

# Dinner at Wildflower Cafe

Please call for reservations for parties of 5 or more.

Reservations are suggested for all size parties but not required for anyone.

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

(256) 634-0066 - Call In or Carry Out

Like us on FACEBOOK

Instagram & Twitter: #WildflowerCafe, #MentoneWildflower or #Mentone

Live Music most Friday Nights, Saturday Day and Night and Sunday Day

## APPETIZERS

### Wildflower's Famous Tomato Pie \*House Favorite

Medium \$5 Large \$7

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

Add grilled chicken \$3.50 Add Feta or goat cheese \$3 Add bacon \$2 Add avocado \$

### Heavenly Garlic Parmesan Cheese Dipping Sauce

Served with Warm Bread

\$4.50 Cup \$7 Bowl

### Signature Polenta Shrimp Grits

\$5 Cup \$9 Bowl

### Loaded Polenta Shrimp Grits

Small \$8.50 Large \$12.50

Topped with garlic parmesan cream sauce, mozzarella-cheddar, bacon, green onion and parmesan cheese

### House Side Salad

\$4

Served with Fresh Mixed Greens, Tomatoes & Parmesan

Add House Candied Pecans and Dried Cranberries \$2 Add Grilled Chicken \$4

### Half Greek Salad

\$6

Includes Feta, Pepperoncini, Black & Kalamata Olives

Add House Candied Pecans and Dried Cranberries \$2 Add Grilled Chicken \$4

### House Soup

Cup \$4 or Bowl \$6

### Kettle Cooked Potato Chips and Dip

\$5

## SALADS

### Wildflower Salad Dressings

House Balsamic Vinaigrette, House Blue Cheese, House Ranch, Italian, Thousand Island, or Honey Mustard

Served with a 4 oz Dressing & Bread \*Extra 2 oz. Dressings/Sauces \$ .50

### Mixed Spring Leaf Side Salad

Fresh Mixed Greens, Tomatoes & Parmesan \$4

### Half Greek Salad

Mixed Greens tossed in Greek Dressing, Tomatoes, Kalamata & Black Olives, Pepperoncini Peppers, Feta \$6

Add Grilled Chicken \$4 Salmon \*Market Price\* Veggies Sauteed or Fresh \$ 4

### Mixed Spring Leaf Dinner Salad

Fresh Mixed Greens, Tomatoes & Parmesan \$10

Add Grilled Chicken \$4 Salmon \*Market Price\* Veggies Sauteed or Fresh \$ 4

### Greek Dinner Salad

Mixed Greens tossed in Greek Dressing, Tomatoes, Kalamata & Black Olives, Pepperoncini Peppers, Feta \$12.50

Add Grilled Chicken \$4 Salmon \*Market Price\* Veggies Sauteed or Fresh \$ 4

### Vegan Salad

\$11

Fresh Mixed Greens, Tomatoes, Shredded Parmesan, and Sauteed or Raw Veggies

Mixed Pecans and Dried Cranberries available upon request \$1

***Ask about our Chef Special Entrée of the Evening!***

# DINNER ENTREES

Choice of 2 Gourmet Sides, Mixed Green Salad, and Warm Bread

All Pasta entrees come with choice of 1 Gourmet Side

All meats are choice and hormone free. Ground Steak is an 85/15 grind.

Request the Chef to butterfly any Steak that is ordered Medium-Well or Well-Done

Well Done Steaks are not guaranteed.

## Prime Rib

\$29

Roasted with Fresh Rosemary, Garlic & Cabernet Sauvignon, encrusted with a blend of cracked peppercorns & spices, cooked to perfection, with Au Jus & Signature Horsey Sauce \* 14 oz - Hormone Free

## Filet Mignon

\$30

Hand Cut, Hormone Free, Choice Tenderloin, Grilled to perfection

## Black N' Blue Filet Mignon

\$33

Blackened w Blue Cheese and Signature Cream Sauce

## Surf N' Turf

Add to any steak, Grilled or Blackened Shrimp add \$5

## Salmon Filet

\*Market Price \*

Delivered Fresh, Wild-Caught Salmon from Scotland, served Grilled or Blackened drizzled with Signature Cream Sauce

## Shrimp Scampi

\$20

Angel Hair Pasta topped w/Sautéed Shrimp, Signature Scampi Herb Butter, Parmesan

## Smothered Chicken

\$20 Lg \$17.00 Sm

Hormone Free, Grilled Chicken Breasts topped with Sautéed Onion & Bell Pepper, Honey Mustard Sauce, Cheddar & Mozzarella then baked to perfection

Add Apple Wood Smoked Bacon \$3

## \*New\* Loaded Tomato Pie Entree

\$25

Wildflower's Famous Tomato Pie, topped with Grilled Chicken Breast, Diced Tomato, Parmesan, Feta cheese, and Avocado all on a bed of Angel Hair Pasta topped with a Garlic Parmesan Cream Sauce \*Vegetarian Version \$19

Add Apple Wood Smoked Bacon \$3

## \*New\* Savory Strawberry Angel Hair Pasta

\$12.50 (Also Available Gluten Free as a Salad)

Served on a bed of Fresh Baby Spinach topped with Sautéed Vegetables, Strawberry Balsamic Sauce, Feta, Crumbled Pecans and Dried Cranberries (Can be made Vegan)

Add Grilled or Blackened Chicken \$4 Salmon \* Market Price \*

## Wildflower Vegetable Dinner

\$14

Three of our Fresh Gourmet Sides & Mixed Green Salad (Can be made Vegan most weekends)

Add Grilled or Blackened Chicken \$4 or Ground Steak \$5.50

# Gourmet Side Dishes

Choose Two Sides with your Entrée, \*All Pasta Dishes come with One side., A La Carte order \$3.75 each

## Garlic Smashed Potatoes

Boiled Red Potatoes blended with Butter, Sour Cream and Fresh Minced Garlic

## Sautéed Vegetables

Most often Squash and Zucchini

Seasoned with Fresh Minced Garlic, Spices, Onion, Bell Pepper and sautéed in Extra Virgin Olive Oil

## Roasted Butternut Squash

Butternut squash roasted on a bed fresh spinach and topped with chopped pecans and crumbled blue cheese or feta

## Chef's Specialty Sides of the Evening

Ask Server for tonight's specialties,

## Tomato Pie or Shrimp Grits

May be substituted for one side dish, small portion, add \$3

\*Entrees In House have \$3 Split Plate Fee - 18% Gratuity may be added to Parties of 6 or more including checks that are separated\*

# KID AT HEART MENU

No age limits at Wildflower to be a kid at heart or order from the menu!

## The Burger

Fresh Ground Grilled Steak \$11 or Small \$8- Add Cheese \$1 Bacon \$3 Kettle Cooked Potato Chips & a Pickle

## Gourmet Cheese Pizza

\$10

A 12 Inch Thin Crust Pizza cut into 8 Slices Add any topping \$1 each

Pepperoni, Onion, Feta, Mushroom, Pineapple, Garlic, Bell Pepper, Black Olives, or Tomato,  
Add Bacon or Ham \$3 Grilled Chicken \$ 4

## Chicken Fingers

\$8

Chicken Breast strips, kettle cooked potato chips, pickle & choice of 2oz dressing  
Also available with Hormone Free Grilled Chicken Breast cut into Strips

## Grilled Cheese

\$7- Add Bacon \$3

Served with kettle cooked potato chips & a pickle spear

## Herbed Butter Pasta

\$7

Angel Hair with Signature Herb Butter  
Add Grilled Chicken \$4 or Add Shrimp \$5

# Wildflower's Homemade Desserts

## Sweet Potato Bread Pudding

\$5

Made with our Granny Hester's Sweet Potato Biscuits  
Served warm, drizzled with our own Curried Coconut Rum Sauce

## Triple Layer Carrot Cake

\$6

Homemade Carrot Cake with Wildflower's Homemade Cream Cheese Icing and Pecans

## Hummingbird Cake

\$6

Moist Banana Pineapple Cake with Wildflower's Homemade Cream Cheese Icing and Pecans

## Peanut Butter Pie

\$6

\*Moon's Favorite\*

Chilled Peanut Butter Pie with a delicious Gluten Free Shortbread Crust  
Topped with Chocolate Sauce and Whipped Cream

## Wildflower Crepes

\$5

Hand prepared thin Crepe rolled and filled with Sweet Cream Cheese  
Topped with House Fresh Strawberry Puree and/or Chocolate Sauce and Whipped Cream

## Old Fashion Chess Pie

\$4

Our traditional southern custard pie with a hint of real vanilla

## Derby Pie

\$4.50

Warm homemade pecan pie with chocolate morsels drizzled with chocolate sauce

**\*Add Ice Cream" to any Dessert\* \$2.50**

## Ice Cream Sundae

\$4.50

Ice Cream with Fresh Strawberry Sauce, Chocolate Sauce, Pecans & Whipped Cream

## Wildflower Ice Cream Scoop

\$3

A small cup of Vanilla Ice Cream with or without chocolate sauce