

SANDWICHES

MOST SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

Triple Club turkey, ham, bacon, swiss, tomato, arugula, green & red cabbage, carrots, jicama, celery & cilantro aioli on three slices of nine grain

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

Chicken Salad red & green peppers, jicama, celery, scallions, lemon, garlic & mayo with tomato, cucumber, lettuce & pea shoots on nine grain

Turkey Breast & Brie roasted red peppers, lettuce, tomato & grain mustard on herb bread

BLT Plus cheddar, avocado & herb mayo on sourdough

Honey-Cured Ham & Swiss red onions, tomato, dill pickle, lettuce & honey mustard on pasilla chile rye

GRILLED & HOT

Wildflower Grilled Cheese swiss, brie, cheddar, arugula & tomato on nine grain

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

WF TWO

SELECT TWO

HALF SANDWICH

Roasted Sweet Potato
Chicken Salad
Turkey Breast & Brie
BLT Plus
Honey-Cured Ham & Swiss

HALF SALAD

Mediterranean
Caesar
Wildflower

BOWL OF SOUP

Potato
Korean Beef
12 Vegetable

SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

CLASSICS

Strawberry Spinach chicken breast, bacon, gorgonzola, dried sweet corn, basil & toasted walnuts with chipotle poppyseed dressing

Chopped wild alaskan salmon (may substitute with chicken breast), arugula, pearl couscous, feta, red peppers, dried sweet corn, dried cranberries & toasted sunflower seeds with pesto vinaigrette

Caesar romaine, marinated mushrooms, parmesan & croutons with classic caesar dressing

Asian Chicken field greens, green & red cabbage, cucumber, carrots, celery, jicama, scallions, toasted sesame seeds, crispy noodles & toasted almonds with thai peanut dressing*

Wildflower field greens, grape tomatoes, carrots, celery, jicama, red peppers, red onions, scallions, toasted sunflower seeds & lavender with cilantro lime vinaigrette

ROASTED VEGGIES, GREENS & GRAINS

V12 Kale roasted brussels sprouts, cauliflower, red peppers, eggplant, red onion & tomato; carrots, celery, jicama, zucchini, petite peas, dried sweet corn, feta & toasted sunflower seeds with mediterranean vinaigrette

Superfood baby kale, quinoa, roasted tomatoes & cauliflower, petite peas, cilantro, dried sweet corn, goat cheese & toasted walnuts with cilantro lime vinaigrette

ADD ONS

All-Natural Chicken
Wild Alaskan Salmon *Seared Fillet or Chopped*
Organic Quinoa

All-Natural Salad Dressings

Dressings: *celery seed coleslaw, chipotle poppyseed, classic caesar, ranch, thai peanut**

Vinaigrettes: *balsamic, cilantro lime, mediterranean, pesto, pomegranate*

GF *Our salad dressings are gluten-free unless noted with **

DINNER

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

PASTAS

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs
add chicken chorizo

Butternut Squash Ravioli with roasted walnut cream sauce & nutmeg

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

Pesto Chicken linguini, feta, roasted red peppers, spinach, parsley & parmesan

Three Cheese Ravioli marinara, parsley & parmesan

Rosemary Chicken Linguini rosemary cream sauce, lemon, sundried tomatoes, petite peas & parmesan

PERFECT PAIRINGS

Side Caesar Salad
Side Field Greens Salad
Two Hearty Meatballs

KIDS

TWELVE AND UNDER ONLY PLEASE.
PASTAS SERVED FROM 3PM.

Includes a small milk or soda. Lunch & dinner include fresh fruit & a chocolate chip cookie. Wildflower activity sheet & crayons are available – just ask!

ANY TIME

PB&J or Grilled Cheddar
Two Hearty Meatballs
Kids Pick

turkey, ham or roast beef
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
Mac & Cheese

BAKERY

Grande Nine Grain
Sourdough Ovals
Sourdough Sandwich
Nine Grain Sandwich
Marble Rye Sandwich
Herb Focaccia
Soup Boules
Cranberry Scone

Chocolate Chip Cookie
Cranberry Oatmeal Cookie
Sea Salt Brownie