

## Wildflower Café Dinner

If you are vegan or have food allergies please let us know and we will gladly accommodate

**Famous Tomato Pie** Medium \$5 or Large \$7 **Bread & Butter** \$3 - 6 Yeast Rolls & Butter

**Heavenly Garlic Parmesan Dipping Sauce** \$9 Comes with 9 Yeast Rolls

**Soup of the Day** \$6

**Shrimp N Grits** \$9 **Loaded Shrimp N Grits** \$12.50 w/ Bacon, Cream Sauce & Mixed Cheese

Shrimp N Grits are creamy and flavorful with small shrimp mixed in the savory delicious polenta

**Greek Salad** \$12.50 (w/ shaved parmesan, tomato, feta, black olives, kalamata olives, diced green onion, pepperoncini)

**organic Mixed Green - Side Salad** \$4 **Dinner Salad** \$9

(Honey Mustard, Greek Feta or Homemade: Strawberry Balsamic, Herb Balsamic or Ranch)

Add **Grilled or Blackened Chicken** \$4 - **Grilled Portobello** \$4 **Grilled Salmon**

**Grilled or Blackened wild Caught Salmon** ¼ pound \$12 or ½ pound \$20

## Entrees

Entrees served with an organic Mixed Green Side Salad & a Yeast Roll

All Entrees have fixed side dishes & side salad. A fee is applied for any substitutions

**Mediterranean Angel Hair Pasta with Sautéed vegetables** \$16 chilled angel hair pasta served on a bed of spinach w/ shaved parmesan, tomato, feta, black & kalamata olives, sautéed vegetables, mediterranean sauce, diced green onion, pepperoncini and a side of sautéed vegetables

Zucchini Noodles instead of Pasta \$3 Add **Grilled or Blackened chicken** \$4

**Grilled or Blackened wild Caught Salmon** 4oz \$12 or 8oz \$20

**Loaded Tomato Pie Entree** \$27 Angel Hair Pasta served on a Bed of Spinach topped with Garlic Parmesan Dipping Sauce, Tomato Pie & Grilled Chicken Served w/ Shaved Parmesan, Crumbled Feta, Diced Fresh Tomato & Green onion, Side of Sautéed vegetables Zucchini Noodles instead of Pasta \$3  
vegetarian version \$23 without Chicken

**Ground Steak** \$22 **BNB Ground Steak** \$27 Grilled Fresh Ground Hormone Free Filet Mignon and Sirloin topped with Sautéed Peppers and onions & Garlic Parmesan Cream Sauce - "Black N Blue" grilled with Blackened Seasoning & topped with Blue Cheese Crumbles & Cream Sauce.  
Served with Garlic Smashed Potatoes and Sautéed vegetables

**Grilled Choice Filet Mignon** \$40 **Black N Blue Choice Filet Mignon** \$45 Grilled Fresh House Cut Choice Beef Tenderloin or "Black N Blue" grilled with Blackened Seasoning and topped with Blue Cheese Crumbles & Garlic Parmesan Cream Sauce. Served Garlic Smashed Potatoes and Sautéed vegetables

**Smothered Chicken** \$25 8 oz or 4oz \$21 Grilled Chicken Breast topped w/ Sautéed onion and Bell Pepper, Honey Mustard, Shredded Mozzarella and Cheddar, Baked to blend the flavors. Garlic Smashed Potatoes & Sautéed vegetables -  
Add Bacon \$3

**Wild Caught Salmon** \$30 Grilled or Blackened Fresh House cut wild Caught Salmon served with Garlic Smashed Potatoes & Sautéed vegetables.

**Vegetable Dinner Entree** \$16 Choose 3 of the House Sides

Add **Ground Steak** ¼ pound \$5 ½ pound \$9 - **Grilled or Blackened chicken** \$4 **Grilled Portobello** \$4  
**Grilled or Blackened wild Caught Salmon** ¼ pound \$12 or ½ pound \$20

## A La Carte House Sides

All of our Sides are gluten Free. \$2 fee for entree side substitutions

**Garlic Smashed Potatoes** \$5 **Black Eyed Peas** \$4 **Savory Cilantro Slaw** \$4

**Sautéed vegetables** \$4 Zucchini, Yellow Squash, onions & Red Bell Pepper

## Kid at Heart Menu & Take out

**Canyon Ground Steak Burger** 4 oz \$8 or 8oz \$12 House Ground Steak, Smoked Provolone, wildflower House Pesto, Lettuce, Tomato & onion on toasted Kaiser Bun. Comes with Kettle Chips

**Pesto Provolone Portobello veggie Burger** \$11 House Pesto, Grilled Regional Portobello, Smoked Provolone, organic Spring Mix, Tomato, onion on toasted Kaiser Bun Comes with Kettle Cooked Chips

**Grilled Cheese** \$7 Grilled Sourdough with Melted Cheddar Cheese Add Bacon \$3 Comes with Kettle Chips

**Kid's Buttered Noodles & Parmesan** \$7 angel hair pasta w/ melted butter & shaved parmesan,  
Grilled Chicken \$4 Sautéed vegetables \$4 Ground Steak 8oz \$9 Substitute for Zucchini Noodles \$3

**Cheese Pizza** \$10 12 inch pizza with House Marinara and Shredded Cheese Gluten Free Crust Toppings: Onions \$1, Pepperoni \$3, Spinach \$1, Portobello \$2, Feta \$3, Black Olives \$1. Sautéed vegetables \$4

Reservations are Highly Suggested

Call 256-634-0066

For Reservations and Take out