

Menu W

WellHouse is rooted in a love for real food. Our cashew and coconut milks are made in-house, our sauces are handcrafted, and we thoughtfully source local, organic ingredients whenever possible. You'll never find seed oils or heavily processed ingredients, just wholesome, flavorful creations from our kitchen to your table.

BREAKFAST

The Sandpoint Scramble Wrap (GF or Reg) \$15

Scrambled eggs, chicken sausage, cheddar cheese, greens, avocado, micro-greens, tortilla.

*add cubed
sweet potato
hash \$2*

Ma & Pa Scramble (GF or Reg) \$15

Bell peppers, onions, mushrooms, scrambled eggs, cheddar cheese, greens, avocado, tortilla. Choice of chicken sausage or bacon. Served with side of pico de gallo and 2 tortillas.

Veggie Scramble (GF or Reg) \$13

Bell peppers, onions, mushrooms, scrambled eggs, cheddar cheese, greens, avocado. Served with a side of pico de gallo and 2 tortillas.

Fetter Fold \$11

Scrambled egg, cheddar cheese and bacon served on ciabatta bun.

Peak Protein (GF) Parfait \$10

Organic Greek yogurt, sliced almonds, chia seeds, fresh berries (e.g., blueberries, strawberries), a drizzle of organic honey, sprinkle of cinnamon. Add a scoop of protein powder + \$2

House Made Pancakes GF or Reg \$10 Add blueberries \$0.75 GF \$0.75

LUNCH

Truong's Teriyaki Chicken Wrap (GF, Reg) \$17

Greens, cabbage, cilantro, cucumber, bell pepper, green onion, carrot, avocado, micro-greens, ginger-teriyaki dressing, toasted almonds/sesame seeds

NW Chicken Bowl \$17

Chicken, greens, cheddar cheese, green onion, rice, black beans tossed with homemade NW sauce

Asian Salad \$15

Greens, cabbage, cilantro, cucumber, bell pepper, green onion, carrot, avocado, micro-greens, ginger-teriyaki dressing, toasted almonds/sesame seeds, Add Chicken \$2

NW Chicken Salad \$17

Greens, cabbage, NW sauce, grilled chicken, cheddar cheese, green onion, avocado, black bean & corn Pico de gallo, organic tortilla chips.

Mama Shelly's Chef Salad \$17

Romaine, ham, turkey, cheddar cheese, hard boiled eggs, tomatoes, onions, cucumber – homemade ranch island dressing

W Drink Menu

SMOOTHIE / SHAKES 16 OZ \$8.50 - 20 OZ \$10.00

Blueberry Bliss

Organic blueberries, banana, milk of choice (almond, coconut, cashew), vegan/whey protein, chia seeds, and a hint of vanilla extract.

Banana Power Punch

Organic banana, whey or vegan protein, organic peanut butter, Milk of choice, flax seeds, and a dash of cinnamon.

Build your own

Choice of milk, fruit, protein and 1 add on

Date Shake

Organic dates, banana, choice of milk, cinnamon, vanilla extract, and a pinch of sea salt.

Smoothie Enchancers

Peanut butter - Almond Butter - Maca powder - Spirulina - Chia Seeds - Avocado - Protein powder vegan/whey - collagen

MOCKTAILS / ENERGY DRINKS 12 OZ \$5 - 16 OZ \$6 - 20 OZ \$7

Britschgi Blue

Organic wild blueberry powder, fresh squeezed lemon juice, sparkling water, organic agave syrup, fresh mint leaves, organic blueberry garnish,

Groots

Organic Hibiscus tea, honey, 1/2 lime, Ice and sparkling water

ESPRESSO BAR 12 OZ - 16 OZ - 20 OZ

Latte

\$4.00 \$5.00 \$6.00

Americano

\$3.00 \$4.00 \$5.00

Cappuccino

\$3.50 \$4.50 \$5.50

CRAFT ESPRESSO 12 OZ - 16 OZ - 20 OZ

Brain Fuel Latte with MCT powder

\$5.00 \$6.00 \$7.00

Organic Date Latte.

\$5.00 \$6.00 \$7.00

Organic Mocha

\$5.00 \$6.00 \$7.00

Organic Vanilla Latte

\$4.50 \$5.50 \$6.50

TEA BAR

Organic Matcha Latte.

\$5.00 \$6.00 \$7.00

Organic Tea

Black * Green * Hibiscus

\$3.00 \$4.00 \$5.00

Iced +\$0.75

KIDS - 12 OZ

Hot organic cocoa

\$4.00

Hot organic steamer

\$4.00

ADD ONS

Extra Shot \$.75

Milk Alternative \$1

Add flavor \$0.50

MCT powder \$.75

Specials Menu

Logger's Omelette (GF can be DF)

Organic eggs, bacon, bell peppers,
onion, mushrooms,, cheddar cheese

Buckley Basic Breakfast

2 organic eggs, meat of choice,
sweet potato hash

Groots Vegan Wrap

Greens, cucumber, bell pepper,
red onion, tomato,, mushroom,
avocado, micro greens +
avocado spread