

# THYME TO EAT

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

## SALADS, STARTERS & SANDWICHES

### **GODDESS SALAD 13 VG**

Wild Thyme greens, curry quinoa, carrots, feta, cucumber, tomato, sweet pepper pico, Green Goddess dressing and crispy won tons.

### **WILD THYME SALAD 13 V**

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

### **CAESAR SALAD 9**

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

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

Add Chicken \$4

Sesame tofu \$4

Shrimp (4) \$7

Salmon \$8

Beef tenderloin medallions \$8

### **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 16 GF**

Southwest seasoned jumbo shrimp, cilantro lime dressing, Hatch chili cheese, shaved cabbage, and sweet pepper pico on corn tortillas. Served with vegetable saffron rice and roasted corn with black-eyed pea salad.

### **SHREDDED CHICKEN TACOS 15 GF**

Slow braised chicken breast with southwest spices, topped with cabbage, sweet pepper pico, and spicy sour cream ranch on corn tortillas. Served with vegetable saffron rice and roasted corn with black-eyed pea salad.

### **BEEFY SLIDERS 13**

Two flame grilled burgers, totaling 1/3 lb., topped with greens, tomato, fire roasted poblano, Hatch chili cheese, bacon crumbles, and roasted garlic aioli. Served with fire grilled pineapple slaw.

### **BLACK BEAN SLIDERS 12 V**

House-made black bean burgers, topped with greens, tomato, fire roasted poblano, 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, baby greens, and 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, baby greens, and tomato. Served with sage butter potatoes.



## WILD THYME BOWL SPECIALTIES

### **BEEF MEDALLION 17 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 13 V**

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

### **SHREDDED CHICKEN VERDE 15**

Slow-braised all white meat chicken with a blend of southwest and smokehouse spices, baby greens, zesty green tomatillo sauce, vegetable saffron rice, accented with cilantro lime dressing. Served with fire grilled pineapple slaw and roasted corn and black-eyed pea salad.

### **TROPICAL PIGGY 15**

Slow braised Jamaican spiced pork, house jerk sauce, coconut rice, fire grilled pineapple slaw and fresh spinach. Garnished with pickled carrot salad.

### **YELLOW CURRY AND FALAFEL 15 V**

House-made fenugreek falafel cakes served over coconut rice with a savory yellow curry sauce, fresh spinach, pickled carrot salad, broccolini, sweet pepper pico and crispy won ton strips.

### **SICILIAN 16**

Garlic shrimp sautéed with Italian sausage and sweet peppers, three cheese risotto cake, topped with fennel marinara, antipasto salad, fresh spinach and parmesan. Chef Dan's Italian granny approves.

## WILD THYME ENTREES

### **PISTACHIO CHICKEN 18**

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 broccolini. An all-time favorite!

### **BAKED PENNE 15 VG**

Baby tomatoes, spinach, broccolini sautéed with penne pasta, deglazed with white wine and creamy alfredo, then topped with parmesan cheese and baked. Add Chicken \$4 or Shrimp (4) \$7

### **LASAGNA 16 VG**

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

### **SALMON 23 GF**

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

### **IDAHO TROUT 22 GF**

Mild Cajun-spiced fire-grilled trout filet on a bed of vegetable saffron rice, served with a fresh dill yogurt sauce, cucumber ceviche and broccolini.

### **KANAB COWBOY RIBS 20 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 broccolini. 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 broccolini. Garnished with sweet pepper pico.

### **FILET MIGNON 29 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 broccolini.

### **RIBEYE 31 GF**

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



## KIDS MENU

**NOODLES WITH BUTTER AND PARMESAN 5**

**NOODLES WITH MARINARA OR ALFREDO 6**

**CHICKEN TACO AND CHIPS 7**

**BEEF SLIDER AND CHIPS 7**

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

Pepsi, Diet Pepsi, Mug Root Beer, Dr. Pepper,  
Mountain Dew, Sierra Mist.

3

### JUICE

Orange Juice, Apple Juice, Cranberry Juice

5

### BOTTLED

San Pellegrino Sparkling Water

4-5

### COLD

Lemonade, Iced Tea, Milk, Chocolate Milk, Bottled  
Spring Water

3

### HOT

Coffee, Tea, Hot Chocolate, Americano  
Espresso, extra shot .50

3

Latte, Iced Latte, Cappuccino, extra shot .50  
(add almond milk – \$1)

4-5



## DESSERTS

### CARROT CAKE 7.5

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 7.5

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 10 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 or Dreyer's no sugar added ice cream

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



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