

THYME TO EAT

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

STARTERS

HOUSE SALAD 7 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 12 **SOUP OF THE DAY 7**

SHRIMP TACOS 19 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.

ENTREE SALADS

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 13

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

GODDESS SALAD 16 V

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

ADD TO ANY ENTREE SALADS

chicken 8
falafel, sesame tofu, black eyed pea salad 6
shrimp (4) 12

SANDWICHES

BIG SEXY BURGER 17

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 buttered smashed potatoes.

THE PASTRAMITSUNAMI 20

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

IMPOSSIBLE BURGER 17 V

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!

CLIFF HANGER 18

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

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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WILD THYME BOWL SPECIALTIES

TROPICAL PIGGY 19 GF

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 wonton strips. (omit wontons for GF)

SESAME TOFU 16 V

Sesame seed 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 wonton strips.
(omit wontons for GF)

WILD THYME ENTREES

PISTACHIO CHICKEN 23

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

BAKED PENNE 18 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 \$8 or Shrimp (4) \$12

NEAPOLITAN LASAGNA 19 VG

A blend of fresh herbs, spices, parmesan, ricotta and lasagna noodles layered with house made marinara, sauteed spinach and mushrooms. Served with grilled sourdough 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 Ruby trout served with cajun fried rice, chef's veg, cucumber salsa and lemon dill sauce.

KANAB COWBOY RIBS 27 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 24

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

FILET MIGNON 38 GF

6 to 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 43 GF

14 oz marbled Ribeye steak, perfectly seasoned and grilled to order. Served with sage buttered smashed potatoes and chef's veg. Beef lover's dream!

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KIDS MENU

NOODLES WITH BUTTER AND PARMESAN 7

NOODLES WITH MARINARA OR ALFREDO 8

CRUSTLESS GRILLED CHEESE WITH APPLE SLICES 9

BEVERAGES

SOFT DRINKS 3.5

Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer

JUICE 6

Orange Juice, Apple Juice, Cranberry Juice

COLD

Lemonade, Iced Tea, Bottled Spring Water 3.5

Milk, Chocolate Milk, San Pellegrino Sparkling Water 5

Root Beer Float 8

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 9

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 8.5

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

KEY LIME PIE 8.5

Kanabs original key lime pie with a golden graham cracker crust topped with whipped cream & a slice of lime.

LAVA CAKE 12 GF

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

CHOCOLATE KAHLUA MOUSSE 7.5 V

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

ICE CREAM 6

Häagen-Dazs vanilla ice cream

To order online visit
www.wildthymekanab.com

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