



WORTHWYLD™
HONEST EATS





FOOD UN COMPRO MISED



No cream, butter, or seed oil.
No shortcuts. No pretending.
Just straight-up good
for you foods to enjoy
everyday.



weekdays
8am-11am | weekends
8am-2pm

Breakfast

11am-close

Shareables
Soups
Salads
Handhelds
Plates
Bowls
Kids
Desserts



All Day

Smoothies
Drinks
Full Bar



v vegan

gf gluten-free

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Certain items, like eggs and meats, can be cooked to order. Please notify your server if anyone in your party has any food allergy or dietary restriction. Not all ingredients are listed. Your safety is important to us. All menu prices subject to change, service charge and state sales tax.*

Breakfast

* Plates

Substitute egg whites 1.5

Classic 15

Two eggs, turkey bacon, sweet potato hash, multi-grain toast, berry chia jam

Eggwich 14


Two eggs over medium, turkey bacon, sautéed kale & spinach, sharp cheddar cheese, multi-grain toast, brioche bun, or ciabatta

Gluten-Free Pancakes 14

House-made granola, blueberries, banana, chia seed, real maple syrup 

Avocado Toast 10

Avocado, tomato, basil oil, salt and pepper, egg, multi-grain toast

| No egg 

Poachi 12

Avocado, poached egg, chili oil, red pepper, black sea salt, oven roasted tomato, multi-grain toast

Steak and Eggs 19

Grass-fed grilled skirt steak, two eggs, sweet potato hash, chimichurri, crostini

Huevos Rancheros 15

Two eggs, spicy black beans, ranchero sauce, tomatillo salsa, avocado pico, parmesan, grilled corn tortillas 

Shakshuka 15

Two skillet-baked eggs, spicy tomato harissa sauce, spinach, feta cheese, served with hummus, cucumber, sprout, grilled pita

Eggs Benni 16

Two poached eggs, avocado, spinach, oven roasted tomato, caramelized onion, spicy cashew aioli, scallion, grilled ciabatta


| * Smoked Salmon 8

Smoky 14

Smoked salmon, cream cheese, scallion, caper, red onion, multi-grain toast

Yogurt + Fruit + Acai

Yogi Bowl 12

Greek yogurt, banana, seasonal fruit, house-made granola, honey 

Fresh Fruit Plate 12

Seasonal fresh fruits and berries

Açaí Bowl 15

Organic acai, banana, blueberry, strawberry, fresh apple juice

Topped with house-made granola, pineapple, banana, goji berry, shaved coconut, honey


* Three Egg Omelettes

Served with sweet potato hash, multi-grain toast, berry chia jam

Worthwyld 12 | each filling 1.5

Cheddar cheese, feta cheese, broccolini, caramelized onion, mushroom, red onion, roasted pepper, scallion, spinach, kale, tomato, turkey bacon (5)

Veggie 17

Broccolini, kale, roasted pepper, tomato, red onion, avocado 

Porto 17

Portobello mushroom, spinach, caramelized onion, feta cheese 

Sides

Sautéed Kale and Spinach   5

* Smoked Salmon 10

* Turkey Bacon  5

Sliced Avocado   3

Sweet Potato Hash   5

Shareables

Hummus and Pita 10

House-made hummus, tomato, cucumber, kalamata olives, parsley, extra virgin olive oil, grilled pita dippers **V**

Whipped Feta 10

Whipped cashew and feta, hot honey, wyld seed crunch, crudite vegetable dippers **GF**

* Bison Keftedes 17

Pan roasted bison, lemon garlic sauce, tzatziki, grilled pita

Falafel Mezze 14

Chickpea patties, tahini, schug, pickles, lemon **V GF**

Chicken Satay 16

Grilled chicken, sweet n sour cucumber, coconut-almond sauce **GF**

Portobello Carpaccio 15

Spinach and arugula salad, capers, basil, pickled red onion, roasted pepper, balsamic glaze, cashew aioli **V GF**

Salads

Wyld Caprese 18

Fresh and oven roasted tomato, buffalo mozzarella, roasted pepper, basil oil, fresh herb, balsamic mixed green salad

Chopped 15 | half 12

Organic greens, tomato, cucumber, carrots, red cabbage, red and yellow peppers, celery, scallions, chickpeas, sunflower seeds, sprouts, lemon flax vinaigrette **GF**

Greek 15 | half 12

Organic romaine, cucumber, tomato, red onion, red and yellow peppers, chickpea, feta cheese, olives, red wine vinaigrette **GF**

Cashew Caesar 15 | half 12

Organic kale, romaine, shaved parmesan, wyld seed crunch, house-made crouton, cashew dressing

Freshly Prepared Enhancements

Marinated Chicken Breast **GF** 6

* Grass-Fed Skirt Steak **GF** 10

* Bison Patty **GF** 8

* Fresh Catch **GF** MP

Tuna Fish Salad **GF** 6

Falafel **V GF** 5

Portobello Mushrooms **V GF** 5.5

Soups

Silky Cauliflower 8

Crouton, cracked black pepper, extra virgin olive oil

| No Crouton **GF**

White Bean and Kale 8

Crouton, extra virgin olive oil, parsley **V**

| No Crouton **GF**

* Grass-Fed Skirt Steak 23

Organic spinach and arugula, parmesan, red onion, oven roasted tomato, crostini, lemon thyme vinaigrette, chimichurri

Tuna Fish Salad 17

Albacore tuna salad, organic romaine, red onion, house-made pickle, olive, tomato, house-made crouton, red wine vinaigrette

Handhelds

Served with mixed green salad



Sandwiches

Grilled Chicken Sandwich 16

Marinated chicken breast, fresh mozzarella, arugula, olive oil, parmesan, arugula-walnut pesto, grilled ciabatta

Steak-n-Cheese Sandwich 23

Grass-fed steak, caramelized onion, fresh mozzarella, arugula, cashew aioli, grilled brioche baguette

* Wyld Fish Sandwich MP

Fresh catch, cabbage slaw, pickled onion, chimichurri, cashew aioli, grilled brioche bun

Tuna Salad Sandwich 14

Albacore tuna fish with herbs, celery, caper, arugula, pickled red onion, cashew aioli, grilled ciabatta

Mozzarella Panini 12

Fresh mozzarella, tomato, arugula-walnut pesto, grilled ciabatta

Burgers

* Bison Burger 16

Bison, caramelized onion, cheddar cheese, avocado, tomato, pickled red onion, wyld sauce, grilled brioche bun

NOTE: wyld sauce contains nuts

Veggie Burger 15

Black rice, red lentils, brown rice, tri-color quinoa and beet patty, tomato, alfalfa sprout, chimichurri, pickled red onion, pickle, wyld sauce, grilled brioche bun

| No bun 


NOTE: wyld sauce contains nuts

Pita Pockets

Greek Chicken Pita 16

Marinated chicken breast, shredded romaine, feta cheese, red onion, kalamata olive, red and yellow peppers, red wine vinaigrette, pita

Falafel Pita 14

Falafels, hummus, pickle, tomato, carrot, purple cabbage, cucumber, alfalfa sprout, romaine, pita, lemon tahini sauce, schug sauce 



We believe **food shouldn't**
come with tradeoffs.
You shouldn't have to sacrifice
quality for convenience,
flavor for nutrition, or
comfort for style.



Plates + Bowls

* **Caribbean Fish Plate** MP

Fresh catch, spicy island beans, coconut quinoa and brown rice, romaine salad, pineapple salsa **GF**

Mediterranean Plate 18

Falafels, hummus, roasted cauliflower, pickled red onion, tomato, cucumber, kalamata olives, grilled pita, pickles, lemon tahini sauce **V**

* **Steak Pesto Plate** 23

Grilled marinated skirt steak, arugula-walnut pesto, farro caprese pilaf, arugula, kale, radicchio balsamic salad

Portobello Plate 18

Coconut brown rice and quinoa, grilled portobello mushroom, asian slaw with soy tahini dressing, roasted broccolini, tamari almonds, toasted sesame seeds, green onion, extra virgin olive oil **V GF**

Whole Grain Bowl 15 | half 12

Brown rice, quinoa, avocado, scallions, carrots, peppers, purple cabbage, chickpeas, tomato, feta cheese, coconut oil, amino acid, dulse flakes, sesame seeds, sunflower sprouts **GF**

Sweet Potato Power Plate 14

Roasted sweet potatoes, marinated kale, purple cabbage, carrots, red onions, pineapple salsa, spicy black beans, lemon thyme tahini sauce, wyld seed crunch **V GF**

Freshly Prepared Enhancements

Marinated Chicken Breast **GF** 6

* Grass-Fed Skirt Steak **GF** 10

* Bison Patty **GF** 8

* Fresh Catch **GF** MP

Tuna Fish Salad **GF** 6

Falafel **V GF** 5

Portobello Mushrooms **V GF** 5.5

Kids

*Includes fresh fruit +
apple juice, orange juice, or lemonade*

Breakfast


Gluten-Free Pancakes 8

Blueberries, real maple syrup 


Classic 8

One egg, turkey bacon,
multi-grain toast, berry chia jam

Almond Butter and Jam 9


House-made almond butter
and berry chia jam, multi-grain
toast or ciabatta crostini 

Yogi Bowl 9


Greek yogurt, banana, seasonal
fruit, house-made granola,
honey 

Lunch + Dinner

Avocado Toast 8

Smashed avocado, pink sea salt,
extra virgin olive oil 

Chicken and Quinoa Rice 12

Grilled chicken breast, steamed
brown rice and quinoa 

Grilled Cheese 10

Cheddar cheese, whole wheat
or ciabatta

Hummus and Grilled Pita 7

House-made hummus,
grilled pita dippers 

Desserts

Desserts are limited in quantity, availability may vary

Gelato 6

Hazelnut , or
Salted Caramel 

Sorbet 6

Mango  

Brownie Cake 7

Chocolate brownie cake with
toasted coconut flakes

Tiramisù 10

Classic Italian dessert, topped
with a light dusting of cocoa



*Proudly serving
desserts by*

Gelato & Co.

Smoothies

Dairy-free smoothies and blended bowls

With Fresh Squeezed Juice

Brazilian Uplift 11

Acai berry, strawberry, blueberry, goji berry, lime, apple juice, agave

Green Goddess 11

Kale, spinach, pineapple, lemon, ginger, flax seed, apple juice

Pink Lady 10

Banana, strawberry, pineapple, apple juice

Worthwyld 10

Choose 3: strawberry, pineapple, blueberry, or banana with cold pressed apple juice

With House-Made Almond Mylk

Banana Kush 11

Banana, house-made almond butter, almond mylk, hemp seed, hemp protein, agave

Chocolate Almond 10

Banana, house-made almond butter & almond mylk, raw cacao, agave

Dreamy Greeny 11

Avocado, spinach, banana, almond mylk, cashews, dates, vanilla

Green PB Cup 10

Spinach, avocado, peanut butter, banana, raw cacao, almond mylk, agave

Strawberry Shortcake 11

Strawberry, banana, house-made almond butter, almond mylk, vanilla, dates, flax seed, agave

With Raw Thai Coconut Mylk

Berry Thai 11

Raspberry, strawberry, blueberry, goji berry, banana, coconut mylk, agave

Black Thai 12

Cold brew coffee, thai coconut mylk, banana, coconut meat, almond butter, maple, vanilla

Fruit of the Gods 11

Papaya, mango, pineapple, coconut mylk, honey

Blended Bowls

Acai Bowl 15

Organic acai, banana, blueberry, strawberry, fresh apple juice

Topped with house-made granola, pineapple, banana, goji berry, shaved coconut, honey

Smoothie Superfood Top-Offs

Cacao Nibs 1

Cacao Powder 1

Golden Flax Seeds 1

Hemp Seeds 1

Hemp Protein 1.5

Epic Protein 2

Whey Protein 2

Drinks

Coffee + Tea

Drip Coffee 3.5

100% Arabica, classic roast, black coffee

Pure Cold Brew 5

12oz 100% Arabica, classic roast, black coffee, brewed for 16 hours

Hot Tea 4

Organic Teatulia leaf packets

Wellness Tea 5

Lemon, mint, honey, cold pressed ginger

Iced Tea 4.5

Organic fresh brewed hibiscus black tea

Lemonade + Soda + Water

Fresh Squeezed Lemonade 4

Fresh squeezed lemons with a touch of organic cane sugar

Crushed Mint Lemonade 5.25

Fresh squeezed lemons with a touch of organic cane sugar over crushed ice and fresh mint

Poppi Soda 4.5

Cherry Limeade, Ginger Lime, Watermelon, Raspberry Rose, Orange, or Strawberry

Aqua Panna 7

Natural Mineral Water, 1 liter

San Pellegrino 7

Sparkling Water, 1 liter

Fresh Juice

Pure House-Made Juice 6

Orange, grapefruit, or apple

Apple-Cucumber 9

Granny smith apple, cucumber, celery, lemon

Strawberry-Thyme 9

Strawberry, blackberry, cranberry, lemonade, thyme

Passionfruit-Carrot 9

Pineapple, carrot, mango, passionfruit, turmeric, lime

Pomegranate-Ginger 9

Honeycrisp apple, beet juice, pomegranate, lemon, ginger, carrot

Bar Menu

Signature Cocktails

Huizenga 14

Vino tinto, honeycrisp apple
cider, brandy, peach, citrus

Stranahan 14

Vodka, aloe, lemon,
cucumber, fennel, mint

1917 14

Hibiscus tequila, mandarino,
bitter aperitivo, lime,
grapefruit soda

Wells Bros 14

Rye whiskey, vermut rosso,
maple syrup, cayenne, lemon

The Olas 14

Vodka, cold-brew coffee, coffee
brandy, cococold foam, nutmeg

Mocktails

Served over ice or wyldstyle

Apple-Cucumber 9

Granny smith apple,
cucumber, celery, lemon
Try it with gin

Strawberry-Thyme 9

Strawberry, blackberry,
cranberry, lemonade, thyme
Psst... bourbon

Passionfruit-Carrot 9

Pineapple, carrot, mango,
passionfruit, turmeric, lime
Make it with mezcal

Pomegranate-Ginger 9

Honeycrisp apple,
beet juice, pomegranate,
lemon, ginger, carrot
Do you like rum?

Wine

Sparkling *glass | carafe | bottle*

Crémant d'Alsace *France, Kuentz-Bas* 17, 26, 65

Crémant d'Alsace Blanc de Blancs *France, Domaine Pfister* —, —, 81

Prosecco *Italy, Bellafina* 10, 15, 37

White

Chardonnay *Washington, L'Ecole No. 41* —, —, 72

Channé Blanc - Sugar Free *France, Saint-Tropez* 11, 17, 45

Chardonnay Estate Grown *California, Tassajara* 14, 21, 52

Pinot Grigio Ramato *Italy, Cantina Riff Delle Venezie* 10, 15, 39

Sauvignon Blanc *France, Mary Taylor* 10, 15, 37

Red

Bourgogne Les Deux Terres *France, Thibault Liger-Belair* 12, 18, 46

Cabernet Sauvignon *California, DeLoach Vineyards* 15, 22, 55

Grenache Syrah *France, Le Paradou Côtes du Luberon* 11, 16, 42

Malbec *Argentina, Santa Julia* 12, 18, 46

Pinot Noir *California, Vinum Cellars* 14, 21, 52

Rosé

Agenais Rosé *France, Mary Taylor 'Christophe Avi'* 11, 16, 41

Rosé *France, Château Maris* 14, 21, 52

Channé Rosé - Sugar Free *France, Saint-Tropez* 11, 17, 45

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