



WHYLD ASS

Phoenix

....excited to be here

BREAKFAST

Breakfast Burrito 7.25

Lentil breakfast sausage, sunflower seed cheese, roasted sweet potato hash, diced apple, house made hot sauce, turmeric cashew sour cream

G.F. tortilla \$1.25

Add superfood guacamole \$2.00

The Bomb Burrito 10.50

Potato oat cheese, smashed potatoes, spanish rice, stewed black beans, house made hot sauce, wrapped up and grilled amazingly

G.F. tortilla 1.25

Add superfood guacamole 2.00

Southern Burrito 11.00

Roasted sweet potatoes, lentil sausage, queso and sour cream wrapped in a tortilla and smothered in a black pepper gravy

Stuffed French Toast (G.F.) 12.00

Brown rice gluten free bread, mixed berry compote, sweet danish cheese sauce served with roasted sweet potato, house made spicy mustard

The Scramble (G.F.) 11.00

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

Whyld Jax (G.F.) 9.00

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

Granola (G.F.) 9.25

House made raw cashew yogurt, fresh fruit, chia, flax shredded coconut dried cranberries, sunflower seeds

Açaí Bowl (G.F.) 11.00

Frozen berry smoothie, house made superfood granola, fresh fruit, coconut milk, hemp seeds, Almond coconut bliss sauce

Strawberry Cashew Smoothie Bowl

(G.F.) 11.00

Strawberries and cashew smoothie topped with bananas, house made granola, chia and hemp seeds with a blueberry cream sauce

Biscuits and Gravy 8.50

Orange rosemary biscuit, cracked black & chipotle gravy topped with southern cooked kale

Breakfast Porridge (G.F.) \$8.00

Stewed quinoa in black-strap molasses, ginger juice, house made coconut milk, topped with chia, flax, sweet cinnamon shredded coconut

Add fresh fruit- \$2.75

APPETIZERS

Mexican Share Plate (G.F.) 7.25

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

Mac (G.F.) 9.00

Thick basil cashew cheese sauce, caramelized onions, tossed with gluten free pasta

Nachos (G.F.) 7.75

Southwest cheese sauce with diced tomatoes, onions, and jalapeños

add grilled veggies 2.00

add guacamole 2.00

add sour cream 1.00

Hummus Platter (G.F.) \$8.00

Daily hummus, fresh fruit and veggies, aged balsamic reduction

SALADS

Falafel Salad (G.F.) 11.50

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

Farmers Warm Veggie Salad (G.F.)

\$11.00

Herbed grilled veggies and warm fresh parsley quinoa, over dressed mixed greens topped with Walnut Parmesan cheese

Whyld ASS House Salad (G.F.) \$6.15

Dressings- balsamic coconut oil, lemon agave, sunflower seed ranch, roasted garlic tahini

Add Avocado for \$1.35

Scoop of Curry Chickpea \$3

SOUPS

Tortilla Soup (G.F.) 8.00

Gluten free corn tortilla and black bean soup.

Black Bean Chipotle Chili (G.F.) 10.00

Hearty bowl of chili topped with sour cream and nutritional yeast served with cornbread

Pho' (G.F.) \$12.50

A Vietnamese noodle soup- medicinally made with the finest ingredients to make your whole body feel better.

Served with fresh sliced mushrooms, kale, zucchini noodles, local sunflower sprouts, sided with cilantro, jalapeños, lemon and house made hot sauce



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SANDWICHES

Avo Melt 11.50

Potato cheese, fresh avocado, black bean tempeh, roasted garlic smear, tomato, house baguette pressed on panini grill served with sweet potato hash, house salad, or chips and hummus

On house made G.F. bread 2.00

Grilled Cheese 12.00

Potato oat cheese, kale and tomatoes pressed on a panini grill, sided by an AMAZING smoked tomato bisque

On house made G.F. bread 2.00

Curry Chickpea Wrap 10.00

Chickpea salad with sunflower seed mayo, celery, onions, fresh dill, house made curry, tomato, cucumber dressed greens served with sweet potato hash, house salad, or chips and hummus

G.F. tortilla \$1.30

BLTA 11.50

Zucchini bacon, dressed greens, tomato, fresh avocado, sunflower seed mayo, house baguette served with sweet potato hash, house salad, or chips and hummus

On house made G.F. bread 2.00

Skinny Elvis \$11.00

House made banana bread, smothered in homemade marmalade, peanut butter, pressed on the panini grill served with sweet potato hash, house salad, or chips and hummus

Add chocolate sauce \$1.15

Falafel Burger 12.00

Baked falafel patty with whyld tzatziki, tomatoes, cucumbers, olives and dressed greens served with sweet potato hash, house salad, chips and hummus

On house made G.F. bread 2.00

The Black and Red 11.50

Black bean oat patty, with roasted beet medallions, caramelized onions, spicy mustard, on toasted house made bread. Served with sweet potato hash, house salad, hummus and chips

On house made G.F. bread 2.00

SIDES

Sweet Potato Hash with Spicy Mustard (G.F.) 5.00

Hummus and Chips (G.F.) 5.00

Quinoa Tabouli (G.F.) 5.00

Molé (G.F.) 2.75

Gravy 3.00

Biscuit 3.00

Sausage (G.F.) 3.00

Bacon (G.F.) 3.00

Toast 2.25

G.F. Toast 2.75

Jam (G.F.) .75

Peanut Butter (G.F.) .75

Avocado (G.F.) 1.35

BIGGER PLATES

Quesadilla 10.00

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

1. Mushroom, Sausage, & Jalapeño
2. Achiote heritage beans
3. Herb grilled veggies

Topped with turmeric cashew sour cream and house made hot sauce

Add superfood guacamole \$2.00

G.F. tortilla \$1.25

Big ol Burrito 14.00

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

Add superfood guacamole \$2.00

G.F. tortilla \$1.25

Tres Tacos (G.F.) 12.00

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

Breakfast Plate \$14.00

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

Festa Italiana \$14.00

Thyme roasted mushrooms and walnut Parmesan over spaghetti noodles tossed in a zesty marinara served with garlic bread

Loaded Mac (G.F.) \$12.50

Our signature mac and cheese loaded with grilled veggies, kale, jalapeños, and bacon

KID'S MENU

Pancake \$4.00

Grilled Cheese \$6.00

PB and J \$5.00

Mac \$5.00

Apple Juice \$3.50

Orange Juice \$3.50

Milk (cashew, coconut, or rice) \$3.00