

Lunch at the Wildflower Café

www.MentoneWildflower.com

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

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Beverages

Premium Coffee \$1.75 with *free refills In House* - Add a great All Natural Flavor! \$.50

Iced Tea (Sweet or Unsweetened) \$1.75 *Free Refills* **Arnold Palmer** (Half Tea/Half Lemonade) \$2

Strawberry Lemonade or Iced Tea \$3 *Made with Lemonade and Fresh Strawberry Puree*

Soft Drinks \$1.75 *Free Refills In-House* Coke, Diet Coke, Sprite, Dr. Pepper. Root Beer, Lemonade

Milk \$2.50 per glass **Orange Juice-** \$2 per glass **Hot Chocolate-** \$3 per cup Whipped Cream on top optional

Hot Teas \$1.75

Appetizers & Sides

Wildflower's Famous Tomato Pie \$ 7 Large \$5 Medium **House Favorite*

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

Granny Hester's Sweet Potato Biscuits \$1 each or 4 for \$3 Get a dozen frozen to take home for \$7.99

Kettle Cooked Potato Chips & Ranch Dip \$5 **Side of Chips** \$3 **Dip or dressing 2 oz** \$.75

Tortilla Chips & House Salsa \$5 **Side of Tortilla Chips** \$3 **Side of: Salsa** \$.75 **Sour Cream** \$1

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

Side of Fruit \$4 ***Substitute a side of Fruit** in place of Kettle Cooked Potato Chips on Entrees \$2 extra

Piece of Quiche \$7 Ham N Cheese or Spinach

Bread & Butter \$3 - 2pc Schubert Dinner Rolls, Sour Dough Toast, or Wheat Berry Toast

Homemade Wildflower Desserts

Peanut Butter Pie \$6 Homemade Chilled Peanut Butter Pie with a delicious Gluten Free Shortbread Crust Served topped with Chocolate Sauce * *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

Derby Pie \$4.50 Homemade Pecan Pie with Chocolate Morsels drizzled with Chocolate Sauce

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

Triple Layer Carrot Cake \$6 Homemade Carrot Cake with Wildflower's House Cream Cheese Icing and Pecans

Chess Pie \$3.50 Old Fashioned Egg Custard Pie served with Whipped Cream

Sweet Potato Bread Pudding \$6 served warm drizzled with a Curried Coconut Rum Sauce

***Add Ice Cream** to any Dessert for \$2

Ice Cream Sundae \$4.50 Ice Cream with Fresh Strawberry Sauce, Chocolate Sauce & Whipped Cream: Add Pecans & Dried Cranberries \$1 extra

Wildflower Ice Cream Scoop \$2.50 small cup of Vanilla Ice Cream with or without chocolate sauce & whip cream

Salads and Soup

Add to any Salad: Grilled or Blackened Hormone Free Chicken \$4 - Ground Hamburger Steak 8oz \$7 or 4oz \$4 -

Salmon Market Price - Add Pecans and Dried Cranberries \$1 - Add Bacon \$3

Mixed Spring Leaf Salad \$4 Side \$7 Large served with Fresh Mixed Greens, Tomatoes & Parmesan

Greek Salad Side \$6 Large \$9 served with Tomato, Parmesan, Feta Cheese, Pepperoncini, Black & Kalamata Olives

Chicken Salad Plate \$9 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 \$10 Spring Mix, Spinach, Feta, Parmesan, Pecans, Dried Cranberries, Grapes, Strawberry Balsamic

Sweet & Savory Spinach Quiche Salad \$10 Spinach quiche on a bed of fresh spinach topped with feta, shaved parmesan, chopped pecans, dried cranberries, grapes & a side of strawberry balsamic.

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

Bowl of Soup and Side Salad Combo (mixed green salad) \$9 Soup & Grilled Cheese Combo \$10

Lunch Entrees *Brunch all day at Wildflower Café*

All Wraps can be made Gluten Free & will be served Quesadilla style \$3 extra. Gluten Free Bread for Sandwiches is available, please note gluten free bread is smaller than traditional loaf bread.

Any Sandwich May be turned into a Salad for the same price.

All Wraps & All Sandwiches served with Kettle Cooked Potato Chips- Substitute for Fruit for Chips \$2 extra

Brunch Sampler \$10 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

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 Grilled 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 \$12 Spring Mix, Spinach, Feta, Pecans, Dried Cranberries, Strawberry Balsamic Dressing, with your choice of Grilled Chicken, Crispy Chicken or Sautéed Veggies..... Substitute Fruit ... \$2 Extra

Chicken Salad Wrap or Sandwich \$9 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 Crispy \$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 Grilled Ground Hormone Free Sirloin & Filet, Lettuce, Tomato, Onion & Wildflower Burger Sauce

\$ 8 Small Burger add Cheese \$1 add Bacon \$3

*Note our thick juicy burgers take at least 20 minutes to grill, but it is worth it!

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

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 take at least 20 minutes to cook but it is worth it!

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. Add Grilled Chicken \$4

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

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