

the wild plum cafe

Sandwiches | \$10-\$12

Turkey Club | Whole wheat bread, house turkey, Havarti cheese, smoked ham, avocado, oven-dried tomatoes, pickled red onion, bib lettuce, herb aioli

Italian Sub | House baked rosemary focaccia, salami, smoked ham, turkey, marinated vegetables, (onions, peppers, olives, artichokes) provolone, mozzarella, cabbage crunch, pesto vinaigrette

Very Veggie (Vegan) | House-baked whole-grain focaccia, vegan herb cheese spread, super greens, avocado mash, oven-roasted tomatoes cucumbers, and carrot ribbons.

Roasted Rosemary Chicken | Soft house roll, with caramelized peppers and onions, provolone cheese, herb aioli, and hearty greens

The Mediterranean | Focaccia bread with grilled eggplant, zucchini, mushrooms, roasted tomatoes, sweet onion. Pesto aioli, mozzarella, and provolone.

Bowls | \$7-\$12

Featured Soup of the day: Two options/ 1 vegan

Featured Stew of the day

House Black Bean chili /Vegan

Ginger Rice | With sesame poached chicken and greens; shitake mushrooms, roasted onion, garlic miso

Quinoa Bowl | With sundried tomato pesto, market veggies, and golden grilled tofu

Greens & Grain Bowl | baby kale, spinach, and arugula topped with Farro pilaf and market veggies/ house vinaigrette

Dessert

Bag of house cookies | Trio of our house cookies

Large cookie | chocolate chunk, apricot oatmeal, snickerdoodle

Brownies

Chocolate ganache muffin

Carrot Cake

Apple Crumble cake

Handpie

Wraps | \$8-\$12

The Greek | Whole wheat tortilla, hummus, tahini, cabbage crunch, and gem lettuce, feta, tomatoes, cucumbers, and olives. Herb vinaigrette

Smoked Chicken | Chipotle salad wrap, on a tomato tortilla, chopped chicken salad with a slightly smokey and mildly spicy flavor, crunchy greens.

Italian Wrap | Spinach tortilla, salami, smoked ham, turkey, Havarti, marinated artichokes, sweet onions and peppers, olives, super greens, pesto cream cheese

Salads | \$8-\$11

***All Salads can come with grilled chicken or tofu**

Super Natural | House greens and microgreens, raw and oven-roasted veggies, avocado, sunflower seeds, Parmesan cheese, Dijon vinaigrette.

Chipotle Chicken Caesar | Baby romaine, pico de gallo, roasted corn, avocado, roasted chicken, parmesan cheese, chipotle caesar dressing.

Greek Salad | Gem lettuce, tomatoes, cucumbers, olives, garbanzo beans, roasted peppers, and onions, parmesan, herbs, hummus, grilled bread.

House Salad | Greens with raw veggies, and house vinaigrette

Sesame Spinach Salad | With carrot ribbons, cucumbers, tomatoes, grilled onion, and peppers, avocado, sesame seeds, sesame ginger vinaigrette

Other Things | \$5-\$8

Old Fashioned Mashed potatoes

Soft green chili polenta

Potato salad French style

Pesto pasta salad

Mac and cheese

Baked Ziti with marinara and mozzarella

Today's grain