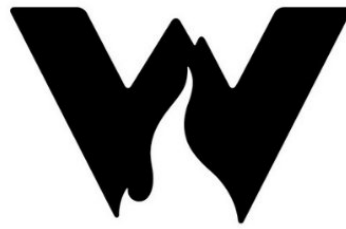


Menu



Wellhouse is rooted in a love for real food. Our cashew and coconut milks are made in-house, our sauces and dressings are handcrafted, and we thoughtfully source local, organic ingredients whenever possible. We use avocado oil and olive oil. Many of our espresso syrups are house made.

BREAKFAST

The Sandpoint Scramble Wrap \$15

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

Ma & Pa Scramble (GF) \$13

Bell peppers, onions, mushrooms, scrambled eggs, cheddar cheese, and greens and avocado, Served with side of pico. Micro green garnish.

ADD bacon or chicken sausage \$2

Fetter Fold \$11

Scrambled egg, cheddar cheese and bacon served on ciabatta bun. Served with house made jalapeño aioli.

Jalen's Breakfast Burrito \$11

Special
Bell peppers, onions, mushrooms, scrambled eggs, cheddar, greens, avocado, Choice of chicken sausage or bacon. Served with side of pico and garnished with micro greens. GF or Reg

Buckley Basic Breakfast \$15

Special
2 scrambled eggs, choice of bacon or chicken sausage, served with sourdough toast or sweet potato hash.

Breakfast served until 11:00am

Peak Protein 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

Pancakes \$10

Add blueberries \$0.75

Gluten Free Pancakes+ \$0.75

Avocado Toast \$13

Special
Two slices of toasted sourdough, avocado spread, folded egg, chili oil. Garnished with green onion and microgreens. Served with sweet potato hash.

Breakfast Tacos \$15

Special
Scrambled eggs, bacon, jalapeno aioli, avocado, cilantro garish GF or Reg tortilla (2)

Additional items:

Sweet potato hash \$2.

Protein: Bacon (3 slices) or chicken sausage \$3

Toast \$2 (jam available upon request)

Lunch/Dinner Menu

Truong's Teriyaki Chicken Bowl \$17 (GF)

Chicken, greens, cabbage, cucumber, bell pepper, carrot, cilantro, green onion avocado, garnished w/micro-greens, toasted almonds/sesame seeds. Served with rice and house teriyaki dressing.

NW Chicken Bowl \$17 (GF)

Chicken, greens, cheddar, black beans, pico de gallo, avocado, green onion. Served with rice, organic tortilla chips and house-made SW dressing.

Main Street Club \$13

Special

Sourdough, sliced turkey, bacon, tomato, greens, mayo, avocado spread. Served with a pickle and boulder potato chips.

Baja Chicken Burrito \$15

Special

Chili Cuban chicken, cilantro-lime rice, black beans, greens, cilantro, and house made pico de gallo. Topped with micro greens. GF or Reg

Asian Salad \$15 (GF)

Greens, cabbage, bell pepper, cucumber, carrot, avocado, garnished with cilantro, scallion, microgreens. Served with house-made teriyaki dressing, slivered almonds and sesame seeds. Add Chicken + 2

NW Chicken Salad \$17 (GF)

Chicken, greens, cheddar, black beans, Pico, avocado, scallion, house SW dressing, garnished with organic tortilla chips

Kids Grilled Chicken and Rice \$13

Kids Quedilla \$5

Special

Tortilla fold over with cheddar cheese, topped with microgreens.

Greenhouse BLTA \$13

Special

Bacon, green lettuce, tomato, sliced avocados, NW spread. Served with a bag of boulder potato chips and a pickle.

Additional items:

Boulder potato chips \$1.50

Side of sour cream/pico \$.75

Groots Vegan Wrap (GF) \$13

Organic spring mix, cucumber, bell pepper, red onion, tomato, mushroom, house avocado spread garnished with microgreens, served in tortilla. GF or Reg.



W
WELLHOUSE





Smoothies & Mocktails



SMOOTHIE

16 OZ \$8.50 - 24 OZ \$12.00

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.

Super Strawberry

Organic strawberries, choice of milk, vegan/whey protein, chia seeds, vanilla extract and honey.

Date Shake

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

Date night

Dates, maca, banana, avocado, collagen chocolate, vegan / whey protein powder, milk of choice.

The Evergreen

Avocado, spinach, spirulina, banana, honey, date, protein, milk of choice.

PB&J

Organic strawberries, banana, peanut butter, greek yogurt, vanilla, vegan / whey protein, and milk of choice.

Smoothie Enhancers

Peanut Butter - Almond Butter - Maca Powder - Spirulina - Chia Seeds - Avocado - Pro Mix Protein Powder Vegan/Whey - Collagen

MOCKTAILS

12 OZ \$5 - 16 OZ \$6 - 24 OZ \$8

Britschgi Blue

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

Groots

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





Espresso Tea Bar

ESPRESSO BAR

12 OZ - 16 OZ - 20 OZ (HOT ONLY)

12 OZ - 16 OZ - 24 OZ (ICED ONLY)

Cappuccino

12oz \$3.50 16oz \$4.50 20oz \$5.50

Latte

12oz \$4.00 16oz \$5.00 20oz \$6.00 24oz \$7.00

Americano

12 oz \$3.00 16oz \$4.00 20oz \$5.00 24oz \$6.00

CRAFT ESPRESSO

Brain Fuel Latte with MCT powder

12oz \$5.00 16oz \$6.00 20oz \$7.00 24oz \$8.00

Organic Date Latte (Date Syrup, Vanilla, Cinnamon)

12oz \$5.00 16oz \$6.00 20oz \$7.00 24oz \$8.00

Mocha

12oz \$5.00 16oz \$6.00 20oz \$7.00 24oz \$8.00

Vanilla Bean Latte

12oz \$4.50 16oz \$5.50 20oz \$6.50 24oz \$8.00

White Chocolate Mocha

12oz \$4.50 16oz \$5.50 20oz \$6.50 24oz \$7.50

Salted Carmel Latte

12oz \$4.50 16oz \$5.50 20oz \$6.50 24oz

Big Maca Energy Mocha

12 oz \$5.25 16oz \$5.75 20oz \$6.00 24oz \$6.50

TEA BAR

Organic Teas

Black *Green *Hibiscus

*Peppermint *Earl Grey

12oz \$3.00 16oz \$4.00

20oz \$5.00 24oz \$6.00

Iced +\$0.75

Organic Ceremonial Grade

Matcha Latte

12oz \$5.00 16oz \$6.00

20oz \$7.00 24oz \$8.00

Organic Chai Latte

12oz \$4.00 16oz \$5.00

20oz \$6.50 24oz \$7.50

CLASSIC SIPS

Hot Chocolate

\$4.00

Hot Steamer (Milk + Flavor)

12oz \$4.00

Orange Juice

12oz \$4.00 16oz \$5.00

Apple Cider

12oz \$3.50 16oz \$4.00

LOTUS

Lotus + Flavor + Cream

16oz \$6.50 24oz \$8.50

House-made flavors

Vanilla Bean
Salted Caramel
Lavender

Alternative Milk Options

House Made Cashew Milk
House Made Coconut Milk
Almond Milk
Oatmilk

ADD ONS

Extra Shot \$.75
Milk Alternative \$1
Add Flavor \$0.50
MCT Powder \$.75
Soft Top \$1.

Additional flavors

Raspberry - Strawberry -
Chocolate - Macadamia Nut -
White Chocolate - Caramel Sauce -
Hazelnut - SF Vanilla - SF White
Chocolate - SF Hazelnut