

# Lunch at the Wildflower Café

[www.MentoneWildflower.com](http://www.MentoneWildflower.com)

**Check out our Casual Gourmet and Sunday Brunch Menu**

**(256) 634-0066 - Call In, Carry Out, Catering or Dinner Reservations**

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## Beverages

Free refills on all drinks in house, unless specified per glass on the menu. Please note if you change your beverage selection to a different beverage then there will be an additional charge for another beverage.

**Iced Tea (Sweet or Unsweetened) \$2 Arnold Palmer (Half Tea/Half Lemonade) \$2.50**

**Strawberry Lemonade or Iced Tea \$3.50** *Made with Real Strawberry Puree*

**Soft Drinks \$2** *Free Refills In-House* Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer, Lemonade

**Milk \$3 per glass Orange Juice- \$2.50 per glass Hot Chocolate- \$3.50 per cup with Whipped Cream optional**

**Premium Organic Arabica Coffee \$2 Hot Teas \$2 per tea bag**

## Appetizers & Sides

**Wildflower's Famous Tomato Pie \$7 Large \$5 Medium** \*House Favorite Add Bacon \$3 or Grilled Chicken \$4

Savory Pie filled with Roma Tomatoes marinated in balsamic vinaigrette, topped with cheese then baked to perfection

**Tortilla Chips and Salsa - \$7 Side of Tortilla Chips \$3 Salsa 2 oz \$.75 Soup cup \$2.50 Sour Cream \$2**

**Kettle Cooked Potato Chips & Ranch Dip- \$7** comes with 4oz Ranch **Side of Chips \$3 Dressing dip 2oz \$.75**

**Raw Baby Carrots & Blue Cheese Dip \$5 Fruit Plate \$7 Side of Fruit \$4**

\*Substitute a side of Fruit in place of Kettle Cooked Potato Chips on Entrees \$2 extra

**Scoop of Chicken Salad \$5 Piece of Quiche \$7.50** Ham N Cheese or Spinach **Half Piece \$4**

**Mixed Spring Leaf Salad \$4** Fresh Organic Mixed Greens, Tomatoes & Parmesan

**Greek Salad Side \$7.25** Fresh Organic Tomato, Parmesan, Feta Cheese, Pepperoncini, Black & Kalamata Olives

**Bread & Butter \$3 - 4pc** Sister Schubert Yeast Rolls & butter, or 2 pieces Toasted Sour Dough or Wheat Berry

## Homemade Wildflower Desserts

**Peanut Butter Pie \$7** Homemade Chilled Peanut Butter Pie with a delicious Gluten Free Shortbread Crust Served topped with Chocolate Sauce & Whipped Cream \* *Moon's Favorite*

**Wildflower Crepes \$5** Strawberry, Chocolate or Strawberry & Chocolate; **2** Hand prepared thin Crepe rolled and filled with Sweet Cream Cheese topped with House Fresh Strawberry Puree and/or Chocolate Sauce and Whipped Cream - **1 Wildflower Crepe \$3**

**Derby Pie \$4.50** Homemade Pecan Pie with Chocolate Morsels with Whipped Cream and drizzled with Chocolate Sauce

**Hummingbird Cake \$6** Moist Banana Pineapple Cake with Pecans and Wildflower's House Cream Cheese Icing

**Triple Layer Carrot Cake \$7** Homemade Carrot Cake with Wildflower's House Cream Cheese Icing and Pecans comes with Whipped Cream

**Chess Pie \$4** Old Fashioned Egg Custard Pie served with Whipped Cream

\***Add Ice Cream** add a scoop to any Dessert for \$2

**Ice Cream Sundae \$5** Ice Cream with Strawberry & Chocolate Sauce, Whipped Cream & Pecans

**Wildflower Ice Cream Cup \$3** small cup Vanilla Ice Cream with/without Chocolate Sauce & Whipped Cream

**Good Stuff Chocolate \$6** A Delicious Healthy Organic Dark Chocolate Organic Raw Cacao, Raw Honey, Himalayan Sea Salt. We usually carry Original, Trail Mix, Coconut, Peppermint and Nib Crunch **Gluten Free & Vegan** \*note contains honey

## Salads and Soup

**Add to any Salad:** Grilled or Blackened Hormone Free Chicken \$4 – Bacon \$3

Salmon Market Price - Ground Steak 8oz \$7 or 4oz \$4 – Raw Veggies \$4 Pecans and Dried Cranberries \$1

**Salad Dressings:** House Ranch, House Blue Cheese, House Strawberry Balsamic, House Balsamic, Honey Mustard, Italian Greek Feta Vinaigrette and Thousand Island

**Mixed Spring Leaf Salad \$4 Side \$7 Large** Fresh Organic Mixed Greens, Tomatoes & Shaved Parmesan

**Greek Salad Side \$7.25 Large \$10.50** served with Tomato, Shaved Parmesan, Feta, Pepperoncini, Black & Kalamata Olives

**Chicken Salad Plate \$10** Hormone Free Chicken Salad blended with Grapes & Slivered Almonds, on a salad ring with tomatoes and Parmesan cheese served with yeast roll or crackers. **Add Pecans and Dried Cranberries \$1 Add Bacon \$3**

**Tutti Fruity Salad \$10** Spring Mix, Spinach, Feta, Parmesan, Pecans, Dried Cranberries, Grapes, Strawberry Balsamic

**Sweet & Savory Spinach Quiche Salad \$14** Spinach quiche on a bed of fresh spinach topped with feta, shaved parmesan, chopped pecans, dried cranberries, grapes & a side of strawberry balsamic.

**Tomato Pie Salad \$12** Tomato Pie on a bed of Organic Spring Mix or Fresh Spinach, served with Tomatoes, Shaved Parmesan, Feta and a side of Strawberry Balsamic

**House Soup of the Day Cup \$4 or Bowl \$6**

**Bowl of Soup & Side Salad Combo \$9 Soup & Grilled Cheese Combo \$10**

## Lunch Entrees

All Wraps & All Sandwiches served with Kettle Cooked Potato Chips- Substitute for Fruit for Chips \$2 extra. All Wraps & Sandwiches can be made Gluten Free. Wraps will be served Quesadilla style \$3 extra. Gluten Free Bread for Sandwiches is available; please note it is smaller than traditional loaf bread.

Any Sandwich or Wrap may be turned into a Salad for the same price. (Wildflower serves Choice Hormone Free Meats)

**Brunch Sampler \$12** Choice of Quiche (Ham & Cheese or Spinach), Entrée also includes a sample of Tomato Pie, Fresh Fruit and a homemade Crepe topped with Strawberry puree & whipped cream

**Quiche Brunch \$9** Choice of Homemade Spinach or Ham n Cheese quiche served w/side of fruit or side salad and Bread

**Tomato Pie Brunch \$9** Served with mixed green salad or fruit & bread Add Chicken \$4 Add Bacon \$3

Marinated and perfectly seasoned roma tomatoes topped with cheddar and mozzarella cheeses then baked until golden in a pie crust

**Loaded Tomato Pie Wrap \$14**

Filled with Tomato Pie, Bacon, Chicken, a blend of Mozzarella & Cheddar, Creamy Balsamic Dressing, Lettuce, Tomato and Onion

**Greek Style Tomato Pie Wrap \$10** add Chicken \$4 Add Bacon \$3 Flour tortilla filled with Tomato Pie, Kalamata, Black Olives, Feta, Pepperoncini Peppers, Greek Dressing, Lettuce, Tomato and Onion

**Tutti Fruity Wrap \$12** Spring Mix, Spinach, Feta, Pecans, Dried Cranberries, Strawberry Balsamic Dressing, with your choice of Grilled Chicken or Veggies (Diced Zucchini, Squash, Red Bell Pepper and Onion)

**Chicken Salad Wrap or Sandwich \$10** Hormone Free Chicken Salad blended with Grapes & Slivered Almonds on toasted Sourdough or Wheat Berry or on wrapped in a Tortilla and toasted. Served with Kettle Chips & Pickle. Add Bacon \$3

**Chicken Ranch Wrap or Buffalo Ranch Wrap (Spicy)- Grilled or Crunchy \$10** Choice of Grilled or Breaded Chicken, House Ranch Dressing, Mozzarella & Cheddar, Lettuce, tomato & onion. Served with Kettle Chips. Add Bacon \$3

**Canyon Burger \$11 or \$8 Small** - Grilled Ground Hormone Free Sirloin & Filet, Lettuce, Tomato, Onion & Wildflower Burger Sauce (Delicious blend of ketchup, mustard and mayo with a little dash of cayenne) add Cheese \$1 add Bacon \$3

\*Note our thick juicy burgers are grilled to order, not fast food but delicious!

**Canyon Ranch Tomato Pie Burger \$14** Grilled Ground Hormone Free Sirloin & Filet, topped with Tomato Pie, House Ranch Dressing, Lettuce, Tomato & Onion. Add Bacon \$3 \*Note our thick juicy burgers are grilled to order, not fast food but delicious!

**Canyon Black N Blue Burger \$14 Small \$11** - Blackened Ground Hormone Free Sirloin & Filet, Lettuce, Tomato, Onion & Blue Cheese Crumbles- Add Bacon \$3 \*Note our thick juicy burgers are grilled to order, not fast food but delicious!

**Ham n Cheese Sandwich \$9** Grilled Wheat Berry or Sour Dough with *Hormone Free Smoked* Ham, layered with Cheddar Cheese & Honey Mustard served with Kettle Cooked Chips and a Kosher Pickle Spear. Add Bacon \$3

**Chicken Tender Plate \$8** - 3 Breaded Chicken Breast strips, BAKED never Fried, 2oz dip of your choice Kettle Chips & Pickle Spear

**Grilled Peanut Butter & Jam Or Peanut Butter & Chocolate \$7** Served with Kettle Cooked Potato Chips

**Grilled Cheese \$7 Bacon Grilled Cheese \$10** Choice of Wheat Berry or Sour Dough Bread stacked with Cheddar Cheese and grilled to perfection. Served with Kettle Cooked Chips and a Kosher Pickle Spear.

**Cheese Quesadilla \$7** Flour Tortilla toasted with a blend of cheddar & mozzarella cheese. Served with Kettle chips & 2oz Ranch or Tortilla Chips and 2 oz salsa - Add \$3 to make it Gluten Free. - Add Grilled Chicken \$4 Add Feta or Pepperoni \$3 - Add Onion, Mushroom, Bell Pepper, Black Olives or Tomato, or Marinara Sauce \$1each

**Cheese Pizza \$10** 12 Inch Thin Crust cut into 8 Slices Add toppings- Onion, Mushroom, Bell Pepper, Black Olives, Spinach or Tomato, \$1each; Add Pepperoni, Ham, Bacon, Feta, Pineapple \$3 Grilled Chicken \$4