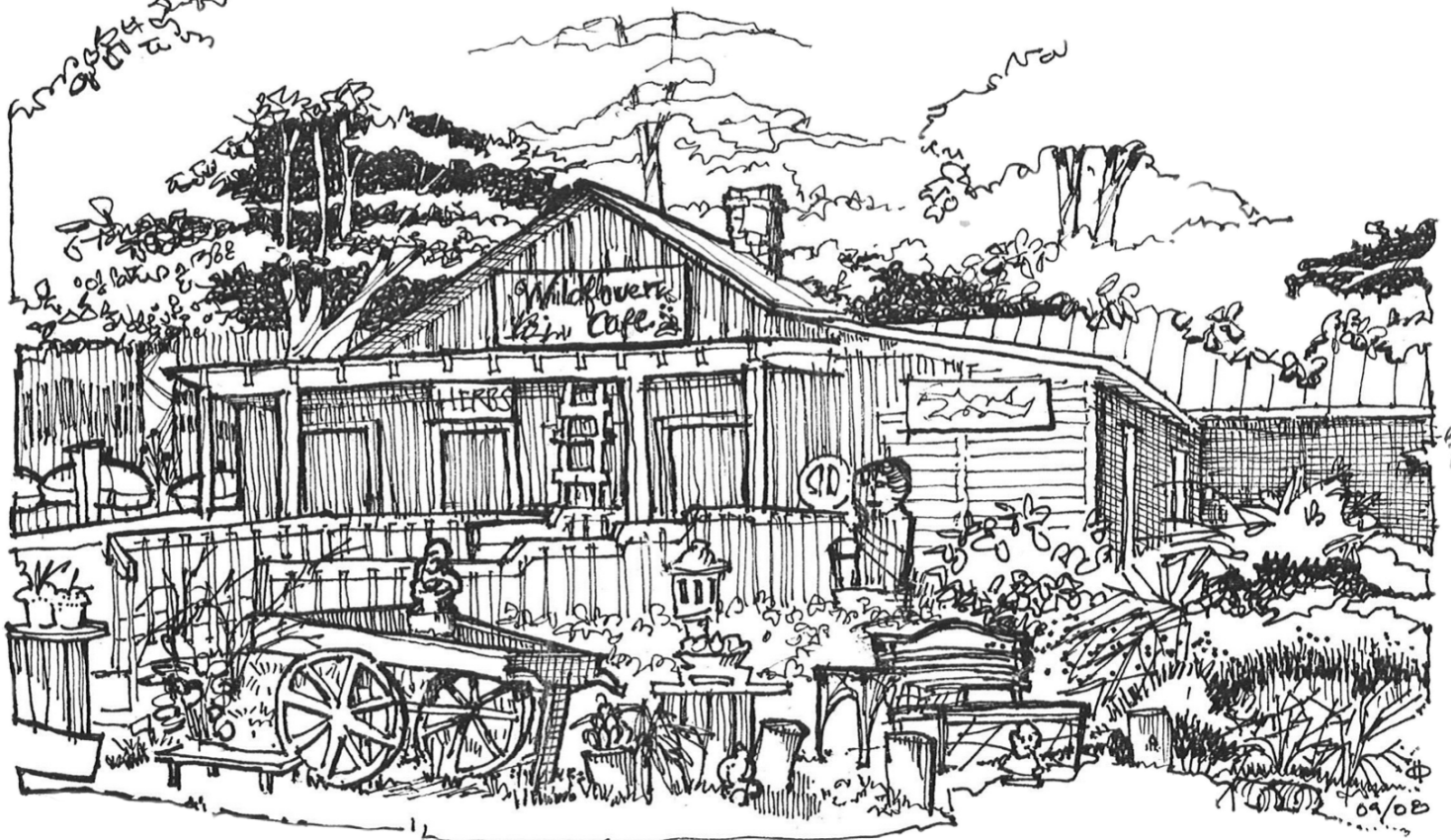


# Wildflower Café



BUILT IN 1887 - ESTABLISHED 2007

# BEVERAGES

## ICED TEA

*Sweet or Unsweetened – 2*

## HOT TEA

*Ask Server for Selections of Caff or Decaf \*Per Bag – 2.50*

## BOTTLED WATER

*Dasani – 1.50 / Alkaline Smart Water – 2.50  
Cup of Ice Water to Go – .50*

## APPLE JUICE OR ORANGE JUICE

*Per Glass – 2.50*

## LA CROIX

*Ask Server for Flavors – 1.50*

## HOT CHOCOLATE

*Per Cup – 3.50*

## LEMONADE

*Free Refills – 2.50*

## COFFEE

*Delicious Caffeinated or Decaffeinated – 2.50*

## STRAWBERRY LEMONADE

*Made with Real Strawberry Purée \*Up to 3 Refills  
Free\* – -3.50*

## CANNED SOFT DRINKS

*Coke, Diet Coke, Coke Zero, Sprite, Dr.Pepper – 1.50*

# HOMEMADE DESSERTS

## PEANUT BUTTER PIE \*MOON'S FAVORITE\*

*Delicious & Creamy Peanut Butter Pie with a Shortbread Crust.  
Topped with Chocolate Sauce. \*\*\*You would Never Know it is Gluten Free\*\*\* – 7*

## DERBY PIE

*Warm Homemade Pecan Pie with Chocolate Morsels  
Drizzled with Chocolate Sauce – 5*

## BUTTERMILK PIE

*Old Fashioned Southern Custard Style Pie  
with a Hint of Real Vanilla – 4*

## HUMMINGBIRD CAKE

*Pineapple Banana Sheet Cake  
Topped with House Cream Cheese Icing & Chopped Pecans – 6*

## TRIPLE LAYER CARROT CAKE

*3 Layers of Moist, Perfectly Sweet Cake with House Cream Cheese Icing & Chopped Pecans – 7*

## GOOD STUFF CHOCOLATE

*Dark Chocolate Sweetened with Honey  
Chunks of Healthy Chocolate in a Box Rather Than a Bar  
Choose from Original Dark, Trail Mix, Coconut, Peppermint Or Nib Crunch - Made By Friends In Tennessee – 7*

## WILDFLOWER CREPES

*2 Crepes Filled With Sweetened Cream Cheese  
Topped With Your Choice of Chocolate Sauce- Or - Strawberry Purée - Or - Both – 7*

# APPETIZERS OR SMALL BITES

## FAMOUS TOMATO PIE

*Traditional Slice (¼ of 10" Pie) OR Mini Tart (4" Pie)*  
*Fresh Roma Tomatoes Sliced and Marinated in Balsamic Vinegar and Basil, Romas Placed in a Pie Shell,*  
*Topped with a Blend of Shredded Mozzarella and Cheddar Cheeses*  
*Baked to Blend the Flavors of our Signature Dish – Traditional 8/ Mini 5*

### MAKE TOMATO PIE A MEAL

ADD: LUNCH ENTRÉE SALAD- 9 /// GRILLED CHICKEN 4OZ- 5, 8OZ- 9 /// SIDE SALAD / FRESH FRUIT / SAUTÉED VEG -5 EACH ///  
BACON- 3 /// ALABAMA'S OWN GRILLED CONECUH SAUSAGE / GRILLED PORTOBELLO / SOUP OF THE DAY -6 EACH

## MOUNTAIN STYLE SHRIMP GRITS

*Finely Diced Baby Gulf Shrimp Sautéed in Butter, Fresh Minced Garlic,*  
*Diced Onion & House Seasonings,*  
*Blended with Creamy Polenta Grits – 9*

## LOADED SHRIMP GRITS

*Topped with House Garlic Parmesan Cream Sauce,*  
*Shredded Cheddar & Mozzarella Cheese,*  
*Green Onions & Crumbled Bacon – 13*

### MAKE SHRIMP GRITS OR LOADED SHRIMP GRITS A MEAL ...

ADD: ALABAMA'S OWN -GRILLED CONECUH SAUSAGE- 6 ///  
GRILLED CHICKEN 4OZ- 5, 8OZ- 9 /// GRILLED SHRIMP SKEWER- 8 ///  
WILD CAUGHT SALMON 4OZ- 12, 8OZ- 22 /// SIDE SALAD / SAUTÉED VEGETABLES- 5 EACH

## HEAVENLY PARMESAN DIPPING SAUCE

*Parmesan Cream Sauce Served with 9 Yeast Rolls*  
*/Extra Rolls .50 each/ – 12*

## TORTILLA CHIPS & HOUSE SALSA – 6

ADD CREAM SAUCE 3

## WILDFLOWER NACHOS

*Tortilla Chips Topped with House Cream Sauce & Salsa,*  
*Shredded Cheese, Black Olives, Black Beans,*  
*Diced Tomato & Diced Green Onion – 14*

SEE À LA CARTE FOR ADD ONS

## HOMEMADE QUICHE

*Crustless Spinach Parmesan or Ham & Cheddar – 9*

## KETTLE COOKED POTATO CHIPS

*Served with 4oz House Made Ranch – 7*

## SCOOP OF CHICKEN SALAD

*Served with Club Crackers – 7*

## BREAD & BUTTER

*4pc Sister Schubert Yeast Rolls & Butter,*  
*OR 2 Pieces Toasted Sourdough or Wheatberry – 3*

# SALADS



House Dressings: Strawberry Balsamic / Balsamic / Ranch / Blue Cheese  
OR Greek Feta Vinaigrette / Honey Mustard / Thousand Island



## LUNCH SALAD / SIDE SALAD

*Organic Mixed Greens, Shaved Parmesan & Diced Tomato – 9/5*  
SEE À LA CARTE FOR ADD ONS

## SAVORY SPINACH QUICHE SALAD

*Spinach Quiche on a Bed of Fresh Spinach,*  
*Topped with Feta, Shaved Parmesan, Chopped Pecans, Dried Cranberries, Grapes, & a Side of Strawberry Balsamic – 17*

## GREEK SALAD

*Organic Mixed Greens, Tomatoes, Kalamata & Black Olives, Pepperoncini, Crumbled Feta & Shaved Parmesan – 13*

## CHICKEN SALAD FRUITY SALAD SPECIAL

*Organic Spring Mix, Fresh Fruit, Shaved Parmesan,*  
*Chopped Pecans, Dried Cranberries, Includes 2oz Cup of Strawberry Balsamic on the Side – 15*  
-VEGETARIAN- WITH FETA -12 / VEGAN - JUST PLANT BASED GOODIES- 10

# ENTRÉES

## BRUNCH SAMPLER

Includes:

Tomato Pie, Fresh Fruit

(1) Crepe Topped with Strawberry Purée & Whipped Cream,

\*\*\*PLUS\*\*\* Your Choice:

½ Piece of Crustless Quiche \*Spinach Parmesan or Ham & Cheddar\*

OR Chicken Salad Scoop – 16

## VEGETABLE LUNCH SPECIAL

Grilled BBQ Portobello, Bean of the Day, Garlic Smashed Potatoes & Sautéed Vegetables – 15

# BURGERS, SANDWICHES & WRAPS

👉 Served with Kettle Chips 👈

### CANYON BURGER

Grilled Fresh Ground Sirloin & Filet

House Burger Sauce

(Ketchup, Mustard, Mayo & a Dash of Cayenne)

Lettuce, Tomato, Onion

Served on a Toasted Kaiser Bun – 8oz-14 / 4oz-9

ADD CHEESE- 1 / BACON- 3 / TOMATO PIE-5

### BBQ BACON CHEDDAR BURGER

Grilled Fresh Ground Sirloin & Filet, 2 Pieces of Bacon,

BBQ Sauce, Sliced Cheddar, Lettuce, Tomato & Onion

Served on a Toasted Kaiser Bun – 8oz-17

### BBQ VEGAN PORTOBELLO BURGER

Grilled Local Portobello, BBQ Sauce

Lettuce, Tomato & Onion

Served on a Toasted Kaiser Bun – 10

ADD CHEESE -1

### PESTO PROVOLONE PORTOBELLO VEGGIE BURGER

House Pesto, Grilled Local Portobello, Smoked Provolone

Lettuce, Tomato, Onion

Served on a Toasted Kaiser Bun – 12

ADD GRILLED GROUND STEAK 4OZ -9 /

GRILLED CHICKEN 4OZ -5 / BACON -3

### PESTO PROVOLONE GRILLED CHEESE

House Made Pesto, Stacks of Provolone

Served on Sourdough & Grilled to Perfection – 9

ADD SOUP -3 / BACON -3

GRILLED OR BLACKENED CHICKEN 4OZ -5, 8OZ -9

### GRILLED CHEESE

Stacks of Cheddar Cheese

Served on Sourdough & Grilled to Perfection – 7

ADD SOUP -3 / BACON-3 / SALSA -1

### CHICKEN SALAD

#### SANDWICH OR WRAP

Chicken, Blended with House Creamy Dressing,

Sliced Almonds & Grapes

Served on Toasted Flour Tortilla, Sourdough or Wheatberry – 15

\*MAKE IT A CLUB\* BACON, LETTUCE, TOMATO & ONION -4

#### CHICKEN RANCH WRAP

Grilled Chicken, Shredded Cheddar & Mozzarella,

House Ranch Dressing, Lettuce, Tomato & Onion

Served in a Flour Tortilla – 13

ADD BACON -3 / TOMATO PIE -5

#### BUFFALO CHICKEN RANCH WRAP

Grilled Chicken,

Buffalo Sauce, House Ranch Dressing,

Mozzarella & Cheddar, Lettuce, Tomato & Onion

Served in a Flour Tortilla – 13

#### GRILLED HAM N CHEESE SANDWICH

Grilled Ham, Honey Mustard & Cheddar Cheese

Served on Toasted Sourdough or Wheatberry – 11

\*MAKE IT A CLUB\* BACON, LETTUCE, TOMATO & ONION -4

#### HAM N CHEESE QUICHE BRUNCH SANDWICH OR WRAP

Ham N Cheese Quiche with Honey Mustard

Lettuce, Tomato & Onion

Served on Toasted Flour Tortilla, Sourdough or Wheatberry – 14

ADD BACON 3

#### BBQ RANCH CONECUH SAUSAGE SANDWICH OR WRAP

Spicy Conecuh Alabama Rope Sausage,

Bbq Sauce, House Ranch, Lettuce, Tomato & Onion

Served on Toasted Flour Tortilla, Sourdough or Wheatberry – 14

👉 Substitute Gluten-Free Bread or Gluten-Free Wrap Add 3- 👈

— IF YOU ARE VEGAN, VEGETARIAN OR HAVE FOOD ALLERGIES WE ARE HAPPY TO ACCOMMODATE. —

# PASTA & PIZZA

## MEDITERRANEAN PASTA

*Chilled Angel Hair Pasta With Shaved Parmesan, Diced Tomato, Crumbled Feta, Kalamata Olives, Black Olives, Sautéed Vegetables, House Mediterranean Sauce, Diced Green Onion, Pepperoncini - 13*

*\*SUBSTITUTE CHILLED ZUCCHINI NOODLES (RAW SPIRALS) FOR ANGEL HAIR- 3\*  
ADD GRILLED PORTOBELLO- 5 /// GRILLED CHICKEN / CONECUH SAUSAGE- 6 EACH ///  
GRILLED OR BLACKENED WILD CAUGHT SALMON 4OZ- 12, 8OZ- 22*

## CHEESE PIZZA

*House Marinara &  
Shredded Mixed Cheese*

*- Original (12") Crust -12 OR Gluten-Free Crust -15*

## WHITE PIZZA

*House Garlic Parmesan Cream Sauce &  
Shredded Mixed Cheese*

*- Original (12") Crust -15 OR Gluten-Free Crust -18*

### EXTRA TOPPINGS:

*ONIONS / SPINACH / BLACK OLIVES -1 EACH ///*

*EXTRA CHEESE- 2 ///*

*FETA / DICED PORTOBELLO / BACON / HAM / PEPPERONI -3 EACH ///*

*GRILLED PORTOBELLO / SAUTÉED VEGETABLES / GRILLED OR BLACKENED CHICKEN 4OZ- 5 EACH*

## À LA CARTE \*\*\* SPECIALTY SIDES \*\*\* SOUP & MORE

### HOUSE SOUP OF THE DAY - 6

*\*Substitute Soup for Chips -3\**

### HOMEMADE QUICHE

*Spinach Parmesan or Ham & Cheddar*

*\*Delicious Crustless Quiche\* - 9*

### SIDE SALAD - 5

### SIDE OF KETTLE CHIPS

*- 3*

### SIDE OF FRUIT

*\*Substitute a Side of Fruit for Chips Add -3\* - 5*

### SAUTÉED VEG

*\*Substitute Sautéed Veg for Chips Add -3\* - 5*

### BEAN OF THE DAY - 4

*Seasoned with Plant Based Goodness, Never any Msg*

### SIDE OF THE DAY

### GRILLED CHICKEN

*Grilled or Blackened - 4oz- 5 / 8oz- 9*

### GRILLED PORTOBELLO - 5

### THICK CUT BACON - 3

### GRILLED CONECUH SAUSAGE

*Alabama's Own - 6*

### GULF SHRIMP SKEWER

*Grilled or Blackened - 8*

### SALMON CAKE - 10

*Topped with Garlic Sriracha Aioli*

### WILD CAUGHT SALMON

*Fresh Never Frozen*

*Grilled or Blackened - 4oz - 12 / 8oz - 22*

### GROUND STEAK

*Ground Sirloin & Filet*

*Grilled or Blackened - 4oz- 6 / 8oz- 11*

### FILET MIGNON

*Grilled or Blackened - 45*

# FUN FACTS

Since the late 1800's- People have visited and loved Mentone for its health restoring benefits including it's healing mineral springs and clean air

1854- The first house was built in Mentone by Robert Vernon  
It is now the central structure of St. Josephs on the Mountain Episcopal Church

1882- Mentone began being organized as a town

1884- Mentone was given it's name by Alice Mason the daughter of John Mason.  
Some claim her father was the "founder" of the town.

1887- The home was built that is now the location of the Wildflower Café  
It was formerly a home to the Graham family (relative's of Martha Berry) as well as the Shropshire family  
2007- 120 years later in October the Wildflower began calling it "home"

1885- Mentone's first newspaper, the Mentone Gazette was published by C. M. Smith  
Later the name was changed to Tri-County Gazette,  
During this period there were no telephones so the newspaper was Mentone's source of information

1888- The first post office was built by Ed Mason near the present sight of the Mentone Inn

Dr. M. G. Yocum came in the early 1890's and opened the first doctors office  
Doctors still did house calls by horse and buggy

Early 1900's- Square dances were held upstairs in the Hitching Post,  
downstairs was the post office, country store and drugstore

1926- The post office was moved across the street to the Gourdie shop

Little River meanders through Mentone, Alabama  
It's the only known river in this hemisphere to flow along the top of a mountain

It is believed a Welsh explorer Prince Maddock sailed into Mobile Bay in 1170  
There is evidence of Welsh constructed forts at DeSoto Falls dating back as far as 1482

It is believed that the ancestors of Creek and Cherokee  
inhabited Mentone dating back to 8000 BC

Mentone Inn and Howard's chapel are on the Alabama registry of landmarks and heritage

Mentone Springs Hotel was on the national register of historic places  
but burned down March 1, 2014