THE WAVE BAR + RESTAURANT

FEATURES

BREAKFAST BRIOCHE EGG DELUXE | 18 GFA
choice thick cut bacon or maple sausage, organic eggs, white cheddar, potato cake, toum aioli, brioche, cajun marble potatoes

EGGS YOUR WAY | 17
two organic eggs, choice thick cut bacon or maple sausage, cajun marble potatoes, sourdough

CHICKEN + WAFFLE | 21 N
carrot and spice infused belgian waffle, buttermilk chicken tenders, maple buttercream, maple syrup, whipped cream, candied pecans

BUTTERMILK PANCAKES | 16
maple buttercream, fresh seasonal berries, organic whipped cream, pure maple syrup, powdered sugar

AVOCADO TOAST | 16 VGA
smashed avocado, two organic eggs, chevre, heirloom cherry tomatoes, cucumber, sourdough

ORGANIC GRAIN FREE GRANOLA PARFAIT | 14 GF / N
organic greek yogurt, grain free granola, seasonal berries and fruit, orange blossom honey

SALADS

sub salmon 5 | sub shrimp 9

PEACH HIBISCUS SALAD | 20 N / GF / VA
green circle chicken, organic field greens, crispy prosciutto, strawberries, blueberries, chevre, dried cherries, candied pecans, peach hibiscus vinaigrette

TOSSED COBB SALAD | 18 GF / VA / PA / K
green circle chicken, chopped iceberg, lardons, organic hard-boiled egg, heirloom cherry tomatoes, blue cheese crumbles, red onion, keto avocado ranch

DRESSINGS
balsamic + oil, lemon + oil, honey mustard, peach hibiscus vinaigrette (n), blue cheese, house ranch, keto avocado ranch

HANDHELDS

served with cajun marble potatoes GF
sub truffle fries 4 | sub fries 2 | sub keto bun GF **4**

BLACK AND BLUE WAGYU SMASH BURGER | 23 GFA
wagyu sirloin, point reyes blue cheese, bacon jam, sunny side egg, peppercorn aioli, brioche

THE WAVE SMASH BURGER | 19 GFA / KA
house beef blend, white cheddar, caramelized onion, pickle, pub sauce, toum aioli, sunny side egg, brioche

WAGYU ROAST BEEF | 24 KA
shaved wagyu sirloin, white cheddar, heirloom tomato, organic lettuce, horseradish aioli, shaved red onion, dijon aioli, sourdough

HEIRLOOM TOMATO SANDWICH | 19 GFA
marinated heirloom tomatoes, burrata, basil, broccoli sprouts, balsamic glaze, dijon aioli, sourdough

TURKEY AVOCADO | 22
smoked turkey, honey-glazed bacon, heirloom tomato, boursin, broccoli sprouts, peppadews, dried cherries, dijon aioli, sourdough

We proudly serve organic, 100% non-GMO dishes.

GF Gluten-Free | **V** Vegan | **VG** Vegetarian
K Keto-Friendly | **P** Paleo-Friendly
N Contains Nuts | **A** Available Upon Request

SIDES

THICK CUT BACON – 5
MAPLE BREAKFAST SAUSAGE – 5
CAJUN MARBLE POTATOES – 7
TOAST AND PRESERVES – 5
SEASONAL FRUIT AND BERRIES – 6
MALT CHIPS - 5

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-bourne 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. *A 2.9% transaction fee applies to all transactions, regardless of payment method.

COCKTAILS

GARDEN GODDESS | 14
dragonwell infused absolut, jalapeño, cucumber juice, arugula, lemon, mint

WATERMELON WAKE | 14
watermelon-infused absolut + new amsterdam gin, watermelon juice, aperol, lemon, basil

SAPPHIRE MINERAL ELIXIR | 14
grapefruit + lemon-infused absolut, rhubarb, coconut, spirulina, hibiscus, lemon, house-made electrolytes

STRAWBERRY FIELDS SPRITZ | 14
aperol, wild strawberry allulose, prosecco, pink salt

GRAPEFRUIT MARTINI | 14
absolut vodka, fresh grapefruit, basil, lime, pink salt

ESPRESSO MARTINI | 14
ketel one vodka, espresso, cane sugar

SKINNY HOUSE MARGARITA | 12
cazadores blanco, fresh lime juice, and pink salt
add a flavor: jalapeno, or strawberry allulose +1

WINE

BUBBLES

Blanc De Blanc – Ethos 13 / 48
Extremadura, Spain

Prosecco – La Marca 13 / 48
Veneto, Italy

Cava – Naveran 14 / 52
Catalonia, Spain

Sparkling Rosé – JCB No. 69 Crémant de Bourgogne 75
Burgundy, France

WHITES

Voigner – Terra D'oro 10 / 38
Amador, CA

Pinot Grigio – Piccini Delle Venezie 10 / 38
Veneto, Italy

Sauvignon Blanc – Frenzy 14 / 52
Marlborough, New Zealand

Chardonnay – Hess Shirtail Ranches 18 / 68
Napa, CA

Riesling – Union Sacré 18 / 68
Monterey, CA

Gruner Veltliner – Hopler 12 / 45
Burgenland, Austria

REDS

Pinot Noir – Calera Central Coast 16 / 60
California, United States

Syrah – François Villard L'Appel des Sereines 12 / 45
Rhône Valley, France

Red Blend – Marietta Cellars Old Vine Red 12 / 45
California, United States

Renato Ratti – Langhe Nebbiolo 14 / 52
Piedmont, Italy

Cabernet Sauvignon – Hess Maverick Ranch 18 / 68
Napa County, CA

ROSÉ

Château de Berne Mediterránea Romance 12 / 45
Provence, France

Peyrassol Cote Du Rhone 14 / 54
France

BEER & SELTZER

Corona – 6
Miller Light – 6
Busch Light – 6
Michelob Ultra – 6
Bud Light – 6
House Draft Selection – 7
Hulk Hogan's Real American Beer – 5
High Noon Peach – 7
White Claw Black Cherry – 7
Sun Cruiser Iced Tea – 7
N/A - Sierra Nevada Golden Ale – 5

CAFE DRINKS

ZERO-TOXIN ORGANIC COFFEE | 3
add whole 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

TABLESIDE WATER

STILL – 8 SPARKLING – 8

DESSERT

BUTTER CAKE W/ ICE CREAM | 10
SKILLET COOKIE W/ ICE CREAM | 10
KETO SABAYON W/ FRESH BERRIES