

# Wild Cattails

by Wild Plate

100% wild and/or organic · 97% sugar-free  
100% soy-free · 97% corn-free  
Vegan and vegetarian options available

## SAVORY

**Wild Nettle & Cattail Miso · \$10**

Wild nettles and nettle broth with cattail hearts and spring onions in a miso broth seasoned with toasted sesame oil.

**Wild Cattail Ceviche · Vegetarian \$18 | Halibut \$20**

Cattail-stalk ceviche with cucumbers, avocados, cilantro, onion, jalapeño, pepper, tangerine and lime juice. Served with a dollop of Vegenaïse and organic corn chips.

**Wild Umami Kumbo Cattail on Wild King Salmon · \$32 | Half portion \$18**

Seared wild king salmon on a bed of organic brown rice, topped with slow-cooked umami cattail roots and seared cattail shoots, then drizzled with coconut aminos and toasted sesame oil.

## DESSERT

**Straus Vanilla Bean Ice Cream · \$7**

A scoop of Straus vanilla bean ice cream topped with wild huckleberry, Saskatoon berry and elderberry sauce.

## DRINKS

**Hibiscus, Lime, Elderberry & Yarrow Tonic · \$7**

Sweetened with Benjamin Pixie honey.

**Wild Mushroom & Bear Root Chai · \$7**

Reishi, turkey tail, bear root, vanilla, orange oil, blue lotus chai and Benjamin Pixie honey—all coming together in a creamy, moolishious delight. Hot or iced.

## TAKE-HOME OPTIONS

Fresh King Salmon · **\$32/lb**

Passion Fruit · **\$15/lb**

Dragon Fruit · **\$12/lb**

Avocados · **\$1.50/piece**

## ADDITIONAL MEDICINALS

Dried Osha Bear Root · **\$25/oz**

Concentrated Arnica Oil · **\$40/8 oz**

PAY WITH VENMO, CASH OR CREDIT CARD

Wild Earth Ventures

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