

All Day Breakfast (open - 4pm)

- CLASSIC*** two eggs, turkey bacon, sweet potato rounds, multi-grain toast, berry chia jam 15
- EGGWICH*** two eggs over medium, turkey bacon, sautéed kale & spinach, sharp cheddar cheese, brioche bun served with sweet potato rounds 16
- PANCAKES** house-made granola, blueberries, banana, chia seed, real maple syrup 16
- STEAK AND EGGS*** grilled skirt steak, two eggs, sweet potato rounds, chimichurri, crostini 26
- SMOKED SALMON BAGEL*** jerusalem bagel, smoked salmon, capers, tomato, red onion, cream cheese 18
- AVOCADO TOAST*** Avocado, tomato, basil oil, salt and pepper, egg, multi-grain toast 16
- YOGURT PARFAIT** greek yogurt, banana, seasonal fruit, house-made granola, honey 14
- PORTOBELLO OMELETTE*** portobello mushroom, spinach, caramelized onion, feta cheese 17
- AÇAÍ BOWL** organic acai, banana, blueberry, strawberry, apple juice topped with granola, pineapple, banana, goji berry, shaved coconut, honey 15

Breakfast Enhancements

- TURKEY BACON 5
- SLICED AVOCADO 4
- SWEET POTATO ROUNDS 6
- JERUSALEM BAGEL 5

Drinks

REFRESHERS

- CITRUS BLOOM** orange, lemon, hibiscus, sparkling water 12
- HARBOR BREEZE** cucumber, pineapple, basil, lemon, soda water 12
- MANGO FIZZ** mango, lime, grapefruit soda, sparkling water 12
- TROPICAL DRIFT** pineapple, orange, lime, coconut, soda water 12

SMOOTHIES

- BANANA KUSH** banana, house-made almond butter, almond mylk, hemp seed, hemp protein, agave 11
- BLACK THAI** cold brew coffee, thai coconut mylk, banana, coconut meat, almond butter, maple, vanilla 12
- CHOCOLATE ALMOND** banana, almond butter, almond mylk, raw cacao, agave 12
- GREEN GODDESS** kale, spinach, pineapple, lemon, ginger, flax seed, apple juice 11
- STRAWBERRY SHORTCAKE** strawberry, banana, almond butter, almond mylk, vanilla, dates, flax seed, agave 11
- WORHTYWLD** choose up to 3: strawberry, banana, pineapple, or blueberry with cold pressed apple juice 10

COFFEE + TEA

- DRIP COFFEE** 100% Arabica, classic roast, black coffee 3.5
- PURE COLD BREW** 12oz 100% Arabica, classic roast, black coffee, brewed for 16 hours 4
- HOT TEA** organic Teatulia leaf packets, black tea or green tea 4
- WELLNESS TEA** lemon, mint, honey, cold pressed ginger 5
- FRESH BREWED ICED TEA** organic fresh brewed hibiscus black tea 4.5
- ARNOLD PALMER** half iced tea, half lemonade 5

JUICE + LEMONADE + SODA + WATER

- PURE HOUSE-MADE JUICE** orange, grapefruit, apple, or pineapple 6
- FRESH SQUEEZED LEMONADE** fresh squeezed lemons with a touch of organic cane sugar 4
- CRUSHED MINT LEMONADE** fresh squeezed lemonade over crushed ice and fresh mint 5.25
- FOUNTAIN SODA** coke, diet coke, ginger ale, sprite 4
- AQUA PANNA** natural Mineral Water, 1 liter 7
- SAN PELLEGRINO** sparkling water, 1 liter 7

Bar

ITALIAN SPRITZES

- APEROL SPRITZ** prosecco, Aperol, soda 12
- LIMONCELLO SPRITZ** Fabrizia Limoncello, prosecco, lemon, soda 12
- HUGO SPRITZ** prosecco, elderflower, mint, soda 12
- BLOOD ORANGE SPRITZ** Fabrizia Blood Orange, Aperol, lemon, prosecco, soda 12

SIGNATURE COCKTAILS

- The Castaway** appleton rum, pineapple, lime, banana, island spice 15
- Blackberry Bourbon Smash** Maker’s Mark, blackberry, lemon, chocolate bitters 15
- Hot Honey Peach Margarita** Espolon Blanco, peach, lime, hot honey, Tajin 15
- Strawberry Negroni** strawberry-infused gin, Campari, sweet vermouth 15
- Stranahan** Tito's, aloe, lemon, cucumber, fennel, mint 15
- 1917** hibiscus tequila, mandarino, bitter aperitivo, lime, grapefruit soda 15
- The Olas** Tito's, cold-brew coffee, coffee brandy, cococold foam, nutmeg 15



Shareables

- HUMMUS AND PITA** house-made hummus, tomato, cucumber, kalamata olives, parsley, extra virgin olive oil, grilled pita dippers 12
- WHIPPED FETA** whipped cashew and feta, hot honey, wyld seed crunch, crudite vegetable dippers 14
- BISON KEFTEDES** pan roasted bison, lemon garlic sauce, tzatziki, grilled pita 17
- CHICKEN SATAY** grilled chicken, sweet n sour cucumber, coconut-almond sauce 16
- PORTOBELLO CARPACCIO** spinach and arugula, capers, basil, pickled red onion, roasted pepper, balsamic glaze, cashew aioli 15
- TUNA AQUA CHILI*** sushi-grade tuna, jalapeno, lime, cilantro, radish, basil oil 18
- SHRIMP COCKTAIL*** harissa cocktail sauce, charred lemon 19

Soups

- SILKY CAULIFLOWER** crouton, cracked black pepper, extra virgin olive oil 8
- SOUP DE JOUR** chef’s seasonal soup 8

Salads

Salad Add-Ons

Chicken +8, Steak +14, Fresh Catch +MP, Grilled Shrimp +18

- CASHEW CAESAR** organic kale, romaine, shaved parmesan, wyld seed crunch, house-made crouton, cashew dressing 16
- CHOPPED** organic greens, tomato, cucumber, carrots, cabbage, peppers, celery, scallions, chickpeas, sunflower seeds, sprouts, lemon flax vinaigrette 16
- GREEK** organic romaine, cucumber, tomato, red onion, red and yellow peppers, chickpea, feta cheese, olives, red wine vinaigrette 16
- TUNA FISH SALAD** albacore tuna salad, organic romaine, red onion, house-made pickle, olive, tomato, house-made crouton, red wine vinaigrette 17
- STEAK SALAD*** organic spinach and arugula, parmesan, red onion, oven roasted tomato, crostini, lemon thyme vinaigrette, chimichurri 26

Handhelds

Served with house salad or upgrade to signature side 4

- GRILLED CHICKEN SANDWICH** marinated chicken breast, fresh mozzarella, arugula, olive oil, parmesan, arugula-walnut pesto, grilled ciabatta or brioche bun 16
- STEAK-N-CHEESE BAGUETTTE** steak, caramelized onion, fresh mozzarella, arugula, cashew aioli, grilled brioche baguette 24
- WYLD FISH SANDWICH*** fresh catch, cabbage slaw, pickled onion, chimichurri, cashew aioli, brioche bun MP
- BLACKENED FISH TACOS*** cilantro slaw, avocado crema MP
- GREEK CHICKEN PITA** marinated chicken breast, shredded romaine, feta cheese, red onion, kalamata olive, red and yellow peppers, red wine vinaigrette, pita 16
- BISON BURGER*** caramelized onion, cheddar cheese, avocado, tomato, pickled red onion, wyld sauce (contains nuts), brioche bun 18
- VEGGIE BURGER** black rice, red lentils, brown rice, tri-color quinoa and beet patty, tomato, alfalfa sprout, chimichurri, pickled red onion, pickle, wyld sauce (contains nuts), brioche bun 15

Plates

- PORTOBELLO GRAIN BOWL** brown rice with quinoa, avocado, scallions, carrots, peppers, purple cabbage, chickpeas, tomato, feta cheese, coconut oil, amino acid, dulse flakes, sesame seeds, sunflower sprouts 23
- GRILLED CHICKEN FARRO BOWL** farro with warm spinach, charred zucchini, broccolini, roasted peppers, oven dried tomato, basil, lemon basil vinaigrette 24
- STEAK PESTO PLATE*** grilled marinated steak, arugula-walnut pesto, farro caprese pilaf, arugula, kale, radicchio balsamic salad 28
- FRESH CATCH*** grilled asparagus, pineapple salsa, cilantro, basil oil MP
- LAMB CHOPS*** roasted cauliflower, za’atar, salsa verde 32

Sides

- SWEET POTATO ROUNDS** black pepper, salt, olive oil 6
- MAC AND CHEESE** creamy cauliflower, cheese, pasta 6
- ROASTED BROCCOLINI** lemon thyme 6
- MARINATED KALE** lemon thyme tahini, wyld seed crunch 6
- GRILLED ASPARAGUS** lemon thyme 6
- FARRO CAPRESE PILAF** whole grains, oven roasted tomato, spinach, fresh mozzarella, pesto 6

Desserts

- GELATO** salted caramel, or hazelnut 6
- SORBET** mango, or watermelon 6
- BANANA CREAM PIE** 8
- KEY LIME PIE** 8

*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.