



## 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

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

**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

**Steak & Blue\*** all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 12.29

### GRILLED & HOT

**Chipotle Chicken Melt** swiss, poblano peppers, caramelized onions, pepper relish, arugula, tomatoes, avocado & chipotle sauce on sourdough 13.49

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

**Buffalo Chicken** blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 12.29

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

## SALADS ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

### 1 SELECT A SALAD

**Brussel Rocket Crunch** organic arugula, organic carrots, celery & jicama, red onions, mint, watermelon radish, dried cranberries, parmesan & lemon with white balsamic vinaigrette 8.99



**Antipasto** organic arugula, romaine, calabrese salami, swiss, heirloom cherry tomatoes, roasted red bell peppers, red onions, pepper relish & roasted chickpeas with northern italian vinaigrette & blue cheese crema 9.29

**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

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Select two 12.59

### HALF SANDWICH

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

### SALAD

- Antipasto
- Asian
- Brussel Rocket Crunch
- Chopped
- Garden
- Kale-Romaine Caesar
- Southwest Superfood
- Strawberry Spinach

### BOWL OF SOUP

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

### 2 CHOOSE A PROTEIN

All-Natural Chicken.....	4.59
All-Natural Rare Steak*.....	5.69
Wild Alaskan Salmon	
<i>Fillet</i> .....	5.69
<i>Chopped</i> .....	4.59
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, white balsamic

**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

**Lemon Linguine** lemon-goat cheese cream sauce, petite peas, roasted mushrooms, roasted brussels sprouts, roasted red onions, pea shoots, chili-citrus seasoning 12.99



**Salmon Alfredo** wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 13.99

**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 11.29

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 12.99

**Pesto Chicken** linguine, 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 10.59

## ADD A PROTEIN

All-Natural Chicken.....	4.59
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 .....	5.99

### 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.

# 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 7.99



# KIDS

TWELVE & UNDER ONLY PLEASE 7.29 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: Antipasto • Asian • Brussel Rocket Crunch Chopped • Garden • Kale-Romaine Caesar 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 4.59	All-Natural Rare Steak* 5.69	Wild Alaskan Salmon Fillet 5.69   Chopped 4.59
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Organic Quinoa 2.99	Organic Plant-Based Chicken 4.99
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## 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.*