



SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

Italiano calabrese salami, all-natural turkey, aged gouda, tomatoes, romaine, red onions, pepper relish, northern italian vinaigrette & herb mayo on a grilled ciabatta roll 13.29

Medi Veggie hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 11.29

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 11.29

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 13.29

BLT Plus cheddar, avocado & herb mayo on sourdough 11.99

GRILLED & HOT

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



Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 9.79

Reuben corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 12.29

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O

Select two 12.59

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 10.59



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 10.59

Chopped organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 9.29

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 10.59

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 9.29

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 9.29

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 12.99
- Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 12.99
- Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 10.99
- Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 11.59 FAN FAVE
- Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 12.99
- Three Cheese Ravioli** marinara, parsley & parmesan 11.59
- Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 10.29

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 3.49
- Side Organic Field Greens Salad 3.49
- Two Hearty Meatballs 5.79

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 6.29
- Fig & Ricotta** with honey & pistachios 6.29
- Meatballs & Ricotta** with garlic bread, marinara & crushed red pepper 7.89



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 8.99

Cup 6.59

Bowl 7.69

Quart 17.49

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.