

BREAKFAST

8AM – 11:30AM

Meat Choices: Applewood Smoked Bacon, Housemade Sausage, Chorizo, Black Forest Ham
Fresh Bread Choices: Sourdough, Honey Wheat, Vita-Grain, Mountain Rye

BREAKFAST SCRAMBLE \$13.49

Scrambled eggs on top of roasted potatoes with applewood smoked bacon, sautéed spinach, onions, diced tomatoes, and cheddar cheese served with toast of choice

THE SUN VALLEY BREAKFAST \$11.49

Three eggs your style with hash browns served with toast of choice · *add choice of meat \$2.99*

THE BIG BREAKFAST \$13.99

Three eggs your style, hash browns, choice of meat, and two oatmeal blueberry pancakes

CARLITA'S CHORIZO MIGAS | GF \$13.99

Two eggs your style, crispy tortilla strips tossed in warm tomatillo sauce with chorizo, roasted corn, red onion, black beans, avocado, queso fresco, and drizzled with crema

CHILAQUILES | GF \$14.49

Two eggs your style served atop fresh corn tortilla chips, smothered in tomatillo sauce, topped with queso fresco, diced red onion, and fresh cilantro · *add avocado \$1.99*

IDA-BOWL \$13.49

Two eggs your style with sweet potatoes sautéed with red onion, farro, brussels sprouts, riced cauliflower and arugula · *add avocado \$1.99*

GALENA BOWL \$13.49

Two eggs your style atop roasted potatoes with sautéed shaved brussels sprouts, kale, onion, red peppers, and farro · *add choice of meat \$2.99*

BALDY POWER BOWL | GF \$13.49

Two eggs your style atop kale, quinoa, fresh mozzarella, corn salsa (corn, green onion, and roasted red pepper mix), drizzled with pesto · *add choice of meat \$2.99*

KETO HUEVOS RANCHEROS \$14.49

Two eggs scrambled with choice of chorizo, bacon or sausage with sauteed onions and red peppers topped with avocado, queso fresco and fresh cilantro

WILDFLOUR TARTINE \$12.49

Two eggs your style on toasted BWB Multigrain with cream cheese, sautéed spinach and red peppers, sliced tomato and basil · *add bacon \$1.99*

PASTRAMI HASH AND EGGS \$14.49

Three eggs your style served with our pastrami hash and toast of choice

WILDFLOUR AVOCADO TOAST \$10.99

Toasted BWB Multigrain topped with smashed avocado, arugula, diced tomatoes, diced cucumbers and sliced avocado, drizzled with lemon vinaigrette. Seasoned with our house lemon pepper seed mix · *add smoked Atlantic salmon \$5.99 · add an egg \$1.99*

OMELET YOUR WAY \$14.49

Choice of one MEAT: ham, bacon, chorizo or sausage; Choice of VEGGIES: red onion, red pepper, green pepper, mushroom, diced tomato, spinach; CHEESE: cheddar, mozzarella or swiss; served with hash browns and toast of choice

OATMEAL BLUEBERRY HOT CAKES \$9.99 / \$11.49

Served with whipped butter and maple syrup

SOURDOUGH FRENCH TOAST \$12.49

Our famous sourdough bread soaked in our housemade custard, topped with fresh berries and powdered sugar

BREAKFAST BURRITO \$9.99

Scrambled eggs, cheddar cheese, tomatoes, green onion, and choice of ham, bacon, chorizo or sausage rolled in a warm flour tortilla served with roasted potatoes (*GF Tortilla \$1.99*)

BREAKFAST SANDWICH \$9.99

Scrambled eggs, cheddar cheese with choice of ham, bacon, or sausage on bread of your choice served with roasted potatoes

BAGEL WITH LOX & CREAM CHEESE \$15.99

Served with red onions and capers

BOWL OF STEEL-CUT OATS \$7.99

Served with BWB granola

GRANOLA & YOGURT BOWL \$6.99

Our housemade granola layered with vanilla yogurt and seasonal berries

BOWLS

11:30AM – 2:30PM

BIGWOOD FRESH BOWL | GF \$14.99

Choice of seasoned grilled chicken, house grilled carne asada, chorizo or tofu, citrus rice, black beans, diced tomatoes, jicama, queso fresco, fresh cilantro, avocado, tortilla strips, and fresh lime wedges atop lettuce served with cilantro lime dressing

WILDFLOUR CALI BOWL | GF \$14.49

Seasoned diced chicken, riced cauliflower, quinoa, arugula, black beans, roasted corn, queso fresco, tomatoes, green onion, sliced avocado, fresh cilantro and lime wedge drizzled with cilantro lime dressing

WILDFLOUR BRUSSELS BOWL | GF \$14.49

Seasoned diced chicken, sautéed shaved brussels sprouts, kale, crispy sweet potatoes and quinoa topped with pumpkin seeds, dried cranberries and goat cheese

KALE AND QUINOA BOWL \$12.99

Kale, quinoa, avocado, hummus, carrots, and edamame tossed with balsamic vinaigrette · *Make it a Wrap · GF Tortilla \$1.99 · add tofu or grilled chicken \$3.49 · add salmon \$5.99*

WILDFLOUR CILANTRO LIME BOWL | GF \$12.99

Spinach, farro, queso fresco, roasted red peppers, green onion, roasted corn and avocado drizzled with cilantro lime dressing · *Make it a Wrap · GF Tortilla \$1.99 · add tofu or grilled chicken \$3.49 · add salmon \$5.99*

HOUSE SPECIALTIES

11:30AM – 2:30PM

CHEESEBURGER \$14.99

Ground chuck beef patty with shredded lettuce, tomato, red onion, burger sauce, and choice of cheddar, provolone, swiss, or gruyère · *add bacon \$1.99*

BIGWOOD STREET TACOS | GF \$14.99

Three street-style tacos served with choice of seasoned grilled chicken, house-grilled carne asada, chorizo, or tofu on warm corn tortillas garnished with red onions, fresh cilantro, and cilantro lime drizzle served with citrus rice, refried beans, and fresh lime wedges

GRILLED CHICKEN QUESADILLA \$11.99

Flour tortilla filled with cheddar and mozzarella cheeses, grilled chicken, corn salsa (corn, green onion, and roasted red pepper mix), and avocado served with salsa and sour cream on the side (*GF Tortilla \$1.99*)

SANDWICHES

11:30AM – 2:30PM

OUR FRESH BREAD CHOICES: Sourdough, Honey Wheat, Vita-Grain, Mountain Rye

All sandwiches are served with choice of housemade apple coleslaw or potato salad

SUB: Chips 50¢ · French Fries \$1.49 · Side Salad, Cup of Soup or Fresh Fruit \$3.49

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|  WILDFLOUR SUN VALLEY ROAST TURKEY \$13.49 | SOUTHERN FRIED CHICKEN SANDWICH \$13.99 |
| Oven-Gold roast turkey, provolone cheese, sliced avocado, sliced tomatoes, lettuce and chipotle sauce on a country baguette · <i>add bacon \$1.99</i> | Fried chicken breast with provolone cheese, honey siracha sauce, shaved pickles, shredded cabbage, tomato, and mayo served with French fries |
| ROAST TURKEY \$12.99 | CHICKEN SALAD \$12.99 |
| Oven-gold roast turkey with swiss cheese, lettuce, tomato, cranberry chutney, mayonnaise, and dijon mustard | BWB chicken salad, lettuce, tomato, and mayonnaise |
| BIGWOOD BLT \$14.49 | TUNA SALAD \$12.99 |
| Applewood smoked bacon, lettuce, tomato, and mayonnaise · <i>add avocado \$1.99</i> | BWB tuna salad, swiss cheese, lettuce, tomato, mayonnaise, and dijon mustard |
| CLASSIC CLUB \$14.49 |  WILDFLOUR CHOP CHOP SANDO \$14.99 |
| Oven-gold roast turkey, black forest ham, provolone cheese, and mayonnaise on the bottom layer with bacon, lettuce, and tomato on the top layer · <i>add avocado \$1.99</i> | Sliced salami, sliced provolone, shredded lettuce, diced tomatoes, sliced red onion, housemade Italian peppers, mayonnaise and Dijon mustard on a country baguette · <i>add avocado \$1.99</i> |

HOT SANDWICHES



11:30AM – 2:30PM

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| PHILLY CHEESESTEAK \$14.99 | HAM AND GRUYÈRE PANINI \$13.49 |
| Thinly sliced sirloin, sautéed onions, red peppers, green peppers, melted mozzarella and provolone cheeses served with French fries on a demi baguette | Black forest ham, gruyère cheese, mayonnaise, dijon mustard, and mornay sauce served with housemade apple coleslaw or potato salad |
| BIGWOOD REUBEN \$13.99 | GRILLED CHICKEN PANINI \$13.49 |
| Thinly sliced pastrami, swiss cheese, sauerkraut, and BWB creamy Russian dressing on rye served with housemade apple coleslaw or potato salad | Grilled chicken, swiss cheese, lettuce, tomatoes, red onion, and mayonnaise served with housemade apple coleslaw or potato salad |
| TOMATO, BASIL, AND MOZZARELLA PANINI \$12.99 |  WILDFLOUR GROWN-UP GRILLED CHEESE \$12.49 |
| Tomatoes, basil, and fresh mozzarella with pesto and balsamic vinegar reduction on focaccia served with housemade apple coleslaw or potato salad · <i>add grilled chicken \$3.49</i> | Gouda cheese, tomatoes, arugula, mornay sauce and avocado on BWB Multigrain · <i>add bacon \$1.99</i> |

SALADS

11:30AM – 2:30PM

Option to sub chicken with tofu · Add salmon \$5.99

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| CILANTRO LIME SALAD GF \$14.99 |  WILDFLOUR FRIED BBQ CHICKEN \$14.99 |
| Grilled chicken, romaine, corn salsa (corn, green onion, and roasted red pepper mix), jicama, queso fresco, avocado, and tortilla strips dressed with cilantro lime dressing | Fried chicken bites tossed with our housemade BBQ sauce, romaine lettuce, cucumber, red onion, roasted corn, diced tomato, shredded mozzarella, black beans, sliced avocado and thin sliced fried onions dressed with ranch dressing and drizzled with BBQ sauce |
|  WILDFLOUR EAST AVE ARUGULA GF \$14.99 | KALE AND QUINOA SALAD GF \$12.99 |
| Seasoned diced chicken, arugula, roasted sweet potatoes, caramelized pecans, goat cheese and chopped bacon dressed with balsamic dressing | Kale, quinoa, roasted golden beets, pumpkin seeds, and dried currants tossed with apricot vinaigrette dressing · <i>add tofu or grilled chicken \$3.49 · add salmon \$5.99</i> |
| ASIAN CHICKEN SALAD \$14.99 | |
| Grilled chicken, romaine, green cabbage, green onion, mandarin oranges, carrots, diced almonds, and fried won-tons dressed with honey sesame dressing | |

SOUPS

11:30AM – 2:30PM

All soups are made daily with the freshest ingredients
Served with daily fresh-baked bread

DAILY SOUP

- Cup | \$4.99
Bowl | \$6.99
Quart | \$17.99

GF — GLUTEN-FREE
BWB — BIGWOOD BREAD
 **— WILDFLOUR ITEMS**

*All menu items are prepared daily by our chefs in house.
Consuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.*