

BREAKFAST (early morning 'til 3pm)

FRESH JUICES

FRESHLY SQUEEZED ORANGE JUICE	280
GOLDEN JUICE	280
pineapple, carrots, orange juice, ginger, turmeric	
GREEN JUICE	280
moringa, cucumber, green apple, pineapple, celery, ginger	
RED JUICE	280
red beets, carrots, ginger juice, apple	

SMOOTHIES

GOOD MORNING SUNSHINE	280
strawberry, mango, pineapple, banana, yogurt, honey	
BLUE DREAM	280
blueberries, strawberry, banana, yogurt, honey	
COCONUT PINEAPPLE SMOOTHIE	280
banana, pineapple, dates, coconut cream	
BANANA CHIA SMOOTHIE	280
banana, chia seeds, dates, fresh milk	

BREAD AND BUTTER

WILDFLOUR'S BAGUETTE	
BEEF & HERB BUTTER / BACON BUTTER / GARLIC - PARSLEY	85
ECHIRE BUTTER	180
PARKER HOUSE ROLLS	
HONEY AND BROWN BUTTER	140
BISCUITS AND JAM	180
(add Echire Butter +160)	

PASTRY BOARD	450
choose from our pastry case	
FRUIT BOWL	350
selection of daily seasonal fruits	
CHIA BOWL	430
almond milk, coconut milk, fresh fruits, honey, almonds	
GRANOLA AND YOGURT	390
Greek yogurt, fresh fruits, honey	

BLUEBERRY AND RICOTTA CHEESE PANCAKES	550
fresh milk ricotta, caramelized banana, maple syrup (please allow 20 minutes)	
BRIOCHE FRENCH TOAST	420
maple syrup (add bacon or sausage +120)	

EGG SALAD TARTINE	595
cucumber, radish, celery, cherry tomato, fresh herbs	
SALMON TARTINE	595
baba ganoush, roasted eggplant, greek yogurt, cucumber, olives, chili, arugula	
BREAKFAST BLT	495
sesame bagel, crispy bacon, lettuce, tomato, honey mustard, American cheese, fried egg	
CROQUE MADAME	495
country ham, gruyere, béchamel sauce, fried egg	
HAM, MUSHROOMS AND EGGS ON TOAST	495
spinach, soft eggs, bordelaise, béarnaise	
HOUSE CURED SALMON AND EGGS ON TOAST	520
scrambled and soft eggs, béarnaise, brioche	
RICOTTA TOAST	380
ricotta, mango jam, granola	

MUSHROOM BOWL.	560
whole grains, black rice, roasted mushrooms, sambal, sweet soy, fried egg	
ADOBO FRIED RICE	580
braised pork belly, .fried egg, pickled chillies, dalisay rice	
KIMCHI FRIED RICE	630
braised beef brisket, fried egg, dalisay rice	
SISIG BOWL.	630
crispy pork, onions, chillies, fried egg	
FILIPINO BREAKFAST.	470
homemade longganisa, pickled vegetables, fried egg	
BEEF TAPA.	495
garlic fried rice, fried egg, atsara	
BACON FRIED RICE.	495
bacon steak, garlic fried rice, fried egg	

WILDFLOUR BREAKFAST	495
eggs, crispy potatoes, homemade breakfast sausage (sub bacon steak +50)	
MUSHROOM AND ASPARAGUS OMELETTE	495
goat's cheese, baby green salad	
CHORIZO FUNDIDO	495
Mexican chorizo, cheddar, mozzarella, fried egg, arugula	
SHAKSHOUKA	495
braised tomatoes, soft eggs, labneh, fresh herbs	
FRIED CHICKEN AND WAFFLES	630
soft scrambled eggs, bacon gravy, parmesan cheese	
STEAK AND EGGS	2795
400g rib eye steak, crispy potatoes, sunny side egg, béarnaise, bordelaise	

BREAD AND BUTTER**WILDFLOUR'S BAGUETTE**

BEEF & HERB BUTTER/BACON BUTTER/GARLIC - PARSLEY	85
ECHIRE BUTTER	180
PARKER HOUSE ROLLS	
HONEY AND BROWN BUTTER	140
BISCUITS AND JAM	180
(add Echire Butter +160)	

APPETIZERS

CHORIZO AND GAMBAS	695
fresh prawns, Pamplona chorizo, garlic, olive oil, aioli	
MUSSELS AND FRIES	560
garlic, parsley, butter, white wine	
ROASTED BONE MARROW	550
mango salsa, warm baguette	
ORGANIC CHICKEN WINGS	590
agro dolce, fried pickled chilies, fresh herbs, garlic, peanuts	
KOREAN FRIED CHICKEN WINGS	590
gochujang, scallions, sesame seeds	

TARTE FLAMBEE

BACON AND GRUYERE	560
caramelized onions	
FRENCH BRIE AND DATES	560
caramelized onions, arugula, port wine reduction	

SOUP

TOMATO SOUP	290
Parmigiano Reggiano, sour cream	
CLAM CHOWDER	350
potatoes, bacon, cream, lemon zest	

SALAD

BABY MIXED GREEN SALAD	395
mangoes, candied walnuts, Malagos Farms goat cheese	
WILD MUSHROOM SALAD	550
arugula, apple, pistachios, parmesan	
GRILLED OCTOPUS SALAD	495
shaved cabbage, mangoes, peanuts, fresh herbs	
WILDFLOUR CHOPPED SALAD	575
roast chicken, salami, roasted carrots, cucumber, blue cheese, tomatoes, house dressing, candied walnuts	

RICE BOWLS

MUSHROOM BOWL	560
whole grains, black rice, roasted mushrooms, sambal, sweet soy, fried egg	
ADOBO FRIED RICE	580
braised pork belly, fried egg, pickled chilies, Dalisay rice	
KIMCHI FRIED RICE	630
braised beef brisket, fried egg, Dalisay rice	
FILIPINO BREAKFAST	470
homemade longganisa, pickled vegetables, fried egg	
BEEF TAPA	495
garlic fried rice, fried egg, atsara	
BACON FRIED RICE	495
bacon steak, garlic fried rice, fried egg	
SISIG BOWL	630
crispy pork, onions, chillies, fried egg	

VEGETABLES

SWEET POTATO FRIES	340
Sriracha aioli	
BROCCOLI AND CAULIFLOWER	395
dates, roasted garlic, chili	

SANDWICHES

SOUP, SALAD, SANDWICH	520
tomato soup, side salad, grilled cheese sandwich	
CLUBHOUSE SANDWICH	520
country ham, chicken, bacon, garlic aioli, tomato, egg	
FRIED CHICKEN SANDWICH	520
spicy caesar dressing, French fries	
CALIFORNIA BURGER	560
1/3 lb all beef patty, cheddar, grilled onions, tomato	
TUNA MELT	520
olive oil poached tuna, multigrain bread, cheddar cheese, salad	
CHICKEN AVOCADO SANDWICH	595
guacamole, garlic aioli, tomato, arugula	

PASTA

MAC N' CHEESE	420
fresh rigatoni pasta, gruyere, emmental cheese	
PASTA ALLA NORMA	495
roasted eggplant, tomatoes, capers, garlic, basil, ricotta, Pecorino Romano	
LASAGNA BOLOGNESE	520
ground beef, Italian sausage, mozzarella, tomato sauce	
CASARECCE CACIO E PEPE	630
Parmigiano Reggiano, Pecorino Romano, black pepper	
BUCATINI AND MEATBALLS	630
garlic, chili, tomato sauce, basil, parmesan	
SQUID INK PASTA	650
fresh prawns, clams, squid, garlic, butter, pistachios	

LUNCH

WILDFLOUR QUICHE	520
caramelized onions, bacon, asparagus, baby green salad	
ORGANIC ROTISSERIE CHICKEN	695
mashed potato, bacon lardon, organic carrots, sauce coq au vin	
AKAROA SALMON	895
mushroom fried rice, whole grains, soy, chili	
CHICKEN AND BISCUITS	730
sausage gravy, honey (please allow 20 minutes)	

STEAK

STEAK AU POIVRE	1295
Bolzico beef tenderloin steak, pepper sauce, sweet potato fries, house salad, béarnaise	
BONELESS RIB EYE STEAK AND FRIES ...	2795
400g rib eye steak, green salad, bordelaise sauce	
BONE-IN PRIME RIB EYE STEAK	4600
1000g rib eye steak, green salad, french fries (please allow 30 minutes)	

PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES

G/f Unit 102 O Square Bldg, Wilson St, Greenhills, San Juan | 7946 - 2005

BGC | the Podium | Salcedo Village | Legaspi Village | Greenhills | 8 Rockwell | Uptown Ritz

WILDFLOUR

CAFÉ + BAKERY

BREAD AND BUTTER

WILDFLOUR'S BAGUETTE

BEEF & HERB BUTTER/BACON BUTTER/GARLIC - PARSLEY	85
ECHIRE BUTTER	180
PARKER HOUSE ROLLS	
HONEY AND BROWN BUTTER	140
BISCUITS AND JAM	180
(add Echire Butter +160)	

APPETIZERS

CHORIZO AND GAMBAS fresh prawns, Pamplona chorizo, garlic, olive oil, aioli	695
OCTOPUS A LÁ PLANCHA Chorizo Pamplona, potato purée, haricot verts, lemon	490
MUSSELS AND FRIES garlic, parsley, butter, white wine	560
ORGANIC CHICKEN WINGS agro dolce, fried pickled chilies, fresh herbs, garlic, peanuts	550
KOREAN FRIED CHICKEN WINGS honey - gochujang, scallions, sesame seeds	590
ROASTED BONE MARROW mango salsa, warm baguette	590

TARTE FLAMBEE

BACON AND GRUYERE caramelized onions	560
FRENCH BRIE AND DATES caramelized onions, arugula, port wine reduction	560

SOUP

TOMATO SOUP sour cream, Parmigiano Reggiano	290
CLAM CHOWDER potatoes, bacon, cream, lemon zest	350

SALAD

GRILLED OCTOPUS shaved cabbage, mangoes, peanuts, fresh herbs	495
WILD MUSHROOM arugula, Fuji apples, pistachios, Parmigiano Reggiano, lemon, olive oil	550
WILDFLOUR CHOPPED SALAD roast chicken, salami, roasted carrots, cucumber, bleu cheese, tomatoes, candied walnuts	575
BABY MIXED GREEN SALAD mangoes, candied walnuts, Malagos Farms goat cheese	395

PASTA

MAC N' CHEESE fresh rigatoni pasta, gruyere, emmental cheese, cheddar	420
PASTA ALLA NORMA roasted eggplant, tomatoes, capers, garlic, basil, ricotta	495
BUCATINI & MEATBALLS homemade meatballs, chili, tomato sauce, parmesan	630
PRAWN AGNOLOTTI sweet corn, brown butter, arugula	630
CASARECCE CACIO E PEPE Parmigiano Reggiano, black pepper	630
SQUID INK PASTA fresh prawns, clams, squid, garlic, parsley butter, pistachios	650

VEGETABLES

SWEET POTATO FRIES Sriracha aioli	340
BROCCOLI & CAULIFLOWER dates, roasted garlic, chili, bread crumbs	395

ROTISSERIE CHICKEN

CHICKEN AND RICE choice of white or dark meat, kimchi fried rice	490
HALF ORGANIC CHICKEN mashed potato, bacon lardon, organic carrots, sauce coq au vin	695
WHOLE ORGANIC CHICKEN coleslaw, baguette and butter	1295

MAIN COURSES

CALIFORNIA BURGER 1/3 lb all beef patty, cheddar, grilled onions, tomato, French fries	560
CRISPY DUCK CONFIT lentils, apple remoulade	870
RISOTTO NERO squid ink, prawns, squid, clams, crème fraiche, lemon	870
BEEF BOURGUIGNON red wine braised beef, mushroom risotto	895
AKAROA SALMON mushroom fried rice, whole grains, soy, chili	895

KIMCHI FRIED RICE AND STEAK

250 grams Bolzico beef tenderloin steak, fried egg

1295

STEAK AU POIVRE

Bolzico beef tenderloin steak, pepper sauce, sweet potato fries, house salad, bearnaise

1295

BONELESS RIB EYE STEAK AND FRIES

400g rib eye, green salad, bordelaise sauce

2795

STEAKS

BONE-IN PRIME RIB EYE STEAK

1000g rib eye, green salad, French fries

(please allow 30 minutes)

4600

*** Please Notify Your Servers of Any Food Allergies***

G/f Unit 102 O Square Bldg, Wilson St. Greenhills, San Juan | 7946 - 2005

BGC | the Podium | Salcedo Village | Legaspi Village | Greenhills | 8 Rockwell | Uptown Ritz

No. 019