

Wildflower

CAFE

BREAKFAST

Omelets & Scrambles

Served with Roasted Potatoes & Fresh Fruit, and your choice of Toast:

Whole Wheat, Rosemary Garlic, Sourdough, Olive,
Plain Stirato, English Muffin, Bagel +1.00

Croissant +1.00 | Brown Rice Bread +1.25 | Substitute Egg Whites + 2.25
Cheese (Jack, Cheddar, Swiss, Feta) +1.50 | Goat Cheese +2.50 | Avocado +3.50

WILDFLOWER OMELET 17.50

Egg-white omelet with avocado, mushrooms, broccoli, fresh basil, tomato, and jack cheese.

CALIFORNIA OMELET 17.50

Omelet with grilled chicken, mushrooms, onions, tomatoes, spinach, and swiss cheese.

SUN-DRIED TOMATO OMELET 15.50

Omelet with oven-roasted sun-dried tomatoes, fresh basil, spinach, and topped with crumbled goat cheese.

OMELET YOUR WAY 15.50

Choose any 3 of the following:

Onions, Red Bell Peppers, Mushroom, Tomatoes, Spinach, Zucchini, Basil, Broccoli, Avocado, Kalamata Olives, Sun-Dried Tomatoes, Pico De Gallo, Turkey Bacon, Pork Sausage, Turkey Sausage, Grilled Chicken, Ham, Jack, Cheddar, Swiss, Feta, or Goat Cheese.

GREEK SCRAMBLE 15.25

Eggs scrambled with spinach, feta, and onions.

NEW YORK SCRAMBLE 19.95

Eggs scrambled with smoked salmon, onions, tomatoes, and cream cheese on top.

VEGGIE SCRAMBLE 15.95

Eggs scrambled with onions, tomatoes, spinach, zucchini, and mushrooms.

From The Griddle

Pancakes Served with House Syrup

100% Pure Maple Syrup Available +1.25

Substitute Whole Wheat +1.50 | Gluten Free +3

BUTTERMILK PANCAKES 10.25

WHOLE WHEAT PANCAKES 11.50

CHOCOLATE CHIP PANCAKES 11.95

Topped with powdered sugar.

BANANA WALNUT PANCAKES 12.75

Topped with powdered sugar.

BLUEBERRY PANCAKES 12.95

Topped with powdered sugar.

STRAWBERRY PANCAKES 12.95

Topped with powdered sugar.

STRAWBERRIES DELIGHT 13.75

Chocolate chip pancakes topped with fresh strawberries, powdered sugar, and whipped cream.

WILDFLOWER STACK (3) 14.95

Bananas, Walnuts, Blueberries, and Strawberries all in one pancake.

Topped with powdered sugar.

FRENCH TOAST 10.50

Sprinkled with cinnamon and topped with powdered sugar.

Add Fresh Strawberries +3.50

Lighter Choices

OATMEAL (MADE TO ORDER) 8.25

Made with raisins, walnuts, and green apples, served with brown sugar on the side.

Add Bananas 1.00/Strawberries 2.00/Blueberries 2.50

ORGANIC GRANOLA 10.50

Served with fresh bananas & strawberries, and choice of low-fat milk.

Almond/Soy milk/Oat milk +1.00

BREAKFAST PARFAIT 10.95

Fresh seasonal fruit topped with a scoop of plain yogurt and organic granola, then drizzled with honey.

SEASONAL FRESH FRUIT PLATE 10.75

Served with plain yogurt or cottage cheese.

BAGEL 3.75

Toasted and served with cream cheese.
(butter and jelly available upon request)

MUFFIN 3.50

BUTTER CROISSANT 3.75

AVOCADO TOAST (1 PIECE) 7.00 (2 PIECES) 12.00

Fresh avocado topped with feta cheese, diced tomatoes, and arugula on your choice of toast.

Add 1 egg 1.50/Add two eggs 3.00

Breakfast Specialties

Served with Roasted Potatoes & Fresh Fruit

THE WILDFLOWER TWO'S 12.95

2 eggs any style, your choice of 2 slices of Turkey Bacon, Sausage, Turkey Sausage, or Ham and 2 pieces of toast:

Whole Wheat, Rosemary Garlic, Sourdough, Olive, Plain Stirato, English Muffin, Bagel +1.00 | Croissant +1.00 | Brown Rice Bread +1.25

OR instead of toast, Upgrade:

Buttermilk Pancakes +.300
Whole Wheat Pancakes +3.75
Chocolate Chip or
Banana Walnut Pancakes +4.50

Strawberry or Blueberry Pancakes +4.75
Strawberries Delight Pancakes +4.75
Wildflower Stack Pancakes +5.00
French Toast +5.25

EGGS FLORENTINE 14.50

Two poached eggs with spinach, topped with Hollandaise sauce, over a grilled english muffin.

EGGS BENEDICT 15.50

Two poached eggs with smoked ham, topped with Hollandaise sauce, over a grilled english muffin. Substitute smoked salmon +5

THE RANCHERO 14.50

Two eggs (any style) served on crispy corn tortillas, melted with cheddar cheese, and topped with fresh pico de gallo and homemade guacamole.

EGGS BRUSCHETTA 14.25

Two eggs (any style) served on your choice of toast:

Sourdough, Whole Wheat, Rosemary Garlic, Olive, Plain Stirato, or Brown Rice Bread +1
Topped with fresh bruschetta (diced tomatoes, garlic, basil, and olive oil)

LOX PLATTER 18.50

Smoked salmon, sliced red onions, tomatoes, cucumbers, your choice of bagel, and cream cheese.

Capers served upon request (SIDES NOT INCLUDED)

SUNRISE SANDWICH 16.75

Two eggs, cheddar cheese, turkey bacon, lettuce, tomato, avocado, and mayonnaise on croissant.

HAM AND EGG SANDWICH 13.75

Two eggs, smoked ham, lettuce, tomatoes, and mayonnaise on toasted sourdough bread.

BREAKFAST SANDWICH 10.95

Scrambled eggs, cheese (cheddar, jack, or swiss), and mayonnaise on your choice of bread:

Whole Wheat, Rosemary Garlic, Sourdough, Olive, Plain Stirato, English Muffin,
Bagel +1.00 | Croissant +1.00 | Brown Rice Bread +1.25

(Add Turkey Bacon, Pork Sausage, Turkey Sausage or Ham +3.50 | Veggie Patty +4.00)

BREAKFAST BURRITO 10.95

Scrambled eggs, your choice of cheese (cheddar, jack, or swiss), and pico de gallo, wrapped in a flour tortilla.

(Add Turkey Bacon, Pork Sausage, Turkey Sausage or Ham +3.50 | Veggie Patty +4.00)

Substitute Whole Wheat Tortilla +1

LUNCH Salads

[All Dressings are Served on the Side]

Served with Olive Bread or Plain Stirato Bread

Additions: Chicken +7 | Shrimp +8 | Salmon Patty +6.50

BABY MIXED GREENS (S) 7.25 (L) 12.00

Shredded carrots, sliced cucumbers, diced tomato, and broccoli on a bed of baby spring mix served with balsamic vinaigrette.

CAPRESE SALAD 11.50

Mozzarella cheese, sliced tomatoes, and basil, drizzled with balsamic vinegar and olive oil.

WARM GOAT CHEESE SALAD 14.75

Crumbled goat cheese tossed in warm pesto with seasoned croutons, crumbled turkey bacon, and diced tomatoes over a bed of spring mix, served with balsamic vinaigrette.

CAESAR SALAD (S) 7.25 (L) 12.00

Seasoned croutons and shredded parmesan cheese on a bed of fresh romaine, served with Caesar dressing.

THE WILDFLOWER CAESAR SALAD 17.75

Grilled chicken, crispy penne pasta, diced tomatoes, and parmesan cheese on fresh romaine, served with Caesar dressing. Substitute Grilled Shrimp +4.50 | Salmon Patty +3.25

GREEK SALAD 12.95

Feta cheese, diced tomatoes, cucumbers, kalamata olives, and red onions over fresh romaine lettuce, served with balsamic vinaigrette.

COBB SALAD 17.95

Choice of grilled chicken OR oven-roasted turkey breast, crumbled turkey bacon, hard-boiled egg, avocado, blue cheese crumbles, diced tomatoes on fresh romaine lettuce, served with ranch dressing

PROTEIN SALAD 17.95

Choice of grilled chicken OR oven-roasted turkey breast with a scoop of albacore tuna salad, sliced hard-boiled egg over spring mix, served with balsamic vinaigrette.

MANGO CHICKEN SALAD 16.25

Grilled chicken breast, sliced granny smith apples, caramelized walnuts, croutons, and red onions on spring mix, served with our special homemade mango dressing.

CHINESE CHICKEN SALAD 15.95

Fried wontons, mandarin oranges, and grilled chicken breast over spring mix, served with sesame dressing.

CRISPY CHICKEN SALAD 17.95

Hand-breaded panko chicken strips, diced tomatoes, cucumbers, crumbled turkey bacon, shredded jack and cheddar cheese, and hard-boiled egg over romaine lettuce, served with your choice of ranch OR honey mustard dressing.

TACO SALAD 17.95

Choice of ground beef OR grilled chicken breast with shredded jack and cheddar cheese over romaine lettuce, topped with pico de gallo, guacamole, sour cream, and crispy fried tortilla strips.

THE WILDFLOWER ARUGULA SALAD 15.95

Avocado, capers, kalamata olives, feta cheese, red bell peppers, red onions, tomatoes, and cucumbers on a bed of arugula, served with a red wine vinaigrette.

Homemade Soups

Large Soup +2.50

SOUP DU JOUR 6.50

Served with Olive or Plain Stirato Bread

SOUP AND 1/2 SALAD 11.50

Your choice of Soup of the Day with Mixed Green or Caesar Salad (no substitutions), served with Olive or Plain Stirato Bread

SOUP AND 1/2 SANDWICH 11.50

BLT, Turkey Breast, Tuna Salad, Chicken Salad, or Egg Salad on choice of toasted bread: Sourdough, Whole Wheat, Rosemary Garlic, Olive, Plain Stirato, or Brown Rice Bread +1.00

Sandwiches

With your choice of bread (toasted):

Sourdough, Whole Wheat, Rosemary Garlic, Olive, or Plain Stirato Bread,

Bagel +1.00 | Croissant +1.00 | Brown Rice Bread +1.25

Served with Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit

Add Cheese (Cheddar, Jack, Swiss) +1.50 | Turkey Bacon +3.50 | Avocado +3.50

ALBACORE TUNA SALAD 14.95

Tuna salad, tomato, and lettuce.

EGG SALAD 10.95

Egg salad, tomato, and lettuce.

CHICKEN SALAD 14.95

Chicken breast salad, tomato, and lettuce

OVEN ROASTED TURKEY BREAST 14.50

Oven roasted turkey breast, lettuce, tomato, and mayo.

THE (T)BLT 11.50

Turkey bacon, lettuce, tomato, and mayo.

PESTO CHICKEN 15.95

Grilled chicken breast, roasted red peppers, arugula, and pesto mayo.

COOL PORTOBELLO MUSHROOM 15.95

Marinated portobello mushroom, avocado, lettuce, tomato, and pesto mayo.

GRILLED EGGPLANT 15.75

Grilled eggplant, fresh mozzarella cheese, red onion, fresh arugula, and sun-dried tomato/pesto spread.

WILDFLOWER CHICKEN SANDWICH 16.25

Grilled chicken breast, cheddar cheese, grilled onions, avocado, lettuce, tomato, and mayo.

WILDFLOWER CLUB 16.95

Oven roasted turkey breast, smoked ham, turkey bacon, avocado, lettuce, tomato, and mayo, stacked 2 layers high.

Pastas

Served with Olive or Plain Stirato Bread

Substitute Whole Wheat Rotelle +2.00 | Gluten Free Penne Pasta +3.50

TIGER SHRIMP LINGUINI 19.95

Tiger shrimp, fresh tomato, garlic, basil, and crushed red peppers tossed in olive oil.

VEGETABLE PENNE PRIMAVERA 17.50

Sautéed medley of broccoli, spinach, red bell peppers, fresh tomatoes, zucchini, mushrooms, onions, and carrots with sundried tomatoes in our homemade marinara sauce.

FETTUCINE ALFREDO 12.95

Add Grilled Chicken +7 | Grilled Shrimp +8

SPAGHETTI VEGETALI 17.50

Sautéed vegetable medley of broccoli, spinach, red bell peppers, fresh tomatoes, zucchini, mushrooms, onions, and carrots with sundried tomatoes, tossed with garlic and extra virgin olive oil.

CHICKEN PENNE 18.75

Grilled chicken, sun-dried tomatoes, mushrooms, and broccoli tossed in a tomato-cream sauce.

CREAMY PESTO PENNE 13.75

Add Grilled Chicken +7 | Grilled Shrimp +8

WILDFLOWER SPAGHETTI 19.95

Ground angus beef, beef sausage, mushrooms, tomatoes, onions, red bell peppers, and zucchini in our homemade marinara sauce.

Sides

ROASTED POTATOES 4.75

TWO EGGS 3.95

TURKEY BACON (2 STRIPS) 4.00

BREAKFAST LINK SAUSAGES 4.00

(Pork or Turkey)

COTTAGE CHEESE OR PLAIN YOGURT 3.75

FRESH PICO DE GALLO 2.50

FRESH GUACAMOLE 3.95

FRESH SEASONAL FRUIT 5.00

TOAST 3.25

Whole Wheat, Rosemary Garlic, Sourdough, Olive, Plain Stirato, English Muffin, or Brown Rice Bread +1.25

FRENCH FRIES 4.25

SCOOP OF ALBACORE TUNA SALAD 6.50

SCOOP OF CHICKEN SALAD 7

GRILLED CHICKEN BREAST 7

OVEN ROASTED TURKEY BREAST 7



Melts

With your choice of bread:

[Encrusted with Parmesan Cheese: Sourdough, Whole Wheat, Rosemary Garlic] Olive, or Plain Stirato, Bagel +1.00 | Croissant +1.00 | Brown Rice Bread +1.25

Served with Choice of: Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit.

Add Turkey Bacon +3.50 | Avocado +3.50

GRILLED CHEESE MELT 9.95

With your choice of cheese: Cheddar, Jack, or Swiss

ALBACORE TUNA MELT 15.95

Warm albacore tuna salad with your choice of melted cheese: Cheddar, Jack, or Swiss.

GRILLED PORTOBELLO MUSHROOM MELT 15.95

Grilled portobello mushroom, goat cheese, spinach, with a sun-dried tomato and pesto spread.

GRILLED CHICKEN BREAST MELT 15.95

Grilled chicken breast with grilled red bell peppers and onions, and your choice of melted Cheddar, Jack, or Swiss cheese.

Specialties

Substitute any wrap or quesadilla with a Whole Wheat Tortilla +1

BBQ CHICKEN QUESADILLA 16.50

Grilled chicken breast tossed in BBQ sauce, melted with shredded jack and cheddar cheese in a grilled flour tortilla, and served with fresh guacamole, sour cream, and pico de gallo.

SHRIMP QUESADILLA 19.95

Grilled shrimp, diced tomatoes, red onions, and spinach, melted with a mix of jack and cheddar cheese in a grilled flour tortilla and served with fresh guacamole, sour cream, and pico de gallo.

VEGGIE QUESADILLA 14.25

Sautéed onions, spinach, tomatoes, and mushroom, melted with a mix of jack and cheddar cheese in a flour tortilla, and served with fresh guacamole, sour cream, and pico de gallo.

CHICKEN CLUB WRAP 16.50

Chicken breast, turkey bacon, lettuce, tomato, and ranch dressing wrapped in a flour tortilla.

[Served with your choice of Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit]

CHICKEN CAESAR WRAP 15.95

Grilled chicken breast, parmesan cheese, croutons, tomato, romaine lettuce, and Caesar dressing wrapped in a flour tortilla.

[Served with your choice of Mixed Greens, Roasted Potatoes, French Fries, or Fresh Fruit] Substitute Grilled Shrimp +6 | Salmon Patty +5

VEGGIE WRAP 13.75

Avocado, red onions, shredded carrots, cucumbers, jack cheese, lettuce, tomato, and sun-dried tomato spread wrapped in a flour tortilla.

[Served with your choice of Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit]

WILDFLOWER CHICKEN STRIPS 14.95

Hand-breaded crispy panko chicken strips served with a side of our homemade honey mustard dressing.

[Served with your choice of Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit]

Handmade Burgers

With your choice of: Onion Bun, Whole Wheat Bun, Plain Stirato Bread, or Gluten Free Bun (add \$1.25)

Served with Choice of:

Mixed Green Salad, Roasted Potatoes, French Fries, or Fresh Fruit.

Our burgers come with Grilled Onions, Tomato, Lettuce, Brown Mustard and Mayo

Add Cheese (Cheddar, Jack, Swiss) +1.50 | Turkey Bacon +3.50

Avocado +3.50 | Mushrooms +2.00

THE CLASSIC 13.75

Handmade Angus burger.

TURKEY BURGER 13.75

Handmade rosemary turkey burger.

VEGGIE BURGER 13.25

SALMON BURGER 15.95

Premium Alaskan salmon burger with our homemade tartar sauce. (No mayo or Mustard)

WILDFLOWER FETA BURGER 16.25

Spinach, diced tomatoes, and feta cheese mixed into our handmade ground Angus burger.



DRINKS

Cold

SODA 3.95

Coke | Diet Coke | Sprite | Root Beer

FRESH BREWED ICED TEA 3.95

Passionfruit Peach (Unsweetened)

ARNOLD PALMER 4.25

(Half Iced Tea, Half Lemonade)

LEMONADE 3.95

FRESH SQUEEZED ORANGE JUICE (S) 5.00 (L) 6.50

GRAPEFRUIT JUICE 5.95

APPLE JUICE 4.95

CRANBERRY JUICE 5.95

POMEGRANATE JUICE 5.95

TOMATO JUICE 4.95

ORANGE CREAM SMOOTHIE 6.95

BOTTLED WATER (FIJI) 3.50

PERRIER 3.75

PELLEGRINO 5.50

ORGANIC COLD BREWED ICED COFFEE 5.00

ICED LATTE OR ICED CAPPUCCINO 4.95

ICED FLAVORED LATTES 5.95

Mocha | Vanilla | Sugar-free Vanilla | Lavendar | Hazelnut

ICED CARAMEL LATTE 6.00

ICED CHAI LATTE 5.95

Tiger Spice Chai | Matcha | Vanilla Chai

ITALIAN SODA 3.75

FRENCH SODA 3.75

BOTTLED BEER 6.50

Amstel Light | Corona | Fat Tire | Heineken | New Castle

Michelob Ultra | Modelo | Stella Artois | 805

MIMOSA (Per Glass or Bottle) 7.25/36.95

CHAMPAGNE 7.75

BLOODY MARY 6.95

MICHELADA 9.00

DRINKS

Hot

ORGANIC COFFEE (House Blend) 4.25

ORGANIC ESPRESSO 3.25/4.25

CAFÉ LATTE OR CAPPUCINO 4.95

FLAVORED LATTE 5.75

Vanilla | Sugar-free Vanilla | Lavendar | Hazelnut

MACCHIATO 3.50/4.50

CARAMEL LATTE 5.50

CAFÉ MOCHA 5.95

AMERICANO 4.00

RED EYE 4.50

TIGER SPICE CHAI LATTE 5.95

MATCHA LATTE 5.95

VANILLA CHAI LATTE 5.95

HOT CHOCOLATE (W/ Whipped Cream Upon Request) 4.95

TEA LATTE (With Choice of any Loose Leaf Tea) 5.95

LOOSE LEAF TEAS (Served in a Pot) 4.00

Apricot Ceylon | Berry Patch | Chamomile | Chamomile Green | Earl Grey
English Breakfast | Green Tea | Jasmine | Kimberly Rooibus | Lemon Grass
Masala Chai | Moroccan Mint | Orange Spiced Oolong

*SOY, ALMOND, & OAT MILK AVAILABLE FOR \$1.00 EXTRA CHARGE

Wine (Glass or Bottle)

WHITE: Chardonnay, Pinot Grigio, Sauvignon Blanc

RED: Merlot, Cabernet Sauvignon, Pinot Noir

DESSERTS

CHEESECAKE 6.25

CARROT CAKE 5.95

CHOCOLATE CAKE 5.95

LEMON BAR 3.50

OLD FASHIONED BROWNIE 3.50

FRESH STRAWBERRIES & WHIPPED CREAM 5.50

SCOOP OF ICE CREAM 3.75

wildflower
kid's menu

(For Kids 10 and Under)

Includes a Choice of:

*Roasted Potatoes, French Fries, Fresh Fruit,
Orange Wedges, or Steamed Broccoli*

HAPPY FACE PANCAKES 6.50

MINI BREAKFAST 7.50

One egg (any style), one piece of: sausage, turkey
sausage, turkey bacon, or ham, and one piece of toast.

BIG BREAKFAST 8.25

One egg (any style), one piece of: sausage, turkey
sausage, turkey bacon, or ham, and one buttermilk
pancake or french toast.

GRILLED CHEESE 7.50

With choice of bread (whole wheat, sourdough,
or rosemary garlic) and choice of cheese
(jack, cheddar, swiss).

CHEESE QUESADILLA 7.50

Add grilled chicken (3.00)

PASTA 7.75

Choice of spaghetti or penne, and choice of alfredo,
marinara, or butter sauce.

Add grilled chicken (3.00)

HAMBURGER 8.50

CHEESEBURGER 9.75

GRILLED CHICKEN BREAST 7.95

CHICKEN STRIPS 8.95

Beverages:

*Apple Juice, Cranberry Juice, Milk, Chocolate Milk,
Lemonade, or Fountain Drinks +2*

*Hot Chocolate (With Whipped Cream) or
Fresh Squeezed Orange Juice +3*

