

S T A R T E R S

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.

Pomme Frites - 10 GF

crispy malt vinegar frites + chives served with toum aioli and blueberry ketchup.

Hummus Crudit  - 12 GFA / V

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

Crispy Rice Tuna & Salmon Tartare* - 19 GF

crispy rice topped with a delicate mix of salmon, spicy tuna, avocado, jalape o, and spicy mayo. garnished with toasted sesame seeds and chives.

C O L D B O W L S

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

Caprese Prosciutto Salad - 16 GFA / PA / KA

creamy buffalo mozzarella paired with heirloom tomatoes, crispy basil, thinly sliced prosciutto. and crostini finished with a drizzle of avocado oil and aged balsamic reduction.

The Wave Chopped Cobb - 14 GF / PA / VA / K

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

A ai Power Bowl - 12 GF / VG / VA

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

We proudly serve 100% non-GMO dishes.



H A N D H E L D S

served with house malt chips. sub frites + 2

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.

The Wave Grass-Fed Burger* - 17 GFA

juicy grass-fed beef burger with American cheddar, pickled red onion, pickles, blueberry ketchup, and toum aioli on a toasted brioche bun.

Heirloom Tomato & Basil Sandwich - 14 GFA / V

thick-cut heirloom tomatoes, fresh basil, and broccoli sprouts on a country french loaf with vegan lemon-caper mayo.

Brie & Blueberry Grilled Cheese - 15 GFA / VG

decadent grilled cheese with creamy brie, wild blueberry compote, fresh basil, and a hint of honey, served on country loaf.

M A I N S

Spicy Salmon & Tuna Bowl* - 21 GF

a vibrant bowl of spicy salmon and tuna, avocado, kimchi, and cucumber over sushi rice, drizzled with sesame oil, unagi sauce, and spicy mayo. finished with sesame seeds and chives.

Korean Fried Rice - 20 GF

rich, flavorful fried rice with duck fat, tender chicken, broccoli, kimchi, broccoli sprouts, egg, lardon, and chive. garnished with sesame seeds and served with white BBQ sauce.

Prime Minute Steak* - 32 GF

8 oz. grass-fed steak, perfectly seared and served with a side of keto cowboy butter candle and house pomme frites.

Wild Salmon - 28 GF / KA / PA

wild-caught salmon served on sushi rice with broccoli and a keto cowboy butter candle

Crispy Buttermilk Chicken Tenders - 16

hand-breaded buttermilk chicken tenders. served with house ranch, honey mustard, and crispy malt chips.

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 13 / 48
Veneto, Italy

Cava - Naveran 14 / 52
Catalonia, Spain

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

ROSE

Rosé - Château de Berne Méditerranée Romance 12 / 45
Provence, France

Rosé - Peyrassol Cote Du Rhone 14 / 54
France

Lemonade - Day Wines 12 / 45
Oregon

WHITES

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

Sauvignon Blanc - Frenzy 14 / 52
Marlborough, New Zealand

Chardonnay - Sonoma-Cutrer
Russian River Ranches 18 / 68
Sonoma Coast, CA

Riesling - Union Sacré 13 / 50
Monterey, CA

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

Cabernet Sauvignon - Hess Maverick Ranch 68
Napa County, CA

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 antica vermouth, angostura 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

Bud Light - 6

Miller Light - 6

Corona - 6

Sierra Nevada Golden Ale - 5 NA

Great Lakes Midwest IPA - 7
on tap

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