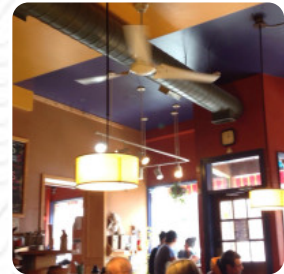
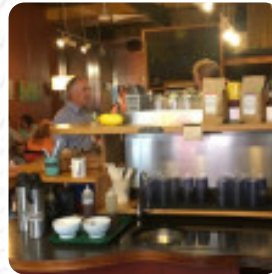




The Wild Oat Menu

<https://menulist.menu>
817 Bank Street, Ottawa, Ontario, Canada
(+1)6132326232 - <http://wildoat.ca>



On this webpage, you can find the *complete menu* of *The Wild Oat* from Ottawa. Currently, there are **45** dishes and drinks up for grabs. For changing offers, please contact the owner of the restaurant directly. You can also contact them through their website. What [User](#) likes about The Wild Oat:

I went here for a weekday breakfast. The service was so friendly and the atmosphere was so cozy. I got the Wild Plate which is a classic veggie breakfast with sautéed veggies on top of the regular breakfast fare. Such good taste and value! I will definitely return. I took a piece of carrot cake to go and it was also amazing! [read more](#). In beautiful weather you can even be served in the outdoor area, And into the accessible spaces also come guests with wheelchairs or physical disabilities. What [User](#) doesn't like about The Wild Oat:

This is in our neighbourhood and we go a few times a year. It's great if you're [vegetarian](#) or vegan. The layout is very awkward on the dining room side, and when it's crowded it's downright unpleasant. The staff also seem to have no problem with one person at a table for two, working on their laptop and drinking water while there are people looking to sit and eat. The crepes and sandwiches are good but for what it is... [read more](#). The Wild Oat from Ottawa is a **comfortable coffee house**, where you can enjoy a snack or cake with a hot coffee or a sweet chocolate. For a snack in between, the tasty sandwiches, healthy salads, and other snacks are suitable. Not to be left out is the extensive variety of coffee and tea specialties in this restaurant, there are also delectable vegetarian dishes in the menu.

The Wild Oat Menu



Alcoholic Drinks

BEER

10 most popular

BAGUETTE

Eggs & Pancakes

OMELETTE

Salad

CAESAR SALAD

Süßes

MUFFINS

Sweets

CHOCOLATE CAKE

Vegetarian dishes

CARROT CAKE

Little things

CINNAMON ROLL

Soft drinks

JUICE

Veggie

VEGGIE SANDWICH

Fresh Juices

CARROT

Coffee

COFFEE

Insalata

KALE CAESAR

Drinks

DRINKS

Softs & Mixers

FRUIT JUICE

Breakfast - Shmear Flavors

REGULAR

Super Foods

AVOCADO TOAST

Non alcoholic drinks

WATER

LEMON

Süße Desserts

BROWNIE

CREPES

Main courses

SIDE SALAD

LASAGNE

Sandwiches

EGG SANDWICH

The Wild Oat Menu



THE VEGGIE

Restaurant Category



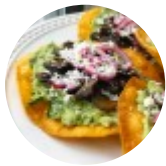
DESSERT

VEGAN

VEGETARIAN

GLUTEN FREE

These types of dishes are being served



TOSTADAS

BREAD

SALAD

SANDWICH

BURGER

PANINI

PIZZA

Dishes are prepared with



KALE

CHEESE

FRESH FRUIT

FRUIT

EGG

CHOCOLATE

TOFU

AVOCADO

EGGS

MILK

VEGETABLES

CARAMEL

The Wild Oat Menu



The Wild Oat

817 Bank Street, Ottawa,
Ontario, Canada

Opening Hours:

Monday 08:00 -18:00
Tuesday 08:00 -18:00
Wednesday 08:00 -18:00
Thursday 08:00 -18:00
Friday 08:00 -18:00
Saturday 08:00 -18:00
Sunday 08:00 -18:00

Made with menulist.menu

 gallery image