espresso

double espresso 2.5

americano 2.5

traditional cappuccino

almond or coconut milk
6 oz. 3.75 oat milk 4.25

american cappuccino

almond or coconut milk 4.25 oat milk 4.75

latte

almond or coconut milk 4.25 oat milk 4.75

flavored latte

organic vanilla, organic caramel, organic hazelnut, lavender, toffee, s.f. vanilla or chocolate 4.75 oat milk 5.25

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 97% of our waste (only 3% ends up in the landfill)

5-star member of the Green dining Alliance

we use compostable straws, cups and carry-out containers made in the USA

we source local / regional
whenever possible

lunch

served 11am - 3pm

breakfast for lunch

slinger

house-made black bean burger, chili, american style cheese, jalapeno, grilled onion, tofu scramble 11

hash

roasted sweet potatoes, brussels sprouts, mushrooms, red onions, tofu scramble, hollandaise sauce 11

avo toast

rustic multi-grain, smashed avocado, sprouts, grape tomatoes, pickled sweet peppers 7.5
add tofu scramble 1.5

acai bowl

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

starters

hummus plate

house-made horseradish hummus topped w/olive relish, served with fresh veg and organic corn chips 10

salsa & chips

roasted tomato salsa & organic corn chips 6

baked cauliflower

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

soup

3-bean chipotle chili c 3.5 / b 5.5

soup of the day

ask server if it's vegan c 3.5 / b 5.5

salads

served with crunchy breadstick

paradise

mixed greens, walnuts, cranberries, maple vinaigrette 9

kale

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

greek

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

add to any salad:

roasted lemon-dijon tofu 3

cold sandwiches & wraps

veggie sandwich

organic spinach, tomato, smashed avocado, sprouts, cucumber, american style cheese, creamy-herb on sprouted multi-grain 11.5

chickpea sandwich

chickpeas, capers, vegan mayo, spinach, tomato, smashed avocado, sprouts, pickled onions on sprouted multi-grain 11.5

mediterranean wrap

spinach, horseradish hummus, olive relish, tomatoes, greek dressing 11

hot sandwich

with choice of side

black bear

house-made black bean burger, spinach, tomato, onion, avocado, vegan mayo on sprouted multi-grain 11.5

sliders

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

bowls

prosperity bowl

cauliflower rice, sweet potatoes, black beans, chimichurri sauce 10

tranquility bowl

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

serenity bowl

see chalkboard - ask server if it's vegan 10

kids at heart

OPB & J

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

sides

air-baked fries 3

billy goat chips

1.5

fresh fruit 3

super side

see chalkboard 3

mixed greens

with maple

vinaigrette 3

side salads

served with crispy breadstick

paradise salad 4 (sub for side 1)

kale salad 4 (sub for side 1)

greek salad 5 (sub for side 2)

dinner

served 3pm - 9pm

starters

hummus plate

horseradish hummus topped w/olive relish, served with fresh veg and organic corn chips 10

salsa & chips

roasted tomato salsa & organic corn chips 6

baked cauliflower

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

soup

3-bean chipotle chili c 3.5 / b 5.5

soup of the day

ask server if it's vegan c 3.5 / b 5.5

salads

served with crunchy breadstick

paradise

mixed greens, walnuts, cranberries, 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

add to any salad:

roasted lemon-dijon tofu 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)

cold sandwiches

with choice of side

chickpea sandwich

chickpeas, capers, vegan mayo, spinach, tomato, smashed avocado, sprouts, pickled onions on sprouted multi-grain 11.5

hot sandwiches

with choice of side

black bear

house-made black bean burger, spinach, tomato, onion, avocado, vegan mayo, on sprouted multi-grain 11.5

sliders

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

bowls

slinger

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hash

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prosperity bowl

cauliflower rice, sweet potatoes, black beans, chimichurri sauce 10

tranquility bowl

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

serenity bowl

see chalkboard - ask server if it's vegan 10

sides

air-baked fries 3

billy goat chips 1.5

seasonal fresh fruit 3

super side

see chalkboard 3

mixed greens

with maple vinaigrette 3

we proudly serve angelic bakeshouse sprouted bread for our vegan options



be angelic!