



You get out what you put in.
 Woodside Kitchen recipes
 adhere to our 6 Standards of
 Quality because we care about
 providing the best, purest
 ingredients possible for your
 body and mind.

BREAKFAST

Available all day

PEANUT BUTTER TOAST ^{Vg}
 Grains Galore toast, peanut butter, sliced banana,
 crushed peanuts, chia seeds, honey drizzle 5

OVERNIGHT OATS ^{GF V}
 Banana, apples, figs, dates, pears, almond crunch,
 cacao nibs, agave drizzle 8

WOODSIDE BREAKFAST*
 Two eggs cooked to order, bacon, Grains Galore toast,
 avocado, seasonal fruit 9

DAILY QUICHE
 Served with a green salad or fresh fruit 9

BRUNCH WRAP
 Two scrambled eggs, bacon, sweet potato, caramelized onion,
 cheddar cheese, served with seasonal fruit 11

SALADS

GARDEN SALAD ^{GF V}
 Spinach, kale, cabbage, fresh herbs, carrots, apples,
 spiced almonds, dates, chia seeds, apple cider vinaigrette 9
 add salmon or shrimp +5, chicken +4

KALE CHICKEN CAESAR
 Grilled chicken breast, kale, romaine,
 sourdough croutons, parmesan 10

KOREAN CHICKEN SALAD ^{GF}
 Crispy chicken, cabbage, cilantro, tomatoes, cucumber,
 carrot, chili sauce, ginger-sesame vinaigrette 11

STEAK SALAD* ^{GF}
 Seared skirt steak, arugula, spinach, pears, walnuts, pickled
 shallots, blue cheese crumbles, balsamic vinaigrette 14

SOUPS

Add Grilled Cheese or Green Salad +4

SEASONAL SOUP 4/6

TOMATO SOUP ^{GF V} 4/6

BONE BROTH ^{GF} 6

WONTON SOUP with edamame dumplings ^V 6

SIDES

HOUSE-MADE POTATO CHIPS ^{GF V} 2

TWICE-COOKED FRIES + KETCHUP ^{GF V} 3

ROASTED VEGETABLES ^V 4

WOODSIDE GREEN SALAD ^{GF} 4

KALE CAESAR 4

HANDHELDS

Served with a choice of fries, house-made potato chips,
 half Woodside Green or Kale Caesar salad.
 Gluten-free bread available for select menu items +1

WOODSIDE BURGER*
 Grass-fed beef, cheddar, pickles, lettuce, tomato,
 toasted Farm to Market bun 12

TURKEY CLUB
 Roast turkey, avocado, bacon, micro greens, cheddar,
 garlic aioli, tomato, Grains Galore bread 10

CHICKEN SALAD
 Chicken breast, cashews, grapes, celery, red onion,
 on lettuce cups, toasted Grains Galore or whole-wheat wrap 9

SALMON BLT*
 Wild-caught salmon, bacon, lettuce, tomato,
 dill aioli on toasted Farm to Market bun 13

CHICKEN TENDERS ^{GF}
 Hand-breaded in rice flour,
 served with house-made honey mustard 10

STEAK SANDWICH*
 Seared skirt steak, caramelized onions, tomato,
 horseradish aioli, Muenster, arugula, rustic bread 13

AUTUMN FLATBREAD ^{Vg}
 Roasted mushrooms, figs, red onion, smoked mozzarella,
 rosemary, roasted garlic, truffle oil 10
 add chicken +3

MAINS

CURRY BOWL ^{GF V}
 Rice noodles, marinated tofu, red curry sauce, cilantro,
 carrots, cabbage, crushed peanuts, lime 11
 add chicken +4

SALMON* ^{GF}
 Flaked salmon, quinoa, bacon, cauliflower,
 pickled raisins, almonds, sunny egg 13

ROASTED VEGETABLE ^V
 Brussels sprouts, cauliflower, squash, carrots, farro, kale,
 miso vinaigrette, wasabi crunch 12

SPICED CHICKEN BOWL ^{GF}
 Spiced grilled chicken, quinoa, black beans, charred peppers,
 corn relish, pico de gallo 13

SHRIMP FRIED RICE
 Wild-caught shrimp, egg, kimchi, edamame, carrots,
 stir-fry sauce, crispy shallots 14

ROASTED CHICKEN ^{GF}
 Airline chicken breast, oven-roasted vegetables,
 served with pan jus 14

Most items can be made gluten-free, vegetarian, or vegan. Just ask!

^{GF} Gluten-Free ^V Vegan ^{Vg} Vegetarian