BREAKFAST
M–F UNTIL 10:30 AM, WEEKENDS & MOST HOLIDAYS UNTIL 2 PM.

EGG SANDWICHES

Sausage & Cheddar: scallions, roasted red peppers & cilantro on a grilled brioche roll 7.29
Taylor Ham & Swiss: on a grilled ciabatta roll 7.29
Roasted Tomato & Feta: with basil on a grilled brioche roll 7.29

BREAKFAST BOWLS

Sweet Potato & Greens Bowl*: sunny eggs over kale, spinach, roasted red onions, roasted red bell peppers, sriracha, goat cheese & pepitas 8.99
Protein Bowl*: sunny eggs over sautéed quinoa, roasted tomatoes, spinach & scallions 9.49

FRITTATAS & EGGS

served with home fries & artisan toast

Three Cheese Tomato & Mushroom Frittata: swiss, feta, goat cheese, spinach & scallions 9.69
Spicy Chorizo Frittata: cheddar, potatoes, roasted red bell peppers, scallions, avocado, cilantro & salsa 9.69
Egg Breakfast*: two eggs any style 8.69
Add a Side: sausage, turkey sausage, taylor ham or thick-cut bacon 2.59

Egg whites available at no extra charge.

*These items may contain undercooked eggs. Consuming raw or undercooked eggs may result in an increased risk of foodborne illness.

Egg whites available at no extra charge.

Allergy notice: food prepared in our kitchens may contain or come in contact with milk, wheat, eggs, peanuts, tree nuts and soy.

GRIDDLE ITEMS

Signature Pancakes with butter & maple syrup
- Lemon Ricotta with berry compote 8.69
- Banana Walnut 8.69
- Traditional 8.49

Add a Side: sausage, turkey sausage, taylor ham or thick-cut bacon 2.59

LIGHT BREAKFAST

Steel Cut Oatmeal: seasonal berries & dried cranberries with a side of honey cream & brown sugar 6.29
Berry-Yogurt Parfait: honey & mixed berry blend with almond granola 5.29

TOASTS

Avocado: with crushed red pepper, kosher salt & olive oil 4.89
Fig & Ricotta: with honey & pistachios 4.89
Salmon & Herb: with cream cheese & scallions 6.89

SIDES

Thick-Cut Bacon ......................................................... 4.29
Sausage ........................................................................ 4.29
Taylor Ham ....................................................................... 2.89
Turkey Sausage ................................................................. 3.59
Home Fries .................................................................. 2.49

GRILLED & HOT

NEW Cuban: ham, chicken, brie, mama lil’s peppers, pickles, argula, herb mayo & honey mustard on toasted marble rye 10.89
Buffalo Chicken: gorgonzola, wildflower crisps & buffalo slaw on a grilled ciabatta roll 10.89
Reuben: corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 10.89
Wildflower Grilled Cheese: swiss, brie, cheddar, argula & tomatoes on nine grain 8.79

HALF SANDWICH

Almond Tuna
BLT Plus
Buffalo Chicken
Chicken Salad
Ham & Swiss
Roasted Sweet Potato
Turkey Breast & Brie

SALAD

Asian
Berry Kale
Kale-Romaine Caesar
Pistachio Pomegranate
Southwest Superfood
Strawberry Spinach
Wildflower

BOWL OF SOUP

choice of today’s soup selections

with bread boule +1.50

Select two 10.69

We strive to serve local, natural, organic ingredients while creating great-tasting, affordable food that is good from the inside out.
SALADS  ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

1 SELECT A SALAD

Pistachio Pomegranate  arugula, cabbage, feta, oranges, red peppers, kalamata olives, red onions & toasted pistachios with pomegranate vinaigrette 7.59
Asian  field greens, cabbage, cucumbers, carrot, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 7.29
Southwest Superfood  spinach, quinoa, slow-roasted tomatoes, avocado, black beans, roasted red bell peppers, cilantro, dried sweet corn, goat cheese & toasted pepitas with cilantro lime vinaigrette 9.29
Wildflower  field greens, tomatoes, carrots, celery, jicama, red peppers, red onions, scallions, toasted sunflower seeds & lavender with cilantro lime vinaigrette 7.29

Chopped  arugula, cranberries, dried sweet corn, red bell peppers, sunflower seeds, feta & couscous with pesto vinaigrette 7.59

NEW  Berry Kale  baby kale, blackberries, cranberries, strawberries, oranges, goat cheese & toasted walnuts with pomegranate vinaigrette 9.29

NEW  Kale-Romaine Caesar  baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 7.29
Strawberry Spinach  gorgonzola, bacon, dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 7.59

2 CHOOSE A PROTEIN

All-Natural Chicken ................................. 3.69
Wild Alaskan Salmon Fillet ......................... 4.99
Organic Plant-Based Chicken ...................... 4.69
Organic Quinoa ..................................... 2.69

DINNERSERVED FROM 3 PM UNTIL CLOSE.  ALL PASTA ENTRÉES ARE SERVEDWITH GRILLED GARLIC BREAD.

PASTAS

NEW  Sweet Pea & Roasted Tomato  cavatappi, alfresco sauce, petite peas, roasted tomatoes, pea shoots & black pepper 10.29
Butternut Squash Ravioli with roasted walnut cream sauce & nutmeg 10.29
Salmon Alfredo  wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 11.29
Mac & Cheese  cavatappi, three cheese sauce, mama lil’s peppers & bread crumbs 8.99
add chicken chorizo + 2.29
Pesto Chicken  linguini, feta, roasted red peppers, spinach, parsley & parmesan 11.29
Three Cheese Ravioli marinara, parsley & parmesan 10.29
Your Choice of Pasta  your choice of marinara, pesto or creamy alfredo with parsley & parmesan 9.29

ADD A PROTEIN

All-Natural Chicken ................................ 3.69
Wild Alaskan Salmon Fillet ......................... 4.99
Organic Plant-Based Chicken ...................... 4.69
Organic Quinoa ..................................... 2.69

PERFECT PAIRINGS

Side Caesar Salad .................................. 2.49
Side Field Greens Salad .............................. 2.49
Two Hearty Meatballs ............................... 4.29

Specialty Desserts
Treat yourself to a homemade cookie, dessert bar or slice of cake. Please call or stop by our dessert case for today’s selections.

Custom Cakes
We make personalized cakes for special occasions. Call us or visit a Wildflower location to discuss dessert ideas for your upcoming celebration.

KIDS TWELVE AND UNDER ONLY PLEASE 5.99 PASTAS SERVED FROM 3 PM.

BREAKFAST

Pancakes  plain or chocolate chip
Egg & Cheese Sandwich

DINNER

Kids Pick Pasta  your choice of pasta
butter, marinara, pesto or creamy alfredo
Three Cheese Ravioli with marinara
Mac & Cheese

ANY TIME

PB&J or Grilled Cheddar
Two Hearty Meatballs
Kids Pick
  turkey or ham
  swiss or cheddar cheese
  sourdough or nine grain
  finish with herb mayo, grain mustard, lettuce, tomatoes, dill pickles or ketchup

Includes a small milk or soda, fresh fruit & a chocolate chip cookie. Wildflower activity sheet & crayons are available – just ask!

REV. 07/30/20