

# Montage Health Menu

## By The Wild Plum Cafe

### Sandwiches | \$8.50

**Very Veggie (Vegan)** | Avocado, pickled onions, sweet peppers, oven-dried tomatoes, carrot ribbons, vegan herb cream cheese and super greens on whole wheat focaccia

**Roasted Rosemary Chicken** | Roasted lemon rosemary chicken on a 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, roasted 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 Focaccia** | On house-baked focaccia, salami, smoked ham, marinated vegetables, (onions, peppers, olives, artichokes) provolone, mozzarella, cabbage crunch, pesto vinaigrette

**Toasted Cheese** | The ultimate comfort food, on Brioche

**Half & Half** | Choose from; chicken, turkey or veggie sandwich, comes with pesto pasta, house salad or potato salad \$10

### Bowls | \$8.50 /Add poached chicken or grilled tofu \$2.00

**Ginger Rice Bowl** | With sesame poached chicken and hearty greens, shiitake mushrooms, market veggies roasted onion, on savory rice with edamame and a ginger miso dressing

**Sundried Tomato Orzo and Tofu Bowl** | Sundried tomato orzo and roasted corn with golden grilled tofu and seasonal market vegetables on a bed of hearty greens and shredded cabbage with a sun dried tomato vinaigrette

**Mediterranean Bowl** | Quinoa tabbouleh with olives cucumbers, sun dried tomatoes, red onion and garbanzo beans and served on hearty greens with a red wine vinaigrette

**Wild Plum Mac and cheese** | Five cheese blend baked with a bread crumb streusel

**Baked Ziti** | In a hearty tomato ragu with parmesan cheese

### Dessert | \$2.50-\$4

**Trio of Cookies** | Trio of our house cookies

**Large cookie** | chocolate chunk, apricot oatmeal, and snickerdoodle

**Brownies**

**Chocolate ganache muffin**

**Carrot Cake**

**Apple Crumble cake**

**Hand Pie**

### Sides

**Old Fashioned Mashed potatoes \$4**

**Green Chili Polenta \$6**

**French Potato Salad \$4**

**Pesto Pasta Salad \$4**

**Mac and Cheese \$5**

**Quinoa Tabbouleh \$4**

### Wraps | \$8.50

**The Greek** | Flour tortilla, hummus, tahini, cabbage crunch, and gem lettuce, feta, tomatoes, cucumbers, and olives with a herb vinaigrette

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

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

### Salads | \$8.50

**Add poached chicken or grilled tofu \$2.00**

**Super Natural** | House greens, 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

**Cobb Salad** | Hard boiled egg, smoked bacon, avocado, roasted turkey, crumbled blue cheese, garden veggies, house vinaigrette

**Sesame Chicken Salad** | Spinach salad with carrot ribbons, cucumbers, tomatoes, grilled onion, and peppers, avocado, sesame seeds, ginger chicken breast, sesame ginger vinaigrette

**Chipotle Chicken Caesar** | Baby romaine lettuce with cumin chicken, pico de gallo, roasted corn, parmesan cheese, avocado and a chipotle caesar dressing

### Soups & Stews \$7

Served with house bread

### Featured Soup of the Day

**Today's stew**

**Black Bean & Roasted Corn Chili with vegan chorizo**