**Breakfast**

**Egg Sandwiches & Bowls**
Sausage & Cheddar Sandwich: scrambled eggs, sausage, scallions, roasted red peppers, cheddar & cilantro on a grilled Ciabatta Roll $6.59
Roasted Tomato & Feta Sandwich: scrambled eggs, slow-roasted tomatoes, feta & basil on a grilled Ciabatta Roll $6.59
Taylor Ham & Swiss Sandwich: scrambled eggs, Taylor ham & Swiss on a grilled Ciabatta Roll $6.59
Spicy Chipotle Sandwich: scrambled eggs, sausage, sundried tomatoes, feta, spinach & chipotle sauce on a grilled Ciabatta Roll $6.99
Sweet Potato & Greens Breakfast Bowl: sunny eggs over sautéed sweet potatoes, red onions, red bell peppers, kale, spinach, veracita, goat cheese & toasted pepitas with Artisan Toast $7.89
Protein Breakfast Bowl: sunny eggs over sautéed quinoa, sausage, slow-roasted tomatoes, spinach & scallions with Artisan Toast $8.39

**Frittatas & Eggs**
Served with Wildflower Home Fries & Artisan Toast
Three Cheese Mushroom & Tomato Frittata: eggs, Swiss, feta, goat cheese, sundried tomatoes, mushrooms, spinach, slow-roasted tomatoes & scallions $8.69
Feta & Roasted Vegetable Frittata: eggs, roasted eggplant, zucchini, red peppers, slow-roasted tomatoes & feta $8.69

**Egg Breakfast**
two eggs any style $6.99
Add Sausage, Turkey Sausage, Taylor Ham or Bacon $8.99

**Griddle Items**
Cinnamon Brioche French Toast
Mixed Berry $8.99
warm berry compote & lemon curd
Banana Caramel Hazelnut $8.99
fresh bananas & toasted hazelnuts drizzled with caramel & a side of hot maple syrup
Traditional $8.99
powdered sugar & a side of hot maple syrup

Wildflower Signature Pancakes
with sweet creamy butter & hot maple syrup
Banana Walnut
tall stack (3) $8.39
short stack (2) $6.99
Lemon Ricotta
tall stack (3) $8.69
short stack (2) $5.49

**Spicy Meatball**
with Alfredo sauce, slow-roasted tomatoes, feta & with dried cranberries, golden raisins & a side of almond-infused cream, brown sugar & a Cinnamon Raisin Nut crouton $5.19
Small Fruit Salad
seasonal fruit, field greens, pecan granola & Honey Yogurt with Banana Nut Bread $4.29
Berry-Yogurt Parfait
yogurt, honey, mixed berry blend with homemade pecan granola $4.49

**Wildflower Home Fries** 1.99
Bagel & Cream Cheese 2.79
Country Link Sausage 3.69
Turkey Sausage Patty 3.49
Savory Bacon 2.79
Taylor Ham 2.19
Two Eggs* 3.19
Toast 2.39

Most sandwiches are served with red bliss potato salad, mixed chips or Wildflower coleslaw substituted on request.

**Wildflower Two**
Select two: soup, salad or a half sandwich $9.39
With Bread Boule $10.49
Half sandwich without soup or salad $4.89

Half Sandwich – Buffalo Chicken, BLT Plus, Roasted Sweet Potato, Turkey Breast & Brie, Chicken Pesto & Feta, Wildflower Almond Tuna, Honey-Cured Ham & Swiss, Wildflower Chicken Salad, or Roast Beef & Gorgonzola

Petite Salad – Mediterranean, Caesar, Wildflower or Fruit
With Chicken $11.99

**Bowl of Soup** – Choice of Today’s Soup Selections

We serve all-natural chicken breast, feta, rice vinegar, turkey, turkey sausage & veracita & organic arugula, baby kale, carrots, dried sweet corn, field greens, quinoa, steel cut oatmeal, udon noodles & yogurt

**Favorites**
Cheddar Braised Beef
chimichurri braised beef, cheddar & caramelized onion mashed potatoes & arugula on a grilled Ciabatta Roll with au jus, horseradish sauce, original & sweet potato $10.69
Buffalo Chicken breast, gorgonzola, Wildflower crisps & buffalo sauce on a grilled Ciabatta Roll with original & sweet potato chips $9.69
Wildflower Triple Club
oven-roasted turkey, ham, bacon, Swiss, tomato, arugula, green & red cabbage, carrots, jicama, celery & fiery cilantro aioli on three slices of toasted Nine Grain with original & sweet potato chips $10.69
Wildflower Grilled Cheese
Swiss, imported brie, cheddar, arugula & tomato on grilled Nine Grain $7.59
Roasted Sweet Potato
roasted sweet potato, goat cheese, fig confit, tomato, arugula, marinated fennel & Balsamic Vinaigrette on Herb Foccacia $8.99

**Classics**
BLT Plus bacon, romaine, tomato, cheddar, avocado spread & heirloom mayo on toasted Sourdough $8.59
Wildflower Almond Tuna
albacore tuna, smokehouse almonds, apple, celery, scallions & mayo with dill pickle, romaine, tomato, clover sprouts & grain mustard on Nine Grain $8.59

**Wildflower Chicken Salad**
chicken breast, red & green peppers, jicama, celery, scallions, lemon, garlic & mayo with tomato, cucumber, romaine & clover sprouts on Nine Grain $8.99

**Chicken Pesto & Feta**
chicken breast, feta, pesto, marinated mushrooms, roasted red peppers & tomato on a Ciabatta Roll $8.99

**Roast Beef & Gorgonzola**
rare roast beef, gorgonzola, roasted red peppers, red onions, romaine, tomato & grain mustard on Herb Foccacia $8.79

**Turkey Breast & Brie**
oven-roasted turkey breast, imported brie, roasted red peppers, romaine, tomato & grain mustard on Red Bliss Potato Salad $8.99

**Turkey Breast & Brie**
oven-roasted turkey breast, imported brie, roasted red peppers, romaine, tomato & grain mustard on Herb Foccacia $8.79

**Honey-Cured Ham & Swiss**
ham, Swiss, red onions, tomato, dill pickle, romaine & honey mustard on Pasilla Chile Rye $7.99

**Grilled & Hot**

**Chicken Parmesan**
on-open-face on grilled Herb Foccacia with chicken breast, marinated mushrooms, arugula, Swiss & Wildflower marinara $9.39

**Portobello Picnic**
roasted portobello, zucchini, eggplant, slow-roasted tomatoes, goat cheese & arugula on grilled Pasilla Chile Rye $8.99

**Spicy Meatball**
meatballs, Swiss, giardiniera hot peppers & Wildflower marinara on a grilled Ciabatta Roll $8.99

**Grilled Turkey Pastrami**
turkey pastrami, Swiss, Wildflower coleslaw & honey mustard on Marble Rye with original & sweet potato chips $9.39

**Sides**
Cranberry Kale Quinoa Salad 3.29
Wildflower Coleslaw 2.29
Red Bliss Potato Salad 2.29
Mixed Chips 1.29

Springbreak is served Weekdays until 10:30 AM, Weekends and most holidays until 2 PM. Egg Whites available at no extra charge.
Salads

**Favorites**
- Chicken Pistachio Pomegranate
  - arugula, chicken breast, green & red cabbage, feta, oranges, kalamata olives, red peppers, red onions & toasted pistachios with Pomegranate Vinaigrette 9.29
- Chipotle Spinach Plus
  - spinach, chicken breast, bacon, gorgonzola, strawberries, dried sweet corn, basil & toasted walnuts with Chipotle Poppyseed dressing* 9.29
- Chopped
  - wild Alaskan salmon (may substitute with chicken breast), arugula, pearl couscous, feta, red peppers, dried sweet corn, dried cranberries & toasted sunflower seeds with Festo Vinaigrette 9.69
- Tuscan Kale
  - baby kale, chicken breast, homemade bread crumbs, grated parmesan & grilled lemon with Lemon Citrus dressing 9.29

**Classics**
- Caesar
  - crisp romaine, marinated mushrooms, grated parmesan & croutons with Classic Caesar dressing 6.59 petite 4.89
  - With Chicken 8.99
  - With Salmon & Capers 9.29
- Asian Chicken
  - field greens, chicken breast, green & red cabbage, cucumber, carrots, celery, jicama, scallions, toasted sesame seeds, crispy noodles & toasted almonds with Thai Peanut dressing* 9.29
- Turkey Waldorf
  - oven-roasted turkey breast, apples, red grapes, carrots, celery, jicama, red onions, Coleslaw dressing, field greens, dried cranberries & spicy pecans with Balsamic Vinaigrette 9.29
- Wildflower
  - field greens, tomato, carrots, celery, jicama, red peppers, scallions, red onions, toasted sunflower seeds & lavender with Cilantro Lime Vinaigrette 6.59 petite 4.89

**Roast Veggies, Greens & Grains**
- Farmhouse Farro Salad
  - baby kale, shaved brussels sprouts, farro, roasted sweet potatoes, feta, pomegranate seeds, toasted hazelnuts & grilled lemon with Pomegranate Herb dressing 9.69
  - With Chicken 11.99
- V12 Kale
  - baby kale, a mix of 12 vegetables: roasted Brussels sprouts, cauliflower, red peppers, eggplant, red onion, tomato, fresh carrots, celery, jicama, zucchini, petite peas, dried sweet corn, feta & toasted sunflower seeds with Mediterranean Vinaigrette 9.69
  - With Chicken 11.99
  - With Chopped Salmon 11.99
- Superfood
  - baby kale, quinoa, slow-roasted tomatoes, roasted cauliflower, petite peas, cilantro, dried sweet corn, goat cheese & toasted walnuts with Cilantro Lime Vinaigrette 9.69
  - With Chicken 11.99
  - With Chopped Salmon 11.99

**Add to Your Salad**
- Chicken Breast, Almond Tuna Salad or Chicken Salad 2.79
- Wild Alaskan Salmon Fillet 3.29
- Quinoa 1.69

Our salad dressings are gluten-free unless noted with *

**PERFECT PAIRINGS**
- Caesar Salad
  - crisp romaine, marinated mushrooms, grated parmesan & croutons with Classic Caesar dressing 1.79
- Field Green Salad
  - field greens, cucumbers & tomatoes with Balsamic Vinaigrette 1.79
- Cranberry Kale Quinoa Salad
  - quinoa with cranberries, toasted walnuts, red onions & baby kale 3.29
- Cup of Soup 4.69
- Two Hearty Meatballs 2.99

**Soups**
- Please visit [wildflowerbread.com](http://wildflowerbread.com) for our current soup rotation.
- **Today’s Selections**
  - Cup 4.69 Bowl 5.69
  - Quart 12.49
- **Soup in a Bread Boule**
  - Sourdough Boule with your choice of today's soup & whipped butter 6.79

**Pasta**
- SERVED FROM 3 PM UNTIL CLOSE.
- ALL PASTA ENTRÉES ARE SERVED WITH GRILLED GARLIC BREAD.
- Kimchi Noodle Bowl udon noodles, kimchi butter sauce, scallions & toasted sesame seeds with grilled Herb Focaccia 7.59
  - With Chicken 9.99
  - With Braised Beef 10.39
- Farro & Greens Bowl sautéed farro, carrots, kimchi butter sauce, spinach, baby kale, rice vinegar & toasted sesame seeds with grilled Herb Focaccia 8.29
  - With Chicken 10.79
  - With Braised Beef 11.29
  - With Salmon Fillet 11.29
- Homestyle Penne marinara, ricotta, beef & pork with crushed red pepper, parmesan, homemade bread crumbs & basil 9.29
- Pasta Primavera penne, olive oil, garlic, crushed red pepper, zucchini, roasted eggplant, mushrooms, sundried tomatoes, roasted red peppers, basil & feta 9.29
- Penne or Linguini with your choice of Wildflower marinara, pesto or creamy Alfredo, parsley & grated parmesan 8.29
- Three Cheese Ravioli with Wildflower marinara, parsley & grated parmesan 9.29
- Rosemary Chicken Linguini chicken breast, rosemary cream sauce, lemon, sundried tomatoes, petite peas & grated parmesan 10.29
- Butternut Squash Ravioli with roasted walnut cream sauce & nutmeg 9.29
- Pesto Chicken with Linguini chicken breast, feta, roasted red peppers, spinach, pesto, parsley & grated parmesan 10.29
- Salmon Alfredo wild Alaskan salmon fillet, linguini, sundried tomatoes, capers, creamy Alfredo, parsley & grated parmesan 10.29
- Top Off Your Pasta
  - Chicken Breast 2.79
  - Wild Alaskan Salmon Fillet 3.29

**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.

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We serve all-natural chicken breast, feta, rice vinegar, turkey, turkey sausage & veracru & organic arugula, baby kale, carrots, dried sweet corn, field greens, quinoa, steel cut oatmeal, udon noodles & yogurt
BREAKFAST
Breakfast is served weekdays until 10:30 am, weekends until 2 pm.

Pancakes
plain or chocolate chip 5.19

Egg & Cheese Sandwich
scrambled egg & cheddar on buttered toast 5.19

Cinnamon Brioche French Toast
with sweet creamy butter & hot maple syrup 5.19

ANY TIME

PB&J or Grilled Cheddar on Sourdough 5.19

Two Hearty Meatballs 5.19

Kids Pick 5.19
- Turkey, Ham or Roast Beef
- Swiss or Cheddar Cheese
- Sourdough or Nine Grain Bread

finish with herb mayo, grain mustard, lettuce, tomato, dill pickle or ketchup

DINNER
Dinner is served from 3 pm until close.

Kids Pick Pasta 5.19
- Linguini, Penne or Three Cheese Ravioli
- Butter, Wildflower Marinara, Pesto or Creamy Alfredo

Menu and prices subject to change. We appreciate your understanding.