



## SANDWICHES

SANDWICHES ARE  
SERVED WITH MIXED CHIPS.

### CLASSICS

**Turkey Cranberry Walnut Stuffing** cranberry sauce, bacon, & herb mayo on stuffing bread 13.79



**Italiano** calabrese salami, all-natural turkey, aged gouda, tomatoes, romaine, red onions, pepper relish, northern italian vinaigrette & herb mayo on a grilled ciabatta roll 12.99

**Medi Veggie** hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 10.99

**Ham & Swiss** red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 9.99

**Turkey Breast & Brie** roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 10.99

**Chicken Salad** red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 10.99

**Almond Tuna** apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 10.99

**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 12.99

**BLT Plus** cheddar, avocado & herb mayo on sourdough 11.99

### GRILLED & HOT

**Wildflower Grilled Cheese** swiss, brie, cheddar, organic arugula & tomatoes on nine grain 9.59

**Reuben** corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 11.99

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Select two 12.29

### HALF SANDWICH

Almond Tuna  
BLT Plus  
Chicken Salad  
Ham & Swiss  
Medi Veggie  
Turkey Breast & Brie

### SALAD

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

### BOWL OF SOUP

choice of today's  
soup selections  
with bread boule +1.99

## SALADS

ALL SALADS ARE SERVED WITH  
FRESH-BAKED ARTISAN BREAD.

### 1 SELECT A SALAD

**Roasted Butternut & Greens** organic baby kale, organic quinoa, grapes, red onions, roasted red bell peppers, goat cheese & toasted walnuts with balsamic vinaigrette 10.39



**Wildflower Cobb** romaine, bacon, blue cheese, heirloom cherry tomatoes, red peppers, organic dried sweet corn, petite peas, marinated mushrooms, dried cranberries & pepper relish with ranch dressing 10.39

**Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 8.99

**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 10.39

**Strawberry Spinach** blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 8.99

**Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing\* 8.99

**Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions, & sunflower seeds with northern italian vinaigrette 8.99

**Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 8.99

### 2 CHOOSE A PROTEIN

All-Natural Chicken.....	4.49
Wild Alaskan Salmon	
Seared Fillet .....	5.69
Chopped .....	4.49
Organic Plant-Based Chicken.....	4.99
Organic Quinoa.....	2.99

### ♥ 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 \*



ORDER ONLINE,  
NOT IN LINE



Learn more at  
wildflowerbread.com

## DINNER

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

### PASTAS

**Salmon Alfredo** wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 12.69

**Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 12.69

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 10.69

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 11.39



**Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 12.69

**Three Cheese Ravioli** marinara, parsley & parmesan 11.39

**Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 9.99

### ADD A PROTEIN

**All-Natural Chicken** ..... 4.49  
**Wild Alaskan Salmon Fillet** ..... 5.69  
**Organic Plant-Based Chicken** ..... 4.99

### PERFECT PAIRINGS

**Side Caesar Salad** ..... 3.29  
**Side Organic Field Greens Salad** ..... 3.29  
**Two Hearty Meatballs** ..... 5.59

### 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.

## TOASTS

SERVED ON ARTISAN BREAD. QUICK BITES SERVED ALL DAY.

**Avocado** with crushed red pepper, kosher salt & olive oil 5.99

**Fig & Ricotta** with honey & pistachios 5.99

**Meatballs & Ricotta** with garlic bread, marinara & crushed red pepper 7.69



## KIDS

TWELVE & UNDER ONLY PLEASE 6.99  
 PASTAS SERVED FROM 3 PM.

### 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

### ARTISAN SALADS OR SANDWICHES

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

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

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

#### 2. Choose a Protein

**All-Natural Chicken** 4.49 | **Wild Alaskan Salmon Fillet** 5.69 | **Chopped** 4.49

**Organic Quinoa** 2.99 | **Organic Plant-Based Chicken** 4.99

### DINNER

**Kids Pick Pasta**

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

**Three Cheese Ravioli** with marinara

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

## 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 8.79

**Cup** 6.49

**Bowl** 7.49

**Quart** 16.99

**V** Vegetarian

**VG** Vegan

**DF** Dairy-Free

**GF** Gluten-Free

Gluten-free: served without bread on request



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