

breakfast

served until 11am

lite bowls

add fresh fruit, toast or tots 1.5

acai

acai blended with berries, bananas, almond milk, agave, topped with chia, hemp, pumpkin seeds, pecans, coconut 13.5
add granola 3

oats

organic steel cut oats
-banana bread: banana, candied walnuts, creamed honey, whipped butter, cinnamon 9
-"crunchy": granola, dates, berries, puffed millet, cacao nibs 10

parfait

local greek vanilla yogurt, house-made granola, berries 9.5

seasonal fruit

toasted pecans, coconut, local honey 11.5
choose chia pudding or cottage cheese
add granola 3

bowls

slinger

wolf-made black bean burger, chili, cheddar, jalapeno, pickled onion, two poached eggs 16
sub grass-fed beef patty 2

hash

roasted sweet potatoes, brussels sprouts, sauteed mushrooms, caramelized onions, two poached eggs, tarragon-dijonaise 17
add avo 2.5 add bacon 3.5

vegan hash

beyond Italian sausage, roasted zucchini, sweet peppers, red onion, baked tofu, chimichurri 17.5
add avo 2.5

omelet bowls (egg souffle)

black bean

organic spinach, salsa, avocado, cheddar cheese 12

chicken sausage

arugula, chili crisp aioli 13

bacon

organic spinach, sundried tomato jam, whipped goat cheese 15

toasts

avo

rustic multi-grain, smashed avocado, sprouts, grape tomatoes, pickled sweet peppers 13
add poached egg 1.5
add baked tofu 3

pb

Companion brioche, natural peanut butter, banana, strawberries, coconut, cacao nibs, local honey 12

smoked salmon

marble rye, smoked salmon, whipped goat cheese, caper berry, pickled onions, baby arugula, herb olive oil 17

honey

homemade sourdough, local creamed honey, whipped butter 12

handhelds

add fresh fruit or tots 1.5

breakfast club

egg souffle, bacon, spinach, tomato, smashed avocado, mayo on multi-grain toast 16

grilled egg sandwich

egg souffle, cheddar cheese, tarragon-dijonaise on grilled brioche bun 12
add avocado 2.5
add nitrate-free bacon 3.5

burrito

flour tortilla, egg souffle, tots, cheddar, smashed avocado, pickled onions, spinach, black beans, salsa, cilantro crema 16
*please note: no modifications

plates

french toast

grilled Companion brioche, whipped butter, powdered sugar, pure maple syrup 3pcs. 16 / 2pcs. 13.5
add berries 3 add granola 3 add chocolate chips 1.5

pancakes

3 buckwheat pancakes, whipped butter, pure maple syrup, powdered sugar 14
add berries 3 add granola 3 add 1.5 chocolate chips 1.5

protein pancakes

3 buckwheat pancakes, natural peanut butter, fresh banana, pumpkin, hemp & chia seeds, local honey 16

waffles

OG waffle

traditional Liege waffle, butter, pure maple syrup, powdered sugar 9
add berries 3 add granola 3 add chocolate chips 1.5

hot honey chicken

breaded chicken breast, hot honey sauce, served w/local hot honey 15

sausage & egg

buttonwood chicken sausage, poached egg, butter, pure maple syrup 14

protein waffle

natural peanut butter, banana, pumpkin, hemp & chia seeds, local honey 11
add berries 3 add granola 3 add chocolate chips 1.5

a la carte

prairie raised egg 1.5

bacon (nitrate free)

2 pcs. 3.5 / 4pcs 6.5

chicken sausage (2pc) 5

baked tofu 3

fresh fruit 3

avocado 2.5

multi-grain toast 2.5

sourdough toast 2.5

tots 3

buckwheat pancake 6.5

everything bagel w/cream cheese 6

GRUMPY HOUR

BOGO BLOODYS AND MIMOSAS
TUES-SAT 8-10 AM



vegetarian



vegan