

BREAKFAST!

SERVED 7 AM - 11 AM

QUINOA BREAKFAST BOWL

eggs, quinoa, spinach, black beans, monterey jack, avocado, scallion, avocado dressing

7

THE BOSS

brown rice, spring mix, eggs, monterey jack, grilled broccolini, spiced squash, carrot ginger dressing

8

WEDGE BREAKFAST BURRITO

eggs, monterey jack, tomato, spinach, black beans, brown rice, salsa fresca, sour cream in a WedgeMade tortilla

8

BACON, EGG & CHEDDAR SANDWICH

bacon, eggs, cheddar, monterey jack, spinach on WedgeMade focaccia

7

BAGEL & SPREAD

toasted St. Paul Bagelry bagel with choice of: plain cream cheese, honey almond cream cheese, herb neufchatel or raspberry jam

3

SALAD BAR & SOUP

fresh, seasonal selections and customizable just for you

SALAD → 8.99/lb.

SOUP → 3.50/cup 5.50/bowl 10/quart

BOWLS

SERVED 11 AM - 9:45 PM

★ ADD CHICKEN (FREE RANGE) or BEEF (GRASS-FED) for \$3. ADD TOFU or WEDGEMADE SEITAN for \$2.

SUPER SOBA BOWL

buckwheat soba, burdock kinpira, grilled broccolini, scallion, carrot ginger dressing [suggested protein → bulgogi beef]

Thirsty? Pairs well with Prosecco.

8

WEDGE BURRITO BOWL

brown rice, black beans, spinach, roasted cherry tomatoes, avocado, sour cream, monterey jack cheese, tomatillo salsa [suggested protein → ropa vieja beef]

7

MAYAN GRAIN BOWL

kale, quinoa, roasted sweet potatoes, black beans, avocado, crispy shallots, avocado dressing

Thirsty? Pairs well with Bauhaus's Skyfive

7

MOROCCAN MUSHROOM BOWL

king oyster mushrooms, quinoa, preserved lemon, spiced squash, spinach, za'atar [suggested protein → chicken]

7

HARVEST BOWL

spring greens, farro, apple walnut relish, spiced squash, pear shallot vinaigrette, puffed wild rice [suggested protein → chicken]

Thirsty? Pairs well with Pinot Grigio.

7

BURRITOS & SANDWICHES

SERVED 11 AM - 9:45 PM

Served with a side of Whole Grain Milling Chips & WedgeMade Salsa. Substitute greens for an extra \$1. Substitute a cup of soup for an extra \$2.

★ ADD CHICKEN (FREE RANGE) or BEEF (GRASS-FED) for \$3. ADD TOFU or WEDGEMADE SEITAN for \$2. ★

WEDGE BURRITO

brown rice, black beans, spring greens, tomato, red onion, monterey jack cheese, avocado, sour cream in a WedgeMade tortilla [suggested protein → ropa vieja beef]

Thirsty? Pairs well with Bauhaus's Wonderstuff.

8

KOREAN BURRITO

brown rice, burdock kinpira, grilled broccolini, scallion, carrot ginger dressing in a WedgeMade tortilla [suggested protein → bulgogi beef]

Thirsty? Pairs well with 3 Meses House Red Wine.

8

SMOKED TURKEY & CURTIDO

Ferndale smoked turkey, Fierce Ferment's Curtido, sprouts, cilantro, gruyère (made with raw milk), white barbecue sauce on a WedgeMade hoagie bun

10

MOROCCAN BURRITO

king oyster mushrooms, brown rice, preserved lemon, spinach, caramelized onion, za'atar, cilantro in a WedgeMade tortilla [suggested protein → chicken]

8

HARVEST GRILLED CHEESE

cheddar, swiss, apple walnut relish, caramelized onion, kale on WedgeMade focaccia

Thirsty? Pairs well with Chardonnay.

7

SQUASH & BLACK BEAN QUESADILLA

spiced squash, black beans, monterey jack cheese, cilantro in a WedgeMade tortilla

7