

Montage Health Menu

By The Wild Plum Cafe

Sandwiches | \$10-\$12

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

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

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

Bowls | \$7-\$12

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

Quinoa Bowl | Quinoa with golden grilled tofu, seasonal market vegetables, and sundried tomato

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

Dessert|\$2.50-\$4

Trio of Cookies | Trio of our house cookies

Large cookie | chocolate chunk, apricot oatmeal, snickerdoodle

Brownies

Chocolate ganache muffin

Carrot Cake

Apple Crumble cake

Handpie

Sides | \$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

Wraps | \$8-\$12

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

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

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

Salads | \$8-\$11

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

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

Greek Salad | Gem lettuce, tomatoes, feta cheese, 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

Chipotle Chicken Caesar | Baby romaine lettuce with chicken, corn, and avocado

Soups & Stews \$7-\$12

Featured Soup of the Day

Featured Vegan Soup of the Day

Featured Stew of the Day

Black Bean & Roasted Corn Chili (Vegan)