



BREAKFAST

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

EGG SANDWICHES

make it vegetarian by removing the protein

FALL FAVE **Spicy Chipotle** sausage, all-natural feta, sundried tomatoes, spinach & chipotle sauce on a grilled brioche roll 8.79

Wildflower Bacon & Cheddar*

over easy eggs & truffle ketchup on a grilled brioche roll 8.79

Taylor Ham & Swiss on a grilled ciabatta roll 8.79

Sausage & Cheddar scallions, roasted red peppers & cilantro on a grilled brioche roll 8.79

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 11.29

Three Cheese Tomato & Mushroom Frittata

swiss, all-natural feta, goat cheese, spinach & scallions 11.29

Egg Breakfast* two eggs any style 9.29

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.59

BREAKFAST BOWLS

served with artisan toast

Sweet Potato & Greens Bowl* sunny eggs over organic baby kale, spinach, roasted red onions, roasted red bell pepper, sriracha, goat cheese & pepitas 10.69

Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 11.29

GRIDDLE ITEMS

Signature Pancakes

with butter & maple syrup

GLUTEN FREE **Brown Sugar Oatmeal** 10.29

Lemon Ricotta with berry compote 10.29

Traditional 8.29

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.59

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.*

LIGHT BREAKFAST

Organic Steel Cut Oatmeal fresh fruit & dried cranberries with a side of honey cream & brown sugar 6.99

Berry-Yogurt Parfait organic yogurt & honey served with a mixed berry blend & organic almond granola 5.69

Avocado Toast & Eggs* with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 10.29

SIDES

TRY ME Millionaire's Bacon	5.49
caramelized to perfection & drizzled with honey	
Thick-Cut Bacon	5.29
Sausage	5.29
Taylor Ham	3.59
All-Natural Turkey Sausage	4.29
Home Fries	2.99
Arugula Salad	2.99

SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

FALL FAVE **Turkey Cranberry Walnut Stuffing** cranberry sauce, bacon & herb mayo on stuffing bread 13.59

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.29

Turkey Breast & Brie roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 11.79

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 11.79

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 11.79

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 13.59

BLT Plus cheddar, avocado & herb mayo on sourdough 12.59

Steak & Blue all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 12.59

Roasted Sweet Potato goat cheese, fig confit, tomatoes, organic arugula, fennel & balsamic vinaigrette on herb focaccia 11.79

GRILLED & HOT

Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 9.99

Reuben corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 12.59

TRY ME **Buffalo Chicken** blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 12.59

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Select two 12.79

HALF SANDWICH

Almond Tuna
BLT Plus
Buffalo Chicken
Chicken Salad
Ham & Swiss
Roasted Sweet Potato
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 +1.99



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

FAN FAVE **Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 9.49

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 10.99

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 9.49

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 9.49

NEW **Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions, & sunflower seeds with northern italian vinaigrette 9.49

Kale-Romaine Caesar organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 9.49

Three Side Combo choose three of our Starters & Sides 13.49

DINNER

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

PASTAS

NEW **Penne Rosa** ground beef & pork, roasted mushrooms, blistered heirloom cherry tomatoes, chipotle-tomato cream sauce, petite peas, rosemary, parmesan & parsley 13.29

Salmon Alfredo wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 13.29

Rosemary Chicken penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 13.29

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 10.99

Butternut Squash Ravioli with roasted walnut cream sauce & nutmeg 11.79

TRY ME **Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 13.29

Three Cheese Ravioli marinara, parsley & parmesan 11.79

Your Choice of Pasta your choice of marinara, pesto or creamy alfredo with parsley & parmesan 10.69

KIDS

TWELVE & UNDER ONLY PLEASE 6.99 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 • Roasted Sweet Potato • Steak & Blue • Turkey Breast & Brie

2. Choose a Protein

All-Natural Chicken 4.79 | All-Natural Steak 5.89 | Wild Alaskan Salmon Fillet 5.89 | Chopped 4.79

Organic Quinoa 3.49 | Organic Plant-Based Chicken 5.29

ADD A PROTEIN

All-Natural Chicken 4.79
All-Natural Steak 5.89
Wild Alaskan Salmon Fillet 5.89
Organic Plant-Based Chicken 5.29

PERFECT PAIRINGS

Side Caesar Salad 3.39
Side Organic Field Greens Salad 3.39
Two Hearty Meatballs 5.69

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.

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 4.79
All-Natural Steak 5.89
Wild Alaskan Salmon
Fillet 5.89
Chopped 4.79
Organic Plant-Based Chicken 5.29
Organic Quinoa 3.49

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

served warm

NEW **Roasted Buffalo Cauliflower** with blue cheese & celery 5.39

Chili Lime Brussels Sprouts with cilantro & toasted sesame seeds 5.39

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.39

served chilled

Mediterranean Pasta Salad cavatappi, roasted tomatoes, roasted red bell peppers, roasted red onions, basil & all-natural feta with northern italian vinaigrette 5.39

Classic Hummus mama lil's peppers, paprika & olive oil with grilled herb focaccia 5.39

SIGNATURE TOASTS

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

Fig & Ricotta with honey & pistachios 5.99

Meatballs & Ricotta with garlic bread & marinara 7.89

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 9.59

Cup 6.99 **Bowl** 7.99 **Quart** 17.49

V Vegetarian **VG** Vegan

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

Gluten-free: served without bread on request