

BREAKFAST All Day

Breakfast Burrito 8

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

G.F. tortilla 2

Add superfood guacamole 3

The Bomb Burrito 11

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

G.F. tortilla 2

Add superfood guacamole 3

Southern Burrito 12

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

Stuffed French Toast (G.F) 13

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

Whyld Jax (G.F.) 10

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

Acai Bowl (G.F) 11.50

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

Strawberry Cashew Smoothie Bowl (G.F) 11.50

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 and chipotle gravy topped with caramelized onions

APPETIZERS

Mexican Share Plate (G.F) 8

Super food guacamole, mint pico de gallo, gmo free corn tortilla chips

Mac (G.F) 9.15

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

Nachos (G.F) 8

Southwest cheese with diced tomatoes, onions and jalapenos

Add grilled veggies 2

Add guacamole 3

Add sour cream 1

Hummus platter (G.F) 8.50

Daily hummus, fresh fruit and veggies, aged balsamic reduction

SALADS

Falafel Salad (G.F) 11.75

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) 11.50

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

Whyld ASS House Salad (G.F) 6.50

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

Add Avocado 1.50

Add scoop of curry chickpea 3

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

Grilled Cheese 12

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

G.F bread 2

Curry Chickpea Wrap 10

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

G.F Bread 2

Skinny Elvis 11

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 1.1.5

Falafel Burger 12

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

G.F Bread 2

SOUPS

Black Bean Chipotle Chili (G.F) 11

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

Pho (G.F) 13

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, jalapenos, lemon and house made hot sauce

BIGGER PLATES

Quesadilla 11

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

1. Mushroom, Sausage and jalapeno

2. Achiote heritage beans

3. Herb grilled veggies

Topped with turmeric cashew sour cream and house made hot sauce

Add super food guacamole 3

G.F. Tortilla 2

Big ol Burrito 14.50

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

Add superfood guacamole 2

G.F. Tortilla 1.25

Tres tacos (G.F) 12.50

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

Festa Italiana 14.50

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

Loaded Mac 14

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

