



360-922-0819

<http://www.ordervikingfood.com>

The Wild Oat Bakery & Cafe

**** Attention Customers ****

Dine-in/take-out prices may vary.

Single-use items, such as plasticware, chopsticks, condiments, and napkins, will not be included unless requested.

Distance Charge

We happily deliver to surrounding areas! The \$4.99 delivery fee covers the first 4 miles from the restaurant. A \$1.25 pro-rated, taxable, distance fee will automatically apply for each additional mile. Your driver receives the entire delivery fee and tip. If you have any questions, please call us at 360-922-0819. A working phone number is required to order.

Breakfast

Served daily until 11 AM.

Everything Bagel & Vegan \$6.33
Cream Cheeze

A toasted, everything bagel with Vegan Cream Cheeze.

Cheezy Tofu Scrambled Eggs \$8.34
(GF)

Tofu eggs and melted cheeze with a slice of sourdough toast.

Organic Lemon Yogurt & \$12.65
Granola (GF)

Our AMAZING homemade organic lemon yogurt and blueberry compote. Topped with pumpkin flax seed granola. Dairy Free!

Breakfast Sandwich \$6.90

Scrambled tofu eggs and melted cheeze on an English muffin.

Breakfast Burrito \$10.35

A spinach tortilla covered with beans, soyrizo, cheeze, salsa, tofu eggs, and fresh spinach.

Monster Burrito \$16.10

A giant spinach tortilla stuffed with beans, soyrizo, black beans, onions, peppers, cheeze, salsa, tofu eggs, and spinach.

Breakfast Tostada (GF) \$10.35

A corn tortilla covered with refried beans, black beans, soyrizo, cheeze, salsa, tofu eggs, and fresh spinach.

Pancakes \$7.48

Light and fluffy! Served with vegan butter and maple syrup.

Burgers & Sandwiches

Served with your choice of small salad, cup of soup, or chips.

Gluten-Free bun and other options available for any sandwich for an additional charge.

Beyond Burger \$19.55

A big, juicy, non-beef burger with

- lettuce, tomato, red onions, mayo, and pickles served on grilled ciabatta.*
- Toasted Bagel Sandwich \$11.50**
An organic, everything bagel with cream cheeze, tomato, cucumber, avocado, red onions, and organic greens.
- Italian Meetball Sub \$19.55**
Italian meetballs with peppers and onions served on a grilled French roll and topped with marinara and Parmesan.
- Fysh Fillet Sandwich \$17.25**
Crispy fillets with our tartar sauce, lettuce, and red onions served on a toasted bun.
- Grilled Smoked Turkey \$19.55**
Sliced smoked turkey on grilled sourdough with melted smoked gouda, lettuce, tomato, avocado, and coconut bacon.
- Wild Oat Dip \$17.25**
Our house-made tender non-beef on a grilled French roll with au jus for dipping.
- Philly Cheese Steak \$19.55**
Onions, peppers, non-beef, and melted provolone on a grilled French roll.
- Chickpea Toona Sandwich \$12.08**
Made with dill relish, Kalamata olives, celery, fresh dill, and vegan mayo. Served with lettuce, pickles, tomatoes, and red onions on your choice of bread.
- Chickpea Toona Melt \$14.66**
Our chickpea toona on grilled rye with melted provolone.
- Grilled Cheese \$10.06**
Your choice of sourdough, rye, or Gluten-Free bread with American and provolone vegan cheeze melted to perfection.
- Classic BLT \$14.09**
Your choice of rye, sourdough, or Gluten-Free bread with crispy coconut bacon, fresh lettuce, and tomato.
- Smoked Turkey Club \$17.25**
Sliced smoked turkey on toasted sourdough with melted smoked gouda, lettuce, tomato, avocado, and coconut bacon.
- Reuben \$19.55**
Grilled rye piled high with our hand-crafted sauerkraut, plenty of non-beef, provolone, Russian dressing, and a hint of Dijon.
- Roast Beef Deli Sandwich \$17.25**
Deli sliced non-beef with lettuce, tomato, pickles, red onion, mayo, mustard, and handcrafted horseradish on soft warm sourdough.
- Cajun Style Blackened Fysh Sandwich \$17.83**
Cajun spiced Fysh fillets, blackened and served with Sriracha mayo, lettuce, wax pepper rings, and red onion on grilled ciabatta.
- BBQ Beef \$17.83**
Sliced non-beef smothered in homemade BBQ sauce with grilled peppers and onions, and crisp lettuce on grilled ciabatta.
- Italian Sub Sandwich \$20.13**
Sub roll stuffed with salami, turkey, pepperoni, provolone, lettuce, bell pepper, Kalamatas, tomatoes, mild pepper rings, and red onions.

Soups & Salads

Dressing Choices (GF): Sweet As Honey Mustard, Asian Sesame, Caesar, Italian, or Balsamic

Vinaigrette.

Asian Sesame Salad (GF)	\$17.25
<i>Organic greens tossed with apples, almonds, cucumbers, cran-cherries, and Tamari rice crackers. Served with Asian Sesame dressing.</i>	
Caesar Salad (GF)	\$17.25
<i>Fresh romaine with Parmesan, almonds, and hand-crafted Caesar dressing.</i>	
Little Italy (GF)	\$17.25
<i>Mixed greens, tomatoes, Kalamata olives, red onions, cucumbers, bell peppers, and banana wax peppers. Served with Italian dressing.</i>	
House Salad (GF)	\$12.36
<i>Fresh mixed greens topped with tomatoes, red onions, and cucumber. Served with your choice of dressing. (GF dependent on dressing.)</i>	
Homemade Soup of the Day	\$7.48
<i>Served with bread.</i>	

For The Smaller Appetite

Chickpea Toona On Toast	\$8.05
<i>Our chickpea toona on toasted rye.</i>	
Traditional PB&J	\$7.99
<i>All-natural peanut butter and jam served on sourdough bread.</i>	
Apples & Peanut Butter (SF)	\$7.99
<i>Sliced apples with all-natural peanut butter for dipping.</i>	

Pastries & Baked Goods

Cake By The Slice	\$7.99
Cinnamon Rolls	\$6.90
<i>Available on weekends only.</i>	
Sugar Cookies	\$5.00
<i>Gluten-Free.</i>	
Cowboy Cookies	\$5.00
<i>Gluten-Free.</i>	
Banana Bread	\$6.21
Scones	\$5.18
Muffins	\$5.00
Gluten-Free Scones	\$6.84
Cupcakes	\$6.21
Gluten-Free Mini Loaf	\$6.84

We avoid Palm Oil, GMO, & Non-Organic Products whenever possible. We do our best to avoid cross contamination, but we are not a dedicated gluten or soy free restaurant. Our menu uses the symbol SF for soy free and GF for gluten free. If you have dietary restrictions we should be aware of, please notify us so that we may best accommodate your needs.