

## 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

**Almond Tuna** apple, celery, scallions & mayo with dill pickle, lettuce, tomato, pea shoots & grain mustard on nine grain

**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 sourdough bread

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

**Honey-Cured Ham & Swiss** red onions, tomato, dill pickle, lettuce & honey mustard on marble 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  
Almond Tuna  
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

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

### All-Natural Salad Dressings

**Dressings:** chipotle poppyseed, classic caesar, ranch, thai peanut\*

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

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

## 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

## 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  
Garlic Bread

## TOASTS

SERVED ON ARTISAN BREAD. QUICK BITES SERVED ALL DAY.

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

**Fig & Ricotta** with honey & pistachios

**Meatballs & Ricotta** with garlic bread & marinara

**Salmon & Herb** with cream cheese & scallions

## 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 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

Mac & Cheese