

# Special Appetizer

- Ⓥ Ⓞ Baked Parsnip Fries ..... \$8.5  
Sweet parsnips baked to perfection, served with a squash and pumpkin puree and fresh basil.

# Dinner Specials

All items are served a la carte. Add a cup of soup or small house salad for \$3.

- Famous Spanakopitta** ..... \$15  
A timeless Wildflower favorite. A rich blend of seasonal vegetables, spinach, feta cheese, garlic and herbs individually wrapped in layers of flaky phyllo dough and baked to perfection. Served with a side of steamed veggies, brown rice and Tofu Tahini.
- Ⓥ Ⓞ **Harvest Salad** ..... \$13  
Raw kale, radicchio, shredded carrot, asian pear, purple grapes, avocado, & toasted pumpkin seeds, sesame seeds, sunflower seeds, & cashews. A bright, orange vinaigrette on the side. Served with our house onion herb roll.
- Ⓞ **Portabella Fried Rice** ..... \$12  
Portabella mushrooms, stir fried with cabbage, carrots, ginger, garlic, and onions, brown rice, and egg (optional). Topped with ground cashews, green onions, cilantro and gomasio.
- Ⓥ Ⓞ **Vegan Fajitas** ..... \$14  
Organic sweet corn, black beans, fire roasted peppers, and grilled onions served piping hot with 3 corn tortillas. Housemade guacamole and vegan sour cream on the side!
- Ⓥ **Wicked Thai Peanut Stir-Fry** ..... \$13  
Our house made Thai peanut sauce served over organic soba noodles, grilled carrots, peppers, broccoli, onions, and garlic, and grilled tempeh. Topped with green onions, cilantro and gomasio.