

# Lunch

## STARTERS

### CHEDDAR PRETZEL BAGUETTE

Toasted, with yellow or grainy mustard upon request  
6.5

### POPOVER WITH HONEY BUTTER

Light, crispy, & hollow  
6

### CHEDDAR CHIVE BISCUIT

4.5

### WHEAT'S END SALAD

Romaine & mesclun lettuce, tomatoes, cucumbers,  
house apple cider vinaigrette  
5.5

## ORGANIC EGGS

### EGG BREAKFAST SANDWICH

Open-faced with your choice of English muffin or bagel,  
garnished with organic greens  
Herb & cheddar 9 / Bacon & cheddar 11

### THREE EGG OMELETTE

Garnished with organic greens  
#1 Bacon, mushroom, & cheddar  
#2 Onion, pepper, & cheddar  
#3 Spinach, tomato, & feta  
Omelette 11 / With English muffin or bagel 14

## OUR FAVORITES

### SALTY, SWEET & SPICY PANINI

With fig hazelnut jam & brie with your choice of  
prosciutto or turkey  
Panini 10.5 / With salad 13 / With soup 14

### VEGGIE LOVER'S DREAM PANINI

With seasonal vegetables  
Panini 9.5 / With salad 12 / With soup 13

### CRISPY VEGGIE FRITTERS

Zucchini, carrot, & potato fritters with  
your choice of white bean hummus or Greek yoghurt  
Fritters 10 / With soup 14

### WHEAT'S END BURGER

Juicy lamb patty seasoned with onions & parsley,  
on a warm bun with classic fixings & French fries  
13.25

### SAUCY BEANS & RICE

White beans in a rich tomato sauce  
with brown rice  
9

### PANCAKES

With organic maple syrup & butter  
Classic, blueberry, choc chip, or Nutella  
Half stack 6.5 / Whole stack 12

### THIN-CRUST PIZZA

7" personal pizza served one of two ways: classic  
cheese or a medley of spinach, bell pepper, red onions,  
mushrooms, cherry tomatoes, and green olives  
Cheese 8 / Veggie 10  
Cheese 9.5 / Veggie 11.5

## ADDITIONS

### SAVORY SOUP

With flatbread  
Choose lentil, creamy potato, or tomato  
6.5

### QUINOA SALAD

Cucumber, carrots, red pepper, green pepper, celery,  
chickpeas, tomatoes, fresh lemon juice, & olive oil  
7.75

### SPICY POTATOES

Garlic, cilantro, & hot sauce (sambal)  
5.5

### TOASTED ENGLISH MUFFIN OR BAGEL

With your choice of honey butter or cream cheese  
English muffin flavors: classic, 6-seeded  
Bagel flavors: classic, everything, onion, sesame,  
cinnamon raisin, blueberry  
5.5

## EXTRAS

Nueske's Uncured Cherrywood Bacon +5  
Single Egg Any Style +1.5  
Honey Butter +1  
Cream Cheese +1  
Nutella +1  
Cheddar, Feta, or Herb Goat Cheese +1  
Organic Jam +.5

vegan  dairy-free   
vegan upon request  dairy-free upon request 

our menu is 100% gluten free

## COLD BEVERAGES

FRESHLY-SQUEEZED ORANGE JUICE  
5

FRESHLY-SQUEEZED GRAPEFRUIT JUICE  
5

ICED TEA  
3

GINGER BEER  
*Non-alcoholic*  
3

FIJI WATER  
2.5

SPINDRIFT SPARKLING SELTZER  
*Cucumber, grapefruit, blackberry, lemon, orange  
mango, strawberry, or raspberry-lime*  
2.5

SAN PELLEGRINO SPARKLING  
MINERAL WATER  
*Large 5 / Small 2.5*

wheat's  
END  
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## ESPRESSO BAR

*Proudly serving air-roasted coffees from  
Bridgeport Coffee Company*

DRIP COFFEE  
2.5

AMERICANO  
2.5

ESPRESSO  
*single 2 / double 2.5*

CAFÉ AU LAIT  
3.5

LATTE OR CHAI LATTE  
4

CAPPUCCINO  
4

MOCHA  
5

HOT CHOCOLATE  
4

GLASS OF STEAMED MILK  
3

BLACK OR HERBAL TEA  
3

EXTRAS:  
*Soy/Almond/Coconut Milks +.75  
Monin syrups +.75*

## SWEET TREATS

MUFFINS  
3.5

SCONES  
3.5

COOKIE / TRISCOTTI COFFEE DIPPERS  
1.25

DOUGHNUTS  
*Chocolate, pumpkin, coconut, strawberry  
almond, orange spice, or orange spice with  
Nutella drizzle*  
3

CINNAMON ROLLS  
*Classic, apple, or pumpkin*  
3.5

*Wheat's End goodies are lovingly made in a  
100% dedicated gluten-free bakery  
just down the road in the Ravenswood  
neighborhood of Chicago.*

WHEAT'S END CAN ONLY GUARANTEE THAT OUR SELF-MANUFACTURED  
PRODUCTS ARE 100% GLUTEN FREE. CUSTOMERS MUST INFORM US OF OTHER  
FOOD SENSITIVITIES BEFORE ORDERING OR CONSUMING OUR FOOD. ALLERGY  
WARNING: OUR FACILITY ALSO PROCESSES EGGS, DAIRY, NUTS & SOY. LISTED  
ITEMS & PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. Thank you!