

# WILD FLOWER

## RESTAURANT & CATERING

Local. Organic. Whenever possible

### *starters*

Goat Buster  
Goat cheese fondue served with fresh apples,  
crisp carrots, celery: 12

Prince Edward Island Mussels  
Mussels steamed in white wine, herbs and  
charred tomatoes: 12

Goat Cheese & Herb Roasted Beets  
Assortment of roasted beets, toasted pistachios, golden raisins and  
goat cheese, drizzled with a horseradish vinaigrette: 8

### *soup*

Lobster bisque / Velvety Tomato Basil  
Cup: 4.5 Bowl: 6.5

### *salad*

Golden Chèvre minus the Chèvre  
Organic mixed greens, fresh berries, candied walnuts and julienned apples  
accompanied by a strawberry poppy seed vinaigrette: 13

Smoked Chop Salad  
Chiffonade of romaine, diced hard boiled eggs, red onion, tomato,  
blue cheese, crumbled bacon, in a smoked tomato dressing: 13

Organic Spinach Salad  
Baby spinach, golden raisins, toasted walnuts and gorgonzola  
tossed in a balsamic & dijon vinaigrette: sm 5/ lg 10

Caesar  
Classic Caesar with crisp romaine, minus the croutons, and  
shaved parmesan tossed in our Mayfair dressing: sm 5 / lg 10

Add Protein:  
4.5 for chicken or sautéed calamari / 8 for salmon & beef, 10 shrimp

### *small plates*

Truffled Mac-n-cheese (sub gluten free penne)  
Minus bread crumbs : 7.5

Today's farm fresh veg: 4.5

Brussels sprouts -n- pancetta  
Oven roasted and drizzled without the balsamic reduction: 5



### *entrée*

Organic Irish Salmon (just say no gluten)  
From St. Brennan's, Ireland, this salmon is hand fed organic food,  
meant for human consumption, raised in an ocean pen  
comprised of 99.5% water. The nets are cleaned by brush not chemicals.

Certified Organic Steak (just say no gluten)  
Raised locally. Peppercorn encrusted with butternut squash gratin,  
apple cider braised cabbage and a bourbon sage butter: Market Price

The Best Filet  
8oz grilled filet of beef with locally grown mushrooms,  
Madeira macerated golden raisins demi-glace and oven  
roasted Russian fingerling potatoes: 28

Ahi Tuna  
Grilled Ahi Tuna, Tuscan white bean puree, arugula pesto  
and grilled frisee salad: 28

### *pasta*

Wild Mushroom with Gluten free penne  
This earthy cream sauce is accentuated with a drizzle of white truffle oil: 18.5

Gluten free penne al Pomodoro  
Gluten free penne with toasted garlic, tomatoes and basil: 15.5

Risotto Feature (just say no gluten)  
Velvety baby, it's all in the wrist.

Add Protein:  
4.5 for chicken or sautéed calamari / 8 for salmon & beef, 10 shrimp

*Host your next  
special event or business meeting  
in The Wild Flower Loft.  
Voted Saint Louis' Best Caterer  
over and over again.*

*Visit us on the weekends  
for a wonderful brunch  
Saturday and Sunday  
10am until 3pm*

*We use local & organic ingredients  
whenever possible*

*Save room for dessert, made fresh everyday*

*If you eat a Paleo diet we can accomodate you easily*