

WELCOME TO WILD... GREAT FOOD THAT JUST SO HAPPENS TO BE GLUTEN FREE

STARTERS

V LENTIL CURRY DIP \$9

Lentil Curry served with seasonal vegetables and herbed flatbread

VF PULLED CHICKEN NACHOS \$13 MAKE IT SLOPPY \$3

Oven roasted free range chicken, cheese, jalapeños, pico de gallo, topped with guacamole

VF BRUSCHETTA \$9

Red and yellow cherry tomatoes, basil, mint, fresh mozzarella, roasted garlic toast, balsamic glaze, finished with shaved parmesan

AHI TUNA & SHRIMP POKE* \$13

Cucumber, ginger, cilantro, red onions, avocado, sweet chile vinaigrette, served with chips

V WILD GUACAMOLE AND CHIPS \$8

V SOUP OF THE DAY \$6

SALADS

all salads served 'dressed'

FIG SALAD \$12

Figs, arugula, prosciutto, gorgonzola, balsamic glaze

V KALE SALAD \$11

Tofu, roasted edamame, tofu marinade

V QUINOA SALAD \$11

Oven roasted beets, chickpeas, kale, toasted sunflower seeds, chives, lemon mustard vinaigrette

V HOUSE SALAD \$8

Local mixed greens, cherry tomatoes, red onion, cucumbers and pomegranate vinaigrette

FEAST WITH CONFIDENCE

Here at WILD our entire menu is proudly GLUTEN FREE. Whenever possible we use hormone and antibiotic free meats and cheeses, as well as, local and organic produce.

FROM THE OVEN FLATBREADS

VF CAPRESE \$10

Tomato, fresh mozzarella, basil, olive oil, balsamic

WILD WHITE \$12

Mozzarella, truffle ricotta, cracked black pepper, arugula

SPICY PROSCIUTTO \$14

Prosciutto, organic marinara, mozzarella, spicy peppers, basil

VF CHEF'S CHOICE ROASTED SEASONAL VEGGIES \$12

Truffle Ricotta, mozzarella, roasted seasonal vegetables

farm-friendly
EATERY & BAR
at the
OGDEN

SANDWICHES

CHOICE OF SOUP/ HOUSE SALAD, OR POTATO SALAD

CHICKEN SALAD SANDWICH \$13

Free range chicken salad, cranberries, mixed greens, tomato

V VEGGIE BURGER \$12

Mustard Greens, tomato, red onion, avocado and veganaise

GRILLED CHEESE AND TOMATO SOUP \$10

AHI TUNA BURGER* \$15

Searched Ahi tuna, baby greens, onion, tomato, mustard and veganaise

FROM THE BAR

SODA | 2

HOUSE LEMONADE | 4

NO REFILLS

ORGANIC COFFEE | 3

HOUSE ICED TEA | 2

ORGANIC HOT TEA | 3

AMERICANO | 4

ESPRESSO REG OR DECAF | 3

CAPPUCINO | 4

PASTA AND ENTREES

SPAGHETTI LIMÓN WITH CHICKEN \$14

Chicken, parmesan, lemon, lemon butter sauce, parsley

VF EMILY'S ZUCCHINI PASTA \$13

Julienned zucchini, broccoli, mushrooms, tomato, organic marinara, basil, garlic, parmesan cheese

VF PASTA A LA CECCA WITH SHRIMP \$15

Penne pasta topped with oven roasted tomatoes, basil, garlic, and organic marinara

OVEN ROASTED CHICKEN \$16

Half free-range oven roasted chicken served with roasted potatoes, and roasted vegetables

DESSERTS

PLEASE ASK YOUR SERVER FOR
TODAY'S DESSERT SELECTIONS

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness. Young children, the elderly, and individuals with certain health conditions may be at a higher RISK if these FOODS are consumed raw or undercooked.

V = VEGAN

VF = VEGAN FRIENDLY

WILD LV

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