

555 W C ST #103
SAN DIEGO, CA 92101

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THEWILDTHYMETABLE.COM



hours
MONDAY-FRIDAY
10AM - 7PM

greens + such

CALI GREEN GODDESS • 9
romaine leaves, hard cooked egg, cucumber,
roasted red pepper, olives, avocado green goddess

RED + YELLOW BEETS • 9
mixed lettuce, humboldt fog, seasonal citrus,
pistachios, rosemary-honey vinaigrette

FATTOUSH • 9
mixed lettuce, lebni, cucumber, tomato, red
onion, mint, toasted flatbread, sumac vinaigrette

STRAWBERRY BLEU • 9
spinach, bleu cheese, candied walnuts,
strawberry-balsamic vinaigrette

HARVEST • 9
baby kale, shaved asiago, fig, sweet apples,
pepita, maple-sherry vinaigrette

COBB NOT COBB • 10
mixed lettuce, blackened sweet potatoes, cress,
bleu cheese, hard cooked egg, avocado, cherry
tomatoes, scallions, spiced pecans,
apple cider vinaigrette

BRUSSEL CAESAR • 8.5
baby kale, shaved brussels, pecorino, pickled red
onions, chives, caraway breadcrumbs, classic caesar

add

LEMON THYME ROASTED
TURKEY OR CHICKEN • 4
HERBED CITRUS SALMON • 7
BLACKENED MARKET FISH • MP

between the slices

CITRUS TURKEY • 9
crispy cheese, avocado, red tomatoes, sprouts,
basil aioli, jalapeno-cheddar bread

CURRIED CHICKEN
SALAD • 8.5
granny smith apples, butter lettuce,
sage pesto, curry mayo, ciabatta

CAPRESE • 8.5
fresh mozzarella, red tomatoes, basil leaves,
balsamic vinaigrette, ciabatta

VEG OUT • 8.5
jack cheese, avocado, carrots, cucumbers, red
tomatoes, sprouts, fire roasted balsamic onions,
everything spice hummus, house focaccia

OVEN ROASTED BEEF • 9
herb crusted beef, white cheddar, oven-dried
tomatoes, arugula, horseradish cream, house focaccia

TUNA SALAD SANDO • 9.5
albacore, picked herbs, lemon mayo, red
tomatoes, lettuce leaves, brioche bun

gluten free BREAD • 2
available upon request

warm + toasty

PRESSED CUBANO • 10
carved mojo de ajo pork loin, jamon, swiss,
house pickles, dijonaise, proper baguette

EGGPLANT VLT • 9.5
panko eggplant, house "vacon", jack cheese, red
tomatoes, lettuce leaves, avocado ranch, ciabatta

BANH MI BAO • 10
chicken meatballs, carrot + daikon pickles,
cucumber, shaved jalapeno, cilantro, sriracha
kewpie, house flatbread

LENTIL FRITTER • 9
cauliflower, carrots, red cabbage, cilantro,
chimichurri, sumac yogurt, house flatbread

BLACKENED FISH
SANDO • 11
lemon-poppysseed slaw, red tomatoes, arugula,
crispy onions, house tartar, brioche bun

C. ST BURGER • 11
beef or turkey patty, white cheddar,
applewood bacon, butter lettuce, fire roasted
balsamic onions, louie sauce, brioche bun
sidecar: house pickles

extras

HOUSE CHIPS • 4.5
french onion fondue

ZA'ATAR FRIES • 4.5
harissa ketchup

BLACK + BLUE
SWEET POTATO FRIES • 4.5
roasted garlic aioli