



BREAKFAST

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

EGG SANDWICHES

make it vegetarian by removing the protein

Mattina calabrese salami, aged gouda, basil & spicy aioli on a grilled brioche roll 8.29

Roasted Veggie* cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 7.29

Taylor Ham & Swiss on a grilled ciabatta roll 7.99

Sausage & Cheddar scallions, roasted red peppers & cilantro on a grilled brioche roll 8.29

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 10.99

Three Cheese Tomato & Mushroom Frittata swiss, all-natural feta, goat cheese, spinach & scallions 10.99

Egg Breakfast* two eggs any style 8.99

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.29

BREAKFAST BOWLS

served with artisan toast

Baja Bowl* sunny eggs over roasted potatoes, poblano peppers, roasted red bell peppers, caramelized onions, cilantro, sour cream, scallions & spicy salsa verde 10.99



Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 10.99

GRIDDLE ITEMS

Signature Pancakes

with butter & maple syrup

GLUTEN FREE Brown Sugar Oatmeal 9.99

Lemon Ricotta with berry compote 9.99

Traditional 7.79

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.29

Egg whites available at no extra charge.

**These items may contain undercooked eggs or meat. 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 6.79

Berries & Yogurt honey greek yogurt served with a mixed berry blend & roasted nut granola 6.59

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

SIDES

Millionaire's Bacon..... 5.49

caramelized to perfection & drizzled with honey

Thick-Cut Bacon..... 4.79

Sausage..... 4.79

Taylor Ham 3.69

All-Natural Turkey Sausage 3.99

Home Fries 2.89

Arugula Salad 2.89

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.

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



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. Our kitchens are not gluten-free.

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

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

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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

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

TRY ME!
- 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

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

TRY ME!
- 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
- All-Natural Rare Steak*5.69
- Wild Alaskan Salmon Fillet5.69
- 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

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: 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

Organic Quinoa 2.99

Organic Plant-Based Chicken 4.99
- 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..... 4.59

All-Natural Rare Steak*5.69

Wild Alaskan Salmon
Fillet.....5.69
Chopped 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 *
- STARTERS & SIDES

QUICK BITES SERVED ALL DAY.
- SIDES
- served warm

Elote

charred corn, spicy aioli, scallions, cilantro, parmesan & tajin 4.99

Chili Lime Brussels Sprouts

with cilantro & toasted sesame seeds 4.99

TRY ME!

Mac & Cheese

cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 4.99

served chilled

Mediterranean Pasta Salad

cavatappi, slow-roasted tomatoes, roasted red bell peppers, roasted red onions, basil & all-natural feta with northern italian vinaigrette 4.99

TRY ME!

Hummus

all-natural feta, cilantro, olive oil, paprika & toasted sourdough 4.99

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 7.99

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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

REV. 06/20/24