

light lunch

avo toast 🍋

rustic multi-grain, smashed avocado, sprouts,
grape tomatoes, pickled sweet peppers 11
add over easy egg 1.5
add tofu scramble 2

lox bagel

organic everything bagel topped with
smoked salmon, herbed goat cheese,
caper berries, pickled onions, baby arugula 15

acai bowl 🍋

acai blended with berries, bananas, almond milk,
agave, topped with chia, hemp, pumpkin seeds,
pecans, coconut 11
add granola 3 (contains honey)

snacks

hummus plate 🥗

horseradish hummus, chili crisp,
flat bread, fresh veg 14

pretzel & Civil Life beer cheese dip

Companion pretzels, blackberry mustard and
wolf-made Civil Life chipotle beer-cheese dip 13

charred brussels sprouts

local hot honey, sea salt 7.5

sticky carrots

sesame-soy glaze, peanuts, scallions 7.5

garlic cheese bread

mozzarella, garlic butter,
served with marinara 7

bowls

prosperity bowl 🍋

forbidden rice, roasted sweet potatoes,
black beans, roasted edamame,
pickled peppers, chimichurri sauce 14

harmony bowl 🍋

forbidden rice, sautéed mushrooms,
sesame roasted carrots, local little gem lettuce,
daikon radish sprouts, peanuts, scallions,
asian sesame sauce 18

slinger 🥗

wolf-made black bean burger, chili, cheddar,
jalapeno, pickled onion, 2 eggs over easy 15

hash 🥗

roasted sweet potatoes, brussels sprouts,
mushrooms, red onions, two eggs over easy,
tarragon-dijonaise 15

pick 2

1. bowl of soup or chili
2. salads: paradise or greek
3. sandwiches: veggie, chickpea, turkey club,
mushroom reuben, grilled cheese, double dill,
sweet n salty or turkey, bacon & gouda 14.5

soup

3-bean chipotle chili 🍋 c 5.5 / b 7.5

served w/organic tortilla chips

soup of the day c 5.5 / b 7.5

served w/flat bread

salads

served w/flat bread

paradise 🥗

local little gem lettuce, baby arugula,
cranberries, toasted walnuts,
bleu cheese, maple vinaigrette sm. 9 lg. 15

greek 🥗

local little gem lettuce, baby arugula,
horseradish hummus, olive relish, grape
tomatoes, dolmas, feta, mediterranean dressing
(contains tahini/sesame seeds) sm. 9 lg. 15

napa salmon salad

soy-glazed Wester Ross salmon, napa cabbage,
sweet peppers, pineapple, roasted carrots,
roasted edamame, scallions,
creamy sesame dressing 23
(when available)
without salmon 14

smoked salmon wedge salad

scottish smoked salmon, local little gem lettuce,
avocado, radish, pickled onions, grape tomatoes,
toasted hazelnuts, parmesan cheese,
champagne vinaigrette 19

chicken & spinach

organic spinach and grilled organic chicken,
almonds, goat cheese, blueberries,
honey-lime vinaigrette 18

add to any salad:

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

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

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 15

salmon BLT

Wester Ross salmon, nitrate-free bacon,
spinach, tomato, onion, tarragon-dijonaise
on multi-grain bun (when available) 19

turkey club

all natural turkey, nitrate-free bacon, cheddar,
spinach, tomato, mayo on multi-grain 15.5

breakfast club

2 eggs over-hard, bacon, organic spinach, tomato,
smashed avo, mayo on multi-grain bread 16

turkey, bacon & gouda

caramelized onion, blackberry mustard
on grilled sourdough 15

'stang chicken

air-baked breaded chicken, bacon,
bbq sauce, chipotle mayo, gouda cheese,
pickled onion on multi-grain bun 16

hot honey chicken

air-baked breaded chicken,
hot honey sauce, local little gem lettuce,
pickles, mayo on multi-grain bun 16

mushroom ruben

sauteed mushrooms, sauerkraut, swiss cheese,
Russian dressing on grilled rye bread 15

veggie sandwich 🌱

avocado, cucumber, daikon radish sprouts,
spinach, pickled onion, herb goat cheese,
tomato jam, champagne vinaigrette on
Companion Italian bread 15

chickpea sandwich 🌱

chickpeas, capers, vegan mayo, spinach,
tomato, smashed avocado, sprouts,
pickled onions on multi-grain 14.5

classic grilled cheese

real American cheese on grilled sourdough 12

double dill

dill havarti cheese, dill pickles
on grilled rye bread 13.5

sweet n salty

goat cheese, white cheddar, gouda, local honey,
pink sea salt on grilled sourdough 13.5

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 14.5

cheese burger

choice of real American, cheddar,
gouda, swiss, goat, dill havarti,
spinach, tomato, onion dill pickles
on multi-grain bun 15.5

joe burger

nitrate-free bacon, bbq sauce,
cheddar, spinach, tomato, onion, dill pickles on
multi-grain bun 16

dill-bert

nitrate-free bacon, avocado, dill havarti,
dill pickles, spinach, tomato, onion
on multi-grain bun 16

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 16

kids at heart

grilled cheese

real American cheese on sourdough, choice of
fruit, chips or air-baked tots 7.5

turkey & cheese

natural turkey & American cheese on sourdough,
choice of fruit, chips or air-baked tots 7.5

chicken strips

air-baked breaded chicken
choice of fruit, chips or air-baked tots 7.5

sides

super side 4 fresh fruit 3

air-baked tots 3.5 greens 🌱 3.5

kettle chips 2.5 greek salad add 2.5

soup or chili add 2 paradise add 2.5



vegan
available vegan
(may be an upcharge)