



## BREAKFAST

M-F UNTIL 10:30 AM, WEEKENDS UNTIL 2 PM.

### EGG SANDWICHES

*make it vegetarian by removing the protein*

**Spicy Chipotle** sausage, all-natural feta, sundried tomatoes, spinach & chipotle sauce on a grilled brioche roll 8.99

#### Wildflower Bacon & Cheddar\*

over easy eggs & truffle ketchup on a grilled brioche roll 8.99

**Taylor Ham & Swiss** on a grilled ciabatta roll 8.99

**Sausage & Cheddar** scallions, roasted red peppers & cilantro on a grilled brioche roll 8.99

### FRITTATAS & EGGS

*served with home fries & artisan toast (arugula salad substituted for home fries upon request)*

**Spicy Sausage & Swiss Frittata** roasted red bell peppers, scallions, sriracha & paprika 11.69

**Three Cheese Tomato & Mushroom Frittata** swiss, all-natural feta, goat cheese, spinach & scallions 11.69

**Egg Breakfast\*** two eggs any style 9.69

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.79

### BREAKFAST BOWLS

*served with artisan toast*

**NEW** **Shakshuka\*** sunny eggs over a sauce of tomatoes, peppers, onions & spices with all-natural feta & cilantro 11.69

**Protein Bowl\*** sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 11.69

### GRIDDLE ITEMS

#### Signature Pancakes

*with butter & maple syrup*

**GLUTEN FREE** **Brown Sugar Oatmeal** 10.99

**Lemon Ricotta** with berry compote 10.99

**Traditional** 8.59

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.79

*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.*

### LIGHT BREAKFAST

**Organic Steel Cut Oatmeal** fresh fruit & dried cranberries with a side of honey cream & brown sugar 7.29

**Berries & Yogurt** honey greek yogurt served with a mixed berry blend & roasted nut granola 6.89

**Avocado Toast & Eggs\*** with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 10.49

### SIDES

Millionaire's Bacon.....	5.69
caramelized to perfection & drizzled with honey	
Thick-Cut Bacon .....	5.49
Sausage.....	5.49
Taylor Ham .....	3.79
All-Natural Turkey Sausage .....	4.39
Home Fries .....	3.29
Arugula Salad .....	3.29

## SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

### CLASSICS

**NEW** **Medi Veggie** hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 12.29

**Ham & Swiss** red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.69

**Turkey Breast & Brie** roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 12.29

**Chicken Salad** red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 12.29

**Almond Tuna** apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 12.29

**Triple Club** all-natural turkey, ham, bacon, swiss, tomatoes, organic arugula, green and red cabbage, organic carrots, jicama, celery & cilantro aioli on three slices of toasted nine grain 13.99

**BLT Plus** cheddar, avocado & herb mayo on sourdough 12.99

**Steak & Blue** all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 12.99

### GRILLED & HOT

**FAN FAVE** **Cheddar Braised Beef** cheddar & caramelized onion mashed potatoes & organic arugula on a grilled ciabatta roll with au jus & horseradish sauce 13.99

**Wildflower Grilled Cheese** swiss, brie, cheddar, organic arugula & tomatoes on nine grain 10.29

**Buffalo Chicken** blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 12.99

**Reuben** corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 12.99

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Select two 13.29

### HALF SANDWICH

- Almond Tuna
- BLT Plus
- Buffalo Chicken
- Chicken Salad
- Ham & Swiss
- Medi Veggie
- Steak & Blue
- Turkey Breast & Brie

### SALAD

- Asian
- Chopped
- Garden
- Kale-Romaine Caesar
- Southwest Superfood
- Strawberry Spinach

### BOWL OF SOUP

choice of today's soup selections with bread boule +2.29



*We strive to serve local, natural, organic ingredients while creating great-tasting, affordable food that is good from the inside out.*

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

# SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

## 1 SELECT A SALAD

**Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 9.99

**TRY ME** **Southwest Superfood** spinach, organic quinoa, roasted tomatoes, avocado, black beans, roasted red bell peppers, cilantro, organic dried sweet corn, goat cheese & toasted pepitas with cilantro lime vinaigrette 11.29

**Strawberry Spinach** blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 9.99

**Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing\* 9.99

**Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions, & sunflower seeds with northern italian vinaigrette 9.99

**Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 9.99

# DINNER

SERVED FROM 3 PM UNTIL CLOSE. ALL PASTA ENTRÉES ARE SERVED WITH GRILLED GARLIC BREAD.

## PASTAS

**Penne Rosa** ground beef & pork, roasted mushrooms, blistered heirloom cherry tomatoes, chipotle-tomato cream sauce, petite peas, rosemary, parmesan & parsley 13.69

**Salmon Alfredo** wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 13.69

**Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 13.69

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 11.49

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 12.29

**TRY ME** **Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 13.69

**Three Cheese Ravioli** marinara, parsley & parmesan 12.29

**Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 10.99

## ADD A PROTEIN

All-Natural Chicken	4.99
All-Natural Steak	6.29
Wild Alaskan Salmon Fillet	6.29
Organic Plant-Based Chicken	5.39

## PERFECT PAIRINGS

Side Caesar Salad	3.69
Side Organic Field Greens Salad	3.69
Two Hearty Meatballs	5.99

### 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 & UNDER ONLY PLEASE 7.29 PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL DRINK, FRESH FRUIT & A CHOCOLATE CHIP COOKIE.

## BREAKFAST

### Pancakes

plain • chocolate chip •

**GLUTEN FREE** brown sugar oatmeal

### Egg & Cheese Sandwich

## ARTISAN SALADS OR SANDWICHES

### 1. Select a Salad or a Half Sandwich

Salads: Asian • Kale-Romaine Caesar • Chopped • Southwest Superfood • Strawberry Spinach

Sandwiches: Almond Tuna • BLT Plus • Buffalo Chicken • Chicken Salad • Ham & Swiss • Medi Veggie • Steak & Blue • Turkey Breast & Brie

### 2. Choose a Protein

All-Natural Chicken 4.99	All-Natural Steak 6.29	Wild Alaskan Salmon Fillet 6.29   Chopped 4.99
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Organic Quinoa 3.59	Organic Plant-Based Chicken 5.39
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## ANY TIME

### PB&J or Grilled Cheddar

### Two Hearty Meatballs

### Mac & Cheese

### Kids Pick Full Sandwich

turkey or ham  
swiss or cheddar cheese  
sourdough or nine grain

finish with herb mayo, grain mustard, lettuce, tomatoes, dill pickles or ketchup

## DINNER

### Kids Pick Pasta

your choice of pasta  
butter, marinara, pesto or creamy alfredo

**Three Cheese Ravioli** with marinara

## 2 CHOOSE A PROTEIN

All-Natural Chicken	4.99
All-Natural Steak	6.29
Wild Alaskan Salmon	
Fillet	6.29
Chopped	4.99
Organic Plant-Based Chicken	5.39
Organic Quinoa	3.59

### All-Natural Salad Dressings

**Dressings:** chipotle poppyseed, caesar, ranch, thai peanut\*

**Vinaigrettes:** balsamic, cilantro lime, northern italian, pesto

**GF** Our salad dressings are gluten-free unless noted with \*

# STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

## SIDES

**Three Side Combo** choose three of our Starters & Sides 13.99

*served warm*

**NEW** **Mediterranean Eggplant** tomato-pepper sauce, pepper relish, all-natural feta & cilantro 5.59

**Chili Lime Brussels Sprouts** with cilantro & toasted sesame seeds 5.59

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.59

*served chilled*

**NEW** **Thai Noodles** cucumbers, red peppers, marinated fennel, scallions, cilantro, sriracha & toasted sesame seeds with thai peanut dressing\* 5.59

**Classic Hummus** mama lil's peppers, paprika & olive oil with grilled herb focaccia 5.59

## SIGNATURE TOASTS

**Avocado** with crushed red pepper, kosher salt & olive oil 6.29

**Fig & Ricotta** with honey & pistachios 6.29

**Meatballs & Ricotta** with garlic bread, marinara & crushed red pepper 8.29

# S O U P

*Served with fresh-baked artisan bread. Varieties rotate daily.*

### Bread Boule

sourdough boule with your choice of today's soup & whipped butter 9.79

**Cup** 7.29 **Bowl** 8.29 **Quart** 18.49

**V** Vegetarian **VG** Vegan

**DF** Dairy-Free **GF** Gluten-Free

*Gluten-free: served without bread on request*