

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

Ultimate Veggie beet hummus, avocado, cucumbers, red onions, tomatoes, pea shoots & lettuce on toasted nine grain

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, 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

Ultimate Veggie
Chicken Salad
Almond Tuna
Turkey Breast & Brie
BLT Plus
Honey-Cured Ham & Swiss

HALF SALAD

Caesar
Southwest Superfood
Asian
Strawberry Spinach

BOWL OF SOUP

Potato
Korean Beef
12 Vegetable

SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

CLASSICS

Mediterranean Hummus beet hummus, arugula, kalamata olives, feta, red onions, fennel, cucumbers, sesame seeds with lemon & olive oil served with grilled focaccia

Strawberry Spinach gorgonzola, bacon, dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing

Chopped arugula, cranberries, dried sweet corn, red bell peppers, sunflower seeds, feta & couscous with pesto vinaigrette

Caesar romaine, parmesan, croutons & a 7-minute egg with caesar dressing

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

ROASTED VEGGIES, GREENS & GRAINS

Southwest Superfood spinach, quinoa, slow-roasted tomatoes, avocado, black beans, roasted bell peppers, cilantro, dried sweet corn, goat cheese & toasted pepitas with cilantro lime vinaigrette

ADD ONS

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

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, & 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