

STARTERS

Guacamole & Queso Duo – 13 ^{GF}

freshly made guacamole and chipotle queso blanco, served with organic, avocado oil-fried tortilla chips.

House Kettle Chips & French Onion Dip – 11 ^{GF}

hand-cut potato chips, perfectly seasoned, served with a rich and creamy french onion dip.

Hummus Crudité – 12 ^{GFA / V}

velvety hummus, drizzled with avocado oil and sumac, accompanied by za'atar-dusted pita and a colorful assortment of seasonal crudité.

HANDHELDS + TOASTS

sub: gluten-free bun +1 | keto avocado bun +2

Breakfast Brioche Eggwich Deluxe – 14 ^{GFA}

buttery brioche layered with organic egg, artisanal sausage, American cheddar, pressed shredded potato cake, blueberry ketchup, and toum aioli. Served with malt chips.

Grass-Fed Smashed Brunch Burger – 18 ^{GFA}

Juicy grass-fed smash patties, organic sunny egg, American cheese, toum aioli, blueberry ketchup on brioche. Served with malt chips.

Avocado & Organic Egg Toast – 11 ^{VG / GFA / VA}

Smashed avocado, organic egg, butter, Maldon salt, and chives on toasted Pugliese.

Blueberry & Honey Goat

Fromage Toast – 11 ^{VG / GFA}

Honey goat cheese and blueberry compote on toasted Pugliese.

Mozzarella & Roasted Heirloom

Tomato Toast – 14 ^{GFA}

Creamy, fresh mozzarella, avocado oil, basil chimichurri, and roasted tomatoes on toasted Pugliese.

SIDES

Pasture-Raised Bacon – 5 ^{GF / P / K}

Breakfast Sausage – 5 ^{GF}

Seasonal Fruit – 5 ^{GF / P / K / V}

Frites – 4 ^{GF / V}

Malt Chips – 4 ^{GF / V}

Two Organic Eggs – 5 ^{GF / P / K}

SALADS + BOWLS

The Wave Chopped Cobb – 14 ^{GF / PA / VA / K}

add protein: grilled chicken 4 | steak 6 | salmon 6

crisp iceberg lettuce, applewood-smoked bacon, egg, diced red onion, crumbled blue cheese, and heirloom tomatoes, served with your choice of house-made dressing: house ranch, chipotle ranch, honey mustard, lemon + oil, or balsamic + avocado oil

Açaí Power Bowl – 12 ^{GF / VG / VA}

a refreshing açai bowl topped with coconut flakes, bee pollen, cocoa nibs, goji berries, and banana slices.

BRUNCH FEATURES

Eggs Your Way – 13 ^{GF / KA / PA}

Two organic eggs with choice of sausage or bacon, toasted Pugliese, and preserves.

Blueberry Compote Pancakes – 14

Fluffy buttermilk pancakes with blueberry compote, honey butter, maple syrup, and powdered sugar.

Paleo Protein Pancakes – 17 ^{GF / P}

Paleo pumpkin pancakes with assorted berries, cinnamon butter, maple syrup, and blueberry compote.

Breakfast Quesadilla – 14

Herbed naan filled with scrambled organic eggs, American cheese, bacon or sausage, onions, and chipotle ranch. Served with malt chips.

Country Fried Steak – 27

Grass-fed country-fried steak topped with country gravy, served with two organic eggs your way, choice of bacon or sausage, and frites.

Grass-Fed Minute Steak & Eggs – 32 ^{GF / K / PA}

8 oz minute steak with two organic eggs your way, avocado, and cowboy butter.

Farmer's Market Omelet – 15 ^{GF / K / PA}

Organic eggs filled with creamy goat cheese, roasted heirloom tomatoes, smashed avocado, and crispy pasture-raised bacon topped with chives.

We proudly serve 100% non-GMO dishes.

GF - GLUTEN-FREE | GFA - GF AVAILABLE | V - VEGAN | VA - VEGAN AVAILABLE | VG - VEGETARIAN | VGA - VEGETARIAN AVAILABLE
K - KETO-FRIENDLY | KA - KETO-FRIENDLY AVAILABLE | P - PALEO-FRIENDLY | PA - PALEO-FRIENDLY AVAILABLE | N - CONTAINS NUTS

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.
Please note, while we take precautions to avoid cross-contact, The Wave is not a nut or gluten-free kitchen.

WINE

BUBBLES

Prosecco - La Cantina Pizzolato Veneto, Italy	13 / 48
Cava - Naveran Catalonia, Spain	14 / 52
Sparkling Rosé - JCB No. 69 Crémant de Bourgogne Burgundy, France	75

ROSÉ

Rosé - Château de Berne Méditerranée Romance Provence, France	12 / 45
Rosé - Peyrassol Cote Du Rhone France	14 / 54
Lemonade - Day Wines Oregon	12 / 45

WHITES

Pinot Grigio - Piccini Delle Venezie Veneto, Italy	10 / 38
Sauvignon Blanc - Frenzy Marlborough, New Zealand	14 / 52
Chardonnay - Sonoma-Cutrer Russian River Ranches Sonoma Coast, CA	18 / 68
Riesling - Union Sacré Monterey, CA	13 / 50

REDS

Pinot Noir - Calera Central Coast California, United States	16 / 60
Syrah - François Villard L'Appel des Sereines Rhône Valley, France	12 / 45
Red Blend - Marietta Cellars Old Vine Red California, United States	12 / 45
Cabernet Sauvignon - Hess Maverick Ranch Napa County, CA	68

BRUNCH FAVORITES

Mimosa - 12 choice of orange, grapefruit, or pomegranate juice
Bloody Mary - 12 titos vodka, lemon, bloody mary mix, black salt rim
Irish Coffee - 14 jameson, black coffee, maple syrup, half and half

SPIRIT-FREE LIBATIONS - 10

Cloud Nine bare zero proof, strawberry allulose, pink salt, fresh lime
Betty Buzz aplos adaptogenic na, grapefruit, pink salt, bubbly water

HAND-CRAFTED COCKTAILS - 14

Grapefruit Martini absolut vodka, fresh grapefruit, basil, lime, pink salt
Cucumber Gimlet bombay sapphire gin, cucumber, lime, aloe vera
Sous Vide Manhattan cherry infused maker's mark bourbon, carpano vermouth, bitters

COCKTAILS ON TAP - 13

When Life Gives You Lemons absolut vodka, acidulated limoncello, pink salt, bubbly water
In the Tropics N buffalo trace bourbon, banana oleo saccharum, sandeman sherry, montenegro, black walnut bitters
Skinny Margarita patrón blanco, combier, fresh lime juice, strawberry allulose

BEER & SELTZER

White Claw Black Cherry - 8	Corona - 6
Bud Light - 6	Sierra Nevada Golden Ale - 5 NA
Miller Light - 6	Great Lakes Midwest IPA - 7

TABLESIDE WATER

Still - 8
Sparkling - 8

CAFÉ DRINKS

Zero-Toxin Organic Coffee - 3 add whole, skim or oat milk - 1
Keto Original Bulletproof - 5 zero-toxin coffee, mct oil, grass-fed butter
Hot Tea - 4 english breakfast, iced black tea, green dragonwell, decaf golden chamomile blossom, decaf turmeric ginger

SWEET TOOTH

Chocolate Truffle - 12 GF / N silky mousse, mirror glaze, chocolate
Skillet Cookie - 9 homemade milk chocolate cookie + vanilla ice cream
Butter Cake - 11 scoop vanilla ice cream + blackberry sauce + berries

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