

WHYld ASS

Ask about our full catering - Custom Cakes and Pastries...
Perfect for date night or a gathering of friends

BREAKFAST OF LIFE

(served all day)

Big ASS Bowl of Granola- g.f

House made raw cashew yogurt, fresh fruit, chia, flax shredded coconut dried cranberries, Sunflower seeds \$9.35

Quiche of The Earth- g.f.

Seasonal house made custard quiche, pumpkin seed ricotta cheese, herbs. Gluten free crust. Amazing Crisp salad \$11.10

The Scramble- g.f.

Citrus stewed heritage beans, roasted sweet potato hash, superfood guacamole local sprouts, turmeric cashew sour cream, gmo free corn chips \$11.10

Stuffed French Toast Loaf- g.f

House made gluten free bread, mixed berry compote, sweet Danish cashew cheese sauce, roasted sweet potato hash, house made spicy mustard \$12.10

WHYld JACKS- g.f

Whole grain buckwheat flour pancakes, almond coconut bliss sauce. Topped with fresh banana, and shredded coconut \$8.60

Breakfast Porridge- g.f.

Stewed quinoa in black-strap molasses, ginger juice, house made coconut milk, a tad bit of turbinado sugar, topped with chia, flax, sweet cinnamon shredded coconut \$7.60
Add fresh fruit- \$2.75

The Best Biscuits and Gravy EVER

Orange rosemary biscuit, cracked black & chipotle gravy
Topped with southern cooked kale \$8.10

Breakfast Burrito

Lentil breakfast sausage, sunflower seed cheese, roasted sweet potato hash, diced apple, house made hot sauce, turmeric cashew sour cream \$ 6.85
G.F. tortilla \$1.30 superfood guacamole \$2.35

Acai Superfood Berry Smoothie Bowl- g.f

Frozen berry smoothie, house made superfood granola, fresh fruit, coconut milk, hemp seeds almond coconut bliss sauce \$12

Breakfast Sides

House made baguette toast \$2.30
Orange rosemary biscuit \$3.05
House made jam, vegan butter, peanut butter \$.8
Almond butter \$1
Avocado \$1.30
SFG (superfood guacamole) \$2.35
Breakfast porridge \$5
Roasted sweet potato hash, spicy mustard \$5.25
House bake gluten free toast \$2.75
Zucchini bacon \$3.05
One WHYld jack \$4.25
Side of gravy \$3.25
Side of lentil sausage \$3

APPETIZER SHARE PLATES

(served all day)

Hummus Platter- g.f.

Daily hummus, fresh fruit and veggies, aged balsamic reduction \$8.60

The True Mac, and cheese- g.f.

Thick basil cashew cheese sauce, caramelized onions, tossed with macaroni pasta \$9

Raw Nori Rolls- g.f.

Carrots, beets, cucumbers, avocado, apples, micro greens wrapped with raw nori sheets. Best sushi, no harm mmmm coconut amino acid- wasabi dipping sauce \$9.65

Mexican Share Plate- g.f.

Superfood guacamole, mint pico de gallo, gmo free corn tortilla chips \$6.75

Healthiest Soup in Flagstaff

Sided with house made baguette \$8.10
With Gluten Free toast add \$1 Add a side \$5.25

Sauerkraut \$6.25

Nacho Momma's Average Nachos....g.f.

Southwest cashew cheese sauce, diced tomatoes, onions, jalapeños, gmo free corn tortilla chips. AMAZING in your belly \$7.75

Add ons: Superfood guacamole \$2.35// heritage beans \$2.35// zucchini bacon \$2.10// turmeric cashew sour cream \$1// herbed grilled veggies \$2.10

Cleverly Designed Salads

(served 10:30 till 8 pm)

The Famous "Power Salad"- g.f.

Raw sunflower seeds, hemp seeds, raw pepitas, flax, chia, shredded coconut, local olives, almonds, tomato, cucumbers, house mixed greens tossed in a balsamic coconut dressing- \$6.60/\$11.10

Baked Falafel Salad- g.f.

Perfectly baked black bean and chickpea falafel balls, local olives, raw cashew yogurt, house made roasted garlic tahini, tomato, cucumber, quinoa tabouli \$11.60

Farmers Warm Veggie Salad- g.f.

Herbed grilled veggies, over warm fresh parsley quinoa, over dressed mixed greens Walnut Parmesan cheese \$11.10

WHYld ASS House Salad- g.f.

Dressings- balsamic coconut oil, lemon agave, sunflower seed ranch, roasted garlic tahini \$6.15
Add Avocado for \$1.25
Scoop of Curry Chickpea \$3

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Sandwiches Of The World

come with one side

(served from 10:30am - 4pm)

Open Faced Avocado Toast g.f.

Grilled House made gluten free jalapeño toast, tomato coulis, fresh avocado, aged balsamic reduction, local sunflower sprouts \$10.85

Classic BLTA

Zucchini bacon, dressed greens, tomato, fresh avocado, sunflower seed mayo, house baguette \$11.85

B'anh Mi (Vietnamese street food sandwich)

Black bean tempeh patty, house kraut, house sunflower seed mayo, slices of jalapeños, cilantro, house baguette \$10.85

Skinny Elvis

House made banana bread, smothered in homemade marmalade, peanut butter, pressed on the panini grill \$11.10
Add chocolate sauce \$1.15

Walnut Lentil Loaf

Our famous loaf, caramelized onions, tomato, house sunflower seed mayo, dressed greens, house baguette! \$12.35

Grilled Cheese & Smoked Tomato Bisque

Potato oat cheese, kale, tomato pressed on a panini grill, sided by an AMAZING smoked tomato bisque \$12.35

AVO Melt

Potato cheese, fresh avocado, black bean tempeh, roasted garlic smear, tomato, house baguette pressed on panini grill \$12.10

The Unique Patty Melt

House made black bean tempeh patty, caramelized onions, spicy fire island dressing, potato oat cheese, pressed on our house baguette \$12.10

Grilled Herbed Veggie Wrap

Daily hummus, tomato, cucumber, dressed greens \$9.15

Curry Chickpea Salad Wrap

Celery, onions, fresh dill, house made curry, tomato, cucumber dressed greens \$10.10

Baked Falafel Wrap

Local olives, raw cashew yogurt, tomato, cucumbers, house made roasted garlic tahini, perfectly baked black bean and chickpea falafel \$11.85

Sides \$5.50

3 sides as a meal for \$12.25

Daily g.f. Soup// roasted sweet potato hash// house salad// hummus and a veg// quinoa tabouli// smashed potatoes and chipotle gravy// scoop of curry chickpea salad// chips and superfood guacamole// Achiote stewed heritage beans//

(served from 10:30 to 8)

Pho' - A Vietnamese noodle soup- medicinally made with the finest ingredients to make your whole body feel better. Served with fresh sliced mushrooms, kale, brown rice noodles, local sunflower sprouts, sided with cilantro, jalapeños, lemon and house made hot sauce G.F. \$13.30

Hola Quesadillas

Choose from any of these cheesy deliciousness. Potato and sunflower cheese, and then filled with your choice of love

1. Mushroom, Sausage, & Jalapeño
2. Herbed grilled veggies
3. Achiote heritage beans
4. Cheesy potato and house kraut (it's like a Mexican pierogi)

Topped with turmeric cashew sour cream and house made hot sauce \$10

Superfood guacamole \$2.35- gluten free tortilla \$1.35

EVENING PLATES (served from 4 to 8)

Add a starter for 2.00

Soup of the day, smoked tomato bisque, or a house salad

Carolina Dinner Loaf

Walnut lentil loaf over smashed potatoes, smothered in a tomato sage gravy sided by herb grilled veggies \$15.75

Tres Tacos

Locally made corn tortillas with a spicy sunflower seed queso, Seasonal veggies and stewed black beans, topped with caramelized onions, sunflower sprouts, guacamole and sour cream \$15.25

Big ol' Burrito

Achiote stewed heritaged beans, roasted sweet potato hash, local sunflower sprouts, fat free cacao mole sauce, mint pico de gallo, turmeric cashew sour cream, house made hot sauce, sided with Spanish brown rice \$15.25

Add superfood guacamole \$2.35

Breakfast Plate

Who doesn't love breakfast for dinner especially when it comes with one whyld jack, biscuits and gravy, zucchini bacon, sweet potato hash, and a side of creamy breakfast porridge 15.25

Festa Italiana

Thyme roasted mushrooms and walnut Parmesan over spaghetti noodles tossed in a zesty marinara \$15.50

Lasagna Like No Other

Pasta free zucchini lasagna, with our signature red sauce, cashew ricotta, shredded carrots, kale and tomatoes, finished with an aged balsamic reduction \$15.75