

the Wolf Cafe

breakfast served until 11am

bowls

add fresh fruit, toast or
grilled potatoes 1.5

oats

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

house-made black bean burger, chili, cheddar,
jalapeno, pickled onion, two 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,
topped with chimichurri sauce 12.5

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

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

french toast

Companion brioche, battered, grilled, with
butter, powdered sugar, served with 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
topped with butter, powdered sugar
and served with pure maple syrup 10.25

add: berries 2.5 granola 2.5

chocolate chips 1.5

our mission

serve people and the planet

sustainable? kale yeah!

we compost & recycle over 97% of our waste

we are a 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

fine print

**in an effort to keep prices fair, we ask that
you read menu descriptions carefully.**

**all items are made fresh to order for you
and once prepared can not be exchanged
or refunds given on items that have**

been prepared correctly

thank you for understanding



vegan

available vegan (may be an upcharge)

coffee

drip coffee

(single cup) 1.84 / 2.3

locally roasted

cold brew 16oz 3.75

house brewed, super-smooth, less acidic and highly caffeinated. served over ice

vietnamese 16oz 4.25

strong, sweet and milky concoction that's made with our cold brew coffee and sweetened condensed milk.

french press 1 liter 6.5

french pressed coffee is often stronger and thicker than drip coffee and also has more sediment

lattes

caffe latte 16oz 5

double shot of espresso with steamed milk

vanilla, hazelnut, caramel sauce, chocolate sauce, lavender, rose, pistachio, toffee nut, s-f vanilla, local honey add .5

salted caramel latte 16oz 6

caramel sauce, chocolate sauce, pink himalayan sea salt

chocolate pistachio 6

chocolate sauce & pistachio syrup

cafe rose 6

vanilla & rose flavored syrups

golden latte (hot only) 16oz 6.5

made with shiitake and tulsi extract, turmeric, ginger honey, almond milk

helps support glowing skin from the inside out,

matcha latte (hot only) 6.5

matcha, vanilla, almond milk

house dirty chai 16oz 6.5

chai tea, double shot of espresso, oat milk, topped with cinamon

chai latte 16oz 5.5

adds

CBD - Mowellens 3 drops 1.5

nano CBD, purified water, anhydrous hemp oil.

benefits: fast relief from stress
sleep-promoting for deep rest
focused productivity
quiet racing thoughts

adaptogen mushroom blend 1.5

shitake, maitake, reishi, chaga, cordyceps, lion's mane

adaptogen-a natural substance considered to help the body adapt to stress and to exert a normalizing effect upon the bodily processes

cacao alchemy 1.5

turmeric alchemy 1.5

espresso

served hot

double espresso 3.25

americano 3.25

macchiato 3.5

double shot of espresso "marked" with a dollop of foam

traditional cappuccino 6oz. 4

1/3 espresso, 1/3 steamed milk, 1/3 foamed milk

flat white 6oz 4.5

1/3 espresso, 2/3 steamed milk

cortado 4

1/2 espresso, 1/2 steamed milk

honey bee cortado 7oz 5

equal amounts of espresso and steamed oat milk with vanilla syrup and local honey

cacao alchemy 6oz 5.5

raw ecuadorian cacao, adaptagenic blend, local honey, oat milk

beverages

iced tea 3

with refills

hot tea 16oz 3

black, green, orange
ginger mint, seasonal

house-made lemonade 3

with refills

virgil's all natural soda 3

root beer, orange or vanilla cream

virgil's zero sugar

cola, rootbeer, orange cream

fentiman's botanical cola 3

olipop prebiotic soda 12oz 4

zevia cola 2.5

milk or chocolate milk 12 oz. 3

hot chocolate 12 oz. 3 / 16 oz. 3.5

just water 500ml 2.5

100% spring water

san pellegrino 750ml bottle 4

companion kombucha 5.25

apple juice 3

organic OJ 3.75

cold press juice

nutrient-rich, power-packed and alive with enzymes, the benefits of our cold pressed juice go far beyond its amazing taste—because each bottle is handcrafted in small batches with real fruits and vegetable(organic when possible) never heated or pasturized 7

lunch fare

served 11am-3pm

veggie sandwich 🌱

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

chickpea sandwich 🌱

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

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/lavosh

paradise 🌱

local butter lettuce, baby arugula, cranberries, toasted almonds, goat cheese, maple vinaigrette 14
add organic grilled chicken or breaded chicken tenders (gf) 6

greek 🌱

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

napa salmon salad

soy-glazed artisan scottish salmon, napa cabbage, sweet peppers, pineapple, roasted carrots, roasted edamame, scallions, creamy sesame dressing 22
without salmon 13

smoked salmon wedge salad

scottish smoked salmon, local butter lettuce, avocado, radish, pickled onions, grape tomatoes, toasted hazelnuts, champagne vinaigrette 18

winter salad

baby arugula, roasted beets, navel orange, cucumber, pickled onions, walnuts, goat cheese, cranberry-balsamic vinaigrette 15

il lupa salad

local butter lettuce, baby arugula, salami, marinated chickpeas, sun dried tomatoes, mozzarella cheese, artichoke hearts, mediterranean dressing 16

add to any salad:

grilled organic chicken breast or breaded chicken tenderloins (gf) 6
artisan scottish salmon, chilled 9

soup

served with lavosh

3-bean chipotle chili c 4.5 / b 6.5

soup of the day c 4.5 / b 6.5

side salads

served with lavosh

paradise salad 🌱 5

greek salad 🌱 5

sandwiches

with choice of side

turkey club

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

breakfast club

two eggs over hard, nitrate-free bacon, organic spinach, tomato, smashed avocado, mayo on multi-grain toast 14

salmon BLT (when available)

artisan scottish salmon, nitrate-free bacon, spinach, tomato, onion, tarragon-dijonaise on multi-grain bun 16

turkey, bacon & gouda

caramelized onion, blackberry mustard on grilled sourdough 14

'stang chicken

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

hot honey chicken

air-baked breaded chicken breast (gf), hot honey sauce, butter lettuce, pickles, mayo on grain bun 15

mushroom rubeen

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

classic grilled cheese

natural 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 himalayan sea salt on grilled sourdough 12.5

kids at heart

grilled cheese

american cheese on sourdough, choice of fruit, chips or tots 7

turkey & cheese

natural turkey & american cheese on sourdough, choice of fruit, chips or tots 7

chicken strips

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

starters

- hummus plate** 🌱
Goddess hummus, chili crisp, naan, radish
add fresh veg 2 13
- pretzel croissant**
Companion pretzel croissant, blackberry mustard
and wolf-made Civil Life 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, cranberry,
balsamic vinaigrette 12
- salmon cakes**
artisan scottish salmon, dill remoulade,
baby arugula, local tomatoes 24
- onion-jalapeno dip**
with kettle chips 7
- kale & artichoke dip**
with organic tortilla chips 12

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,
goat, dill havarti, spinach, tomato,
onion, dill pickles on multi-grain bun 14.5
- joe burger**
nitrate-free bacon, spicy 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*ttty**
smash-burger style, 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, chimichurri sauce 13
- harmony bowl** 🌱
forbidden rice, sautéed mushrooms, roasted
carrots, butter 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

pizza

served after 3pm / serves 2

gluten free add \$4

Our crusts are handmade in Italy. The dough rises up to
48 hours with sourdough and is stretched by hand.
The use of Italian flours, EVOO and seawater
guarantee the highest quality, taste and digestibility.
Buon Appetito!

- cheese**
marinara, mozzarella 17
- hot honey pepperoni**
marinara, mozzarella,
Volpi pepperoni, local hot honey 21
- mushroom**
sauteed mushrooms, herbed goat cheese,
sundried tomatoes, marinated artichokes,
arugula, lemon vinaigrette 21
- pickle**
remoulade sauce, cheddar cheese,
dill pickles, local hot honey 21
- korean bbq chicken**
korean bbq sauce, mozzarella, kimchi,
breaded chicken, scallions, sesame seeds 23
- korean veggie**
korean bbq sauce, mozzarella, sesame roasted
carrots, sauteed mushrooms, kimchi, scallions,
sesame seeds, up egg 21
- hawaiian**
marinara, mozzarella & gouda, black forest ham,
fresh pineapple, jalapeno, pickled onion 23
- vegan**
marinara, beyond sausage, zucchini, onion, sweet
peppers, house-made cashew cheese 21

sides

- super side** 3.5
- greens** 🌱 3.5
- tots** 3
- paradise salad** add 2
- kettle chips** 2
- greek salad** add 2
- fresh fruit** 3
- cup of soup** add 1

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