

Enjoy organic greens, locally-raised meat, and quality ingredients together in delicious meals—always made from scratch. Fill your day with the food and flavors that are grown, made and shared with care and conscience.

## BREAKFAST 🍴 SERVED ALL DAY

### VEGETARIAN

#### WEDGE BREAKFAST BURRITO or BOWL

eggs\*, black beans\*, brown rice\*, cheese, tomato\*, spinach\*, avocado\*, salsa\*, sour cream\*, in a WedgeMade tortilla\*

**\$7**

### VEGETARIAN

#### EGG & CHEESE CROISSANT

eggs\*, cheddar cheese on a WedgeMade croissant (add bacon for \$1)

**\$5**

### VEGETARIAN

#### RISE BAGEL

plain, no spread

**\$1.75**

### VEGETARIAN

#### RISE BAGEL & SPREAD

Rise bagel, toasted or untoasted with plain cream cheese\* or scallion cream cheese

**\$3.25**

#### SMOKED SALMON BAGEL SANDWICH

scallion cream cheese, smoked salmon, capers, cucumber\*, tomato\*, on a Rise bagel

**\$7**

#### BACON BAGEL SANDWICH

scallion cream cheese, bacon, tomato\*, on a Rise bagel

**\$5**

## BURRITOS 🌮 & BOWLS

### VEGETARIAN

#### WEDGE BURRITO or BOWL

black beans\*, brown rice\*, cheese, red onion\*, tomato\*, romaine\*, avocado\*, salsa\*, sour cream\* in a WedgeMade tortilla\*

*protein options: ropa vieja grass-fed beef or Kadejan ground chicken*

**\$8**

### VEGAN

#### AVOCADO BURRITO OR BOWL

black beans\*, brown rice\*, red onion\*, tomato\*, avocado\*, salsa\*, in a WedgeMade tortilla\*

**\$6**

### VEGAN

#### HARVEST BOWL

quinoa\*, arugula\*, roasted sweet potato, pickled apples, maple pepitas, maple mustard vinaigrette  
*suggested protein → smoked salmon \$3*

**\$8**

### VEGAN

#### MAYAN GRAIN BOWL

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

**\$8**

### VEGAN

#### THAI PEANUT BOWL

spring mix\*, brown rice\*, shredded carrots\*, cucumber\*, pickled onion, chili lime peanut sauce, cilantro\*, peanuts  
*suggested protein → tofu \$2*

**\$7**

#### BUILD YOUR OWN BURRITO OR BOWL

customize your burrito or bowl

**\$8**

### ADD A PROTEIN

chicken, ground or rotisserie \$2  
ropa vieja grass-fed beef \$2  
smoked salmon \$3  
tempeh or tofu \$2

## SANDWICHES

#### TURKEY APPLE BAGEL SANDWICH

smoked turkey, caramelized onion, prairie breeze cheddar, pickled apples, apple mustard, arugula\* on a rosemary Rise bagel

**\$9**

### VEGETARIAN OPTION

#### PESTO GRILLED CHEESE

smoked provolone, cheddar, basil-walnut pesto, tomato\*, caramelized onions on WedgeMade multigrain bread

*protein options: rotisserie chicken, tofu, portobello mushroom*

**\$8**

### VEGAN

#### POPCORN TOFU PO'BOY

popcorn tofu, lettuce\*, tomato\*, pickled red onion, ginger garlic aioli, sriracha lime mayo, on a hoagie roll

**\$8**

#### REUBEN

turkey, sauerkraut, swiss cheese, Russian dressing on WedgeMade swirl rye

**\$8**

#### BUILD YOUR OWN SANDWICH

customize your sandwich

**\$8**