### 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

### 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**

### DINNER

**SERVED FROM 3 PM UNTIL CLOSE. ALL PASTA ENTREES 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!

### 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**

### 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**

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