

[FOOD MENU]

Wedge
TABLE

Savor organic greens, locally-raised meat, high-quality ingredients and all made-from-scratch by our Wedge team. Fill your day with the food and flavors that are grown, made and shared with care and conscience.

(P.S. MOST MENU ITEMS CAN BE MADE GLUTEN FREE OR VEGAN, JUST ASK!)

OUR SEASONALLY ROTATING MENU FEATURES A SELECTION OF BREAKFAST ITEMS, BOWLS, BURRITOS AND SANDWICHES.

BREAKFAST

SERVED 8 AM - 11 AM

QUINOA BREAKFAST BOWL

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

8

WEDGE BREAKFAST BURRITO

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

8

BREAKFAST TACO

eggs, avocado, cheese, tomatillo salsa on a WedgeMade tortilla
[add bacon for an additional \\$1.50](#)

3.50

SMOKED SALMON BAGEL SANDWICH

scallion cream cheese, smoked salmon, capers, cucumber, tomato on a Rise Bagel

7

BACON, EGG & CHEDDAR SANDWICH

bacon, eggs, cheddar, monterey jack, spinach on WedgeMade focaccia
[make it a Rise Bagel sandwich for an additional \\$1](#)

7

BACON BAGEL SANDWICH

scallion cream cheese, bacon, tomato on a Rise Bagel

5

RISE BAGEL & SPREAD

Rise bagel with choice of: plain cream cheese, scallion cream cheese, sunbutter, peanut butter or raspberry jam

3.25

RISE BAGEL

Rise bagel, no spread

1.75

BOWLS

SERVED 11 AM - 8:30 PM

SWEET POTATO BOWL

roasted sweet potato veggie noodles, daikon kinpira, grilled broccolini, scallion, carrot ginger dressing

[suggested protein → bulgogi beef]

8

WEDGE BURRITO BOWL

brown rice, black beans, spring mix, tomato, tomatillo salsa, avocado, sour cream, monterey jack cheese [suggested protein → ropa vieja beef]

8

MAYAN GRAIN BOWL

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

8

THAI PEANUT BOWL

spring mix, brown rice, shredded carrots, cucumber, pickled onion, chili lime peanut sauce, cilantro, peanuts [suggested protein → tofu]

7

GODDESS BOWL

quinoa, spinach, pea shoots, radish, avocado, goat cheese, honey mustard pepitas, green goddess dressing [suggested protein → smoked salmon]

8

BUILD YOUR OWN BOWL

customize your bowl

8

Paleo & Whole 30 friendly!

→ MAKE IT YOUR OWN ←

Do you want some extra protein in your bowl? Going gluten free? Can't live without avocado in your breakfast burrito? Not to worry!

ADD A PROTEIN

free-range chicken breast \$3
ropa vieja grass-fed beef \$3
grass-fed bulgogi beef \$3
smoked salmon \$3
tofu \$2
WedgeMade seitan \$2
avocado \$1

SUBSTITUTE

cauliflower rice \$1
gluten free bread 50¢
Too many changes? Check out our build your own bowl and sandwich options!

BURRITOS & SANDWICHES

SERVED 11 AM - 8:30 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.

WEDGE BURRITO

brown rice, black beans, spring mix, tomato, tomatillo salsa, avocado, sour cream, monterey jack cheese [suggested protein → ropa vieja beef]

8

KOREAN BURRITO

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

8

SMOKED TURKEY & PORTOBELLO MELT

smoked provolone, smoked turkey, ginger garlic aioli, marinated portobello mushroom, spinach on a baguette
[vegetarian option available](#)

9

CHICKEN SATAY SANDWICH

peanut chicken, spicy cucumber relish, red leaf lettuce on a baguette

9

TUNA MELT

classic tuna salad, pickled onion, provolone on multigrain bread

8

BUILD YOUR OWN SANDWICH

customize your sandwich

9

HALF SANDWICH & A CUP OF SOUP

pick a sandwich and pair with one of our made from scratch soups

8

SALAD BAR & SOUP

fresh, seasonal selections and customizable just for you

SALAD → 8.99/LB

SOUP → 3.50/CUP 5.50/BOWL