



WORTHWYLD™
HONEST EATS





FOOD UN COMPRO MISED



Seed oil free.
No shortcuts. No pretending.
Just straight-up good
for you foods to enjoy
everyday.



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

Breakfast

11am-close

Shareables

Soups

Salads

Handhelds

Bowls

Entrees

Sides

Kids

Desserts



All Day

Smoothies

Drinks

Full Bar



 vegan

 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 rounds, multi-grain toast, berry chia jam

Eggwich 15

One egg over medium, turkey bacon, sautéed kale & spinach, sharp cheddar cheese, brioche bun served with sweet potato rounds

Gluten-Free Pancakes 14

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

Avocado Toast 10

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

| No egg **V**

| Add Chicken 6

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 rounds, chimichurri, crostini

Huevos Rancheros 15

Two eggs, spicy black beans, rancho sauce, tomatillo salsa, avocado pico, parmesan, grilled corn tortillas **GF**

Shakshuka 15

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

Eggs Benni 16

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

| * Smoked Salmon 8

Smoked Salmon and Bagel 18

Jerusalem bagel, smoked salmon, capers, tomato, red onion, cream cheese

Yogurt + Fruit + Acai

Yogi Bowl 12

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

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 rounds, 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 **GF**

Porto 17

Portobello mushroom, spinach, caramelized onion, feta cheese **GF**

Sides

Sautéed Kale and Spinach **V GF** 5

* Smoked Salmon 10

* Turkey Bacon **GF** 5

Sliced Avocado **V GF** 4

Sweet Potato Rounds **V GF** 5

Jerusalem Bagel 5

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 12

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

Epic Protein 2

Whey Protein 2

Hemp Protein 1.5

Hemp Seeds 1

Golden Flax Seeds 1

Cacao Nibs 1

Cacao Powder 1

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

Spicy Harissa Skillet 18

Spicy tomato harissa sauce, spinach, feta cheese, served with hummus, cucumber, sprout, crostini dippers

Fresh Fruit Plate 12

Seasonal fresh fruits and berries

Mediterranean Plate 18

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

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**

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**

Salads

* Skirt Steak Salad 24

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

Wyld Caprese 18

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

Greek 16 | half 12

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

Chopped 16 | half 12

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

Cashew Caesar 16 | half 12

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

Freshly Prepared Enhancements

Marinated Chicken Breast **GF** 8

* Grass-Fed Skirt Steak **GF** 12

* Bison Patty **GF** 8

* Fresh Catch **GF** MP

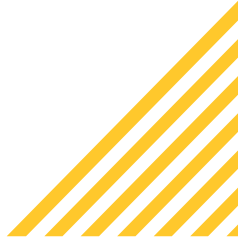
Albacore Tuna Fish **GF** 7

Falafel **V GF** 7

Portobello Mushrooms **V GF** 7

Handhelds

Served with house salad or upgrade to signature side 4



Bowls

Sandwiches

Grilled Chicken Sandwich 16

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

Steak-n-Cheese Baguette 23

Steak, caramelized onion, fresh mozzarella, arugula, cashew aioli, grilled brioche baguette

* Wyld Fish Sandwich MP

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

Albacore Tuna Sandwich 14

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

Mozzarella Panini 14

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

Burgers

* Bison Burger 16

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

| No bun

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

Grilled Chicken 24 | half 20

* Skirt Steak 28 | half 24

Portobello Mushroom 23 | half 19

Falafel 23 | half 19

* Fresh Catch MP | half MP

Choose Your Bowl Base

Brown Rice

with quinoa, avocado, scallions, carrots, peppers, purple cabbage, chickpeas, tomato, feta cheese, coconut oil, amino acid, dulce flakes, sesame seeds, sunflower sprouts

Farro

with warm spinach, charred zucchini, broccolini, roasted peppers, oven dried tomato, basil, lemon basil vinaigrette



Entrees

Plates

Caribbean Plate

Spicy island beans, coconut quinoa and brown rice, romaine salad, pineapple salsa **GF**

* Fresh Catch **GF** MP

Marinated Chicken Breast **GF** 22

* 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 sweet soy tahini, roasted broccolini, tamari almonds, toasted sesame seeds, green onion, extra virgin olive oil **V GF**

Wyld Sweet Potato 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**

Marinated Chicken Breast **GF** 8

* Grass-Fed Skirt Steak **GF** 12

Fresh Catch **GF** MP

* Portobello Mushrooms **GF** 7

Off The Grill

Includes two signature sides

Herb-Marinated Chicken 18

Grilled to order, served with chimichurri **GF**

* Skirt Steak 22

Grilled to your temperature, served with chimichurri **GF**

Portobello Mushrooms 17

Char grilled, served with sweet soy tahini **GF**

* Fresh Catch MP

Grilled or Blackened, served with pineapple salsa **GF**

Sides

Sweet Potato Rounds **GF** 6

Black pepper, salt, olive oil

Farro Caprese Pilaf **GF** 6

Whole grains, oven roasted tomato, spinach, fresh mozzarella, pesto

Roasted Broccolini **GF** 6

Lemon thyme

Marinated Kale **GF** 6

Lemon thyme tahini, wyld seed crunch

Sautéed Kale & Spinach **V GF** 6

Olive oil, seasoning

Mac and Cheese 6

Creamy cauliflower, cheese, pasta

House Salad **GF** 6

Organic romaine, baby spinach, arugula, carrot, cabbage, balsamic vinaigrette

Kids

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

Breakfast

Gluten-Free Pancakes 8

Blueberries, real maple syrup **GF**

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 **V**

Yogi Bowl 9

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

Lunch + Dinner

Avocado Toast 8

Smashed avocado, pink sea salt,
extra virgin olive oil **V**

Chicken and Quinoa Rice 12

Grilled chicken breast, steamed
brown rice and quinoa **GF**

Grilled Cheese 10

Cheddar cheese, brioche bun

Mac and Cheese 8

Creamy cauliflower, cheese, pasta

Hummus and Grilled Pita 7

House-made hummus,
grilled pita dippers **V**

Desserts

Desserts are limited in quantity, availability may vary

Gelato 6

Hazelnut **GF**, or
Salted Caramel **GF**

Sorbet 6

Mango **V GF**

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

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, black tea or green tea

Wellness Tea 5

Lemon, mint, honey, cold pressed ginger

Fresh Brewed Iced Tea 4.5

Organic fresh brewed hibiscus black tea

Arnold Palmer 5

Half fresh brewed iced tea, half fresh squeezed lemonade

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

Flavors vary

Aqua Panna 7

Natural Mineral Water, 1 liter

San Pellegrino 7

Sparkling Water, 1 liter

Fresh Juice

Pure House-Made Juice 6

Orange, grapefruit, apple, or pineapple

Apple-Cucumber 9

Granny smith apple, cucumber, celery, lemon

Strawberry-Thyme 9

Strawberry, blackberry, cranberry, lemonade, agave, thyme

Passionfruit-Carrot 9

Pineapple, carrot, mango, passionfruit, turmeric, lime, agave

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*

Wildly Cuvée *Australia, Brut* 17, 26, 65

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

Prosecco *Italy, Bellafina* 10, 15, 37

White

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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version 2026.02

