

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)

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,
bleu cheese, maple vinaigrette 14
add organic grilled chicken or
air-baked breaded chicken 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,
champagne vinaigrette 18

chicken & spinach

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

add to any salad:

grilled organic chicken breast
or air-baked breaded chicken 6
artisan scottish salmon, chilled 9

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 & Civil Life 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

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

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

Food prepared in our restaurant may contain the following
ingredients: milk, eggs, wheat, peanuts, and tree nuts.
If you have a food allergy, please notify your server.
We will make every effort to accommodate your needs,
however we cannot guarantee that there will be no
cross contamination for these allergens.

sandwiches

with choice of side

black bear 🌿

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

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, bacon, bbq sauce, chipotle mayo, gouda cheese, pickled onion on multi-grain bun 15

hot honey chicken

air-baked breaded chicken, 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

burgers

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

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

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 choice of fruit, chips or air-baked tots 7

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.