



# Wildflower MARKET RESTAURANT

## The Wildflower Lunch Menu

We as Chefs believe in working with what Mother Nature has created, we only pair and enhance the Ingredients in the most simple way.

Executive Chef Wolfgang Sterr

## Sandwiches and Quiche

### Wild Flowers Quiche of the Day

Baked in a Buttery Pastry Shell, drenched in a rich Garlic Custard

\$8.95

### Grilled Chicken Breast Panini Sandwich

Filled with Lettuce Tomato and Cheese, Dijon Mustard Mayonnaise

\$9.25

### Hot Beef on Multi Grain Baguette

Slow braised Ontario Beef, Topped with a Mozzarella Cheese and Horseradish

\$9.95

### Oven roasted Butternut Squash and Mushroom Sandwich

Served on a multi Grain Baguette, Lettuce Dijon Mustard Mayonnaise and Mozzarella Cheese

\$9.25

All Sandwiches come with the choice of: Tender Salad Greens tossed in Balsamic Vinaigrette, Sweet Potato Fries or Regular Fries

## Main Courses

### Oven roasted quarter Chicken Lunch

Rubbed with Spices, Slow roasted quarter Chicken served with Garlic Mashed Potatoes, Winter Vegetables and a light Pan Gravy

\$11.95

### Wild Flowers Signature Perch Fry

Coated in a light Beer Batter, Served with a Chili and Lime Mayonnaise Carrot and Cabbage Slaw

\$13.50

### Chef Wolfgang's favorite Penne Pasta

Choice of grilled Breast 5 oz Chicken, Sautéed Tiger Prawns or Vegetarian Drenched in a roasted Garlic and Herb Cream Sauce and Parmesan Cheese

\$12.50

### Baked Winter Vegetable Tart (Vegetarian)

Winter Vegetables, Goat Cheese and Squash baked on top of a crispy Puff Pastry Base, Salad of tender Greens tossed in a light Balsamic Vinaigrette

\$12.50

### Home made Beef and Vegetable Pies

Served in a flaky Pastry Shell, Accompanied by Confit heirloom Potatoes Surrounded by a light Pan Jus

\$11.95

Kids Meals available upon request

## Appetizers

### Soup creation of the Day

Made with fresh seasonal ingredients

\$4.25

### Wild Flower Caesar Salad

Home made Croutons, Parmesan Cheese and Garlic and Herb Dressing

\$5.95

### Warm Salad of roasted Ontario Carrots and Pears

Served with a Goat Cheese and a Riesling Vinaigrette

\$7.95

### Roasted Garlic and Butternut Squash Dip

Served with warm Focaccia Bread

\$7.95

### Root Vegetable and Ginger Spring Rolls

Served with a home made Sesame Szechwan

\$7.95