

# THYME TO EAT

*We grow much of our produce in our  
Wild Thyme organic gardens.*

## SALADS, STARTERS & SANDWICHES

### **GODDESS SALAD 16 VG**

Wild Thyme greens, curry quinoa, carrots, feta, cucumber, tomato, sweet pepper pico, Green Goddess dressing and crispy wontons. (omit wontons=GF)

### **WILD THYME SALAD 16 VG GF**

Wild Thyme Greens, granny smith apples, sun dried cherries, walnuts, creamy blue cheese, carrots, tomatoes and white balsamic vinaigrette

### **CAESAR SALAD 12**

Romaine lettuce, Caesar dressing, shaved parmesan, garlic croutons, topped with parmesan crisps.

### **ADD TO THE ABOVE SALADS**

Add Chicken \$6

Sesame tofu \$5

Shrimp (4) \$12

Black eyed pea salad \$3 V GF

### **HOUSE SALAD 6 VG**

Wild Thyme greens, carrots, red onions, tomatoes, cucumbers and garlic croutons. Choice of White Balsamic Vinaigrette, Blue Cheese or Ranch dressing.

### **SOUP AND HOUSE SALAD 10**

**SOUP OF THE DAY 5-50**

### **SHRIMP TACOS 18 GF**

Southwest seasoned jumbo shrimp, cilantro lime dressing, shaved cabbage, and sweet pepper pico on corn tortillas. Served with roasted corn with black-eyed pea salad and grilled pineapple slaw.

### **BLACK BEAN SLIDERS 13 V**

House-made black bean burgers, topped with greens, tomato, vegan garlic aioli, pea sprouts, and pickled carrot salad. Served with roasted corn and black-eyed pea salad.

### **BIG SEXY BURGER 15**

Flame grilled 1/3 lb. ground beef, topped with double smoked bacon, triple cheese blend, house barbecue sauce, onion straws, lettuce, and tomato. Served with sage butter smashed potatoes.

### **IMPOSSIBLE BURGER 17**

Fire grilled vegan Impossible burger seasoned with Jamaican jerk sauce, grilled pineapple, pickled carrot salad, lettuce and tomato. Served with small house salad. Impossibly delicious!

### **THE PASTRAMI SUNAMI 17**

A wave of slow braised brisket pastrami atop 1/3lb. seasoned ground beef, melted 3 cheese blend, house burger sauce, lettuce, tomato. Served with sage butter smashed potatoes.

### **CLIFF HANGER 15**

Flame grilled southwest seasoned chicken breast, topped with smoked bacon, triple cheese blend, house barbecue, onion straws, lettuce, and tomato. Served with sage butter potatoes.



## WILD THYME BOWL SPECIALTIES

### **BEEF MEDALLION 20 GF**

Marinated beef tenderloin medallions, sage butter potatoes, ancho chili sauce, fire grilled pineapple slaw, roasted corn with black-eyed peas and sweet pepper pico.

### **SESAME TOFU 16 V**

Sesame encrusted tofu drizzled with sweet miso glaze atop coconut rice, pickled carrot salad, fresh spinach, sweet pepper pico, chef's veg, ginger-soy-lime sauce and crispy won ton strips.

### **TROPICAL PIGGY 17**

Slow braised Jamaican spiced pork, house jerk sauce, coconut rice, fire grilled pineapple slaw and fresh spinach.

### **YELLOW CURRY AND FALAFEL 16 V**

House-made fenugreek falafel cakes served over coconut rice with a savory yellow curry sauce, fresh spinach, pickled carrot salad, chef's veg, sweet pepper pico and crispy won ton strips. (omit won tons for GF)

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## WILD THYME ENTREES

### **PISTACHIO CHICKEN 21**

Grilled chicken breast encrusted with ground pistachios and southwest spices in a light poblano cream sauce. Accented with a sweet pepper pico. Served with sage butter smashed potatoes and chef's veg. A Wild Thyme favorite!

### **BAKED PENNE 17 VG**

Baby tomatoes, spinach, chef's veg sautéed with penne pasta, deglazed with white wine and creamy alfredo, then topped with parmesan cheese and baked. Add Chicken \$5 or Shrimp (4) \$10

### **LASAGNA 18 VG**

A blend of fresh herbs, spices, parmesan, ricotta, mozzarella, and lasagna noodles layered with fennel marinara and alfredo sauce. Served with chef's veg and fire grilled sour dough garlic bread.

### **SALMON 25 GF**

Salmon dusted with lime pepper and flame grilled. Served with coconut rice, chef's veg and a sweet red pepper cream sauce. Garnished with a red pepper pico.

### **FIRE GRILLED TROUT 25 GF**

Fire grilled Idaho trout served with cajun fried rice, cucumber salsa and lemon dill sauce.

### **KANAB COWBOY RIBS 22 GF**

Slow braised, char-grilled, succulent fall-off-the-bone tender pork ribs. Glazed with house BBQ sauce and agave mustard vinaigrette. Served with sage buttered smashed potatoes and chef's veg. A Local favorite!

### **BACON WRAPPED MEATLOAF 23**

House ground choice beef wrapped in thick-cut smoked bacon, with an achiote demi-glace. Served with sage buttered smashed potatoes and chef's veg. Garnished with sweet pepper pico.

### **FILET MIGNON 31 GF**

6-8 oz filet of beef tenderloin seasoned with our garlic blend and flame grilled. Topped with a creamy blue cheese-bacon and chive butter. Served with sage buttered smashed potatoes and chef's veg.

### **RIBEYE 35 GF**

14 oz marbled Ribeye steak, rubbed with a garlic blend and perfectly grilled. Served with sage buttered smashed potatoes and chef's veg. Beef lover's dream!



## KIDS MENU

**NOODLES WITH BUTTER AND PARMESAN 7**

**NOODLES WITH MARINARA OR ALFREDO 8**

V= Vegan VG= Vegetarian GF= Gluten Free  
18% gratuity will be added to parties of 6 or more.  
Consuming raw or undercooked meats, poultry, seafood,  
may increase your risk of foodborne illness.

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## BEVERAGES

### SOFT DRINKS

Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer, Powerade Blue 3-5

### JUICE

Orange Juice, Apple Juice, Cranberry Juice 6

### COLD

Lemonade, Iced Tea, Bottled Spring Water 3

Milk, Chocolate Milk, San Pellegrino Sparkling Water 5

Root Beer Float 7.5

### HOT

Coffee, Tea, Americano, Espresso, extra shot .50 3-5

Latte, Cappuccino, extra shot .50 (add almond milk \$1) 4-5

Hot Chocolate 5



## DESSERTS

### CARROT CAKE 8

A house-made favorite with loads of walnuts and a thick layer of cream cheese icing. Served with Haagen Dazs Vanilla ice cream

### SALTED CARAMEL CHEESECAKE 8

Luscious and rich but not too sweet. House-made with a graham cracker crust and a dollop of whipped cream.

### CHOCOLATE KAHLUA MOUSSE 7.5 V

Decadent, rich chocolate with a hint of coffee liqueur. Tofu based. Amazing. Vegan and gluten free!

### LAVA CAKE 12 GF

Flourless dark chocolate cake with a warm melted chocolate center. Served with Haagen Dazs Vanilla ice cream

### ICE CREAM 5

Häagen-Dazs vanilla ice cream

To order online visit  
[www.wildthymekanab.com](http://www.wildthymekanab.com)

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