

BEVERAGES

APPLE, BERRY, PEAR, PAPAYA OR COCONUT-PINEAPPLE JUICE	\$2.00/3.00
FRESH SQUEEZED ORGANIC ORANGE OR CARROT JUICE	\$3.00/4.00
ROOT BEER OR VANILLA CRÈME SODA	\$2.50
REEDS GINGER BREW	\$2.50
ICED TEA (HERBAL OR BLACK)	\$1.75
ITALIAN SODAS	\$3.00
BLUEBERRY, RASPBERRY, PEACH, ORANGE, ORGEAT, VANILLA, COCONUT, HAZELNUT	
CRYSTAL GEYSERS	\$2.50
PLAIN, BERRY, LIME	
TEDEDE (SEASONAL)	\$3.00
SOY MILK, RICE MILK, COW MILK	\$2.00/3.00

HOT BEVERAGES

ORGANIC COFFEE	\$2.00
HOT TEA	\$1.75
ENGLISH BREAKFAST, EARL GREY, JASMINE GREEN, TWIG, PEPPERMINT, CHAMOMILE, ROOIBUS, RED ZINGER, TANGERINE ORANGE ZINGER, LICORICE SPICE	
MENDO MATE	\$2.25
HOMEMADE CHAI	\$3.25
STEAMED MILK W/ ITALIAN SYRUP	\$3.25
HOT SPICED CIDER	\$3.25
HOT CHOCOLATE	\$3.25
MATE LATTE	\$2.75

ESPRESSO

SHOT OF ESPRESSO	\$1.75/2.25
LATTE	\$2.75/3.25
AMERICANO	\$2.25/2.75
ICED AMERICANO	\$1.75
CAPPUCCINO	\$2.50/3.00
RED-EYE	\$2.75/3.25
MOCHA	\$3.25/3.75

SMOOTHIES

ADD PROTEIN POWDER OR SPIRULINA FOR \$1.00

FRESH FRUIT	\$4.75
STRAWBERRY, BANANA, APPLE JUICE	
ACAI POWER SHAKE	\$5.50
BANANA, Acai, BERRY JUICE, RICE MILK	
BLUEBERRY BLISS	\$5.00
BLUEBERRIES, BANANA, RICE MILK, PEAR JUICE	
CARROT SHAKE	\$5.50
ORGANIC CARROT JUICE, BANANA, VANILLA ICE CREAM, CINNAMON	
ESPRESSO MOCHA SHAKE	\$5.50
VANILLA ICE CREAM, BANANA, ESPRESSO, GHIRADELLI CHOCOLATE	
PROTEIN SHAKE	\$5.00
BANANAS, SOYMILK, PROTEIN POWDER, AND YOUR CHOICE OF JUICE	
SIMPLY SWEET	\$5.50
ORGANIC CARROT JUICE, PEAR JUICE, BANANA, GINGER, PROTEIN POWDER	
STRAWBERRY YOGURT	\$5.00
BANANA, STRAWBERRIES, YOGURT, COCONUT-PINEAPPLE JUICE	
CAROB SHAKE	\$5.50
VANILLA ICE CREAM, MILK, BANANA, CAROB POWDER	
TROPICAL TREAT	\$4.75
PAPAYA JUICE, COCONUT-PINEAPPLE JUICE, BANANA	
CHAI SHAKE	\$5.50
HOMEMADE CHAI, VANILLA ICE CREAM, AND BANANA	

The Wildflower Café & Bakery

BREAKFAST SPECIALTIES

CHOICES OF TOAST INCLUDE: RYE, 7 GRAIN, SOURDOUGH, SPELT BISCUIT OR ENGLISH MUFFIN. UPGRADE TO GLUTEN FREE TOAST, OR CORNBREAD FOR \$1.00. SUBSTITUTE TOFU SCRAMBLE FOR EGGS FOR \$1.50

BISCUITS AND GRAVY \$7.00, half order \$4.75

BREAKFAST BURRITO — *A large bien padre tortilla, stuffed with scrambled eggs, black beans, homefries and cheese. Topped with salsa, sour cream, green onions and cilantro.* \$9.50

CONNYS CORNBREAD — *Our homemade cornbread topped with two eggs, black beans, grilled mushrooms and onions, tomatoes, mild green chilies, avocado, sour cream, green onions and cilantro.* .. \$10.00

HUMBOLDT HASH — *Two eggs served on top of our potato lentil hash with a side of grilled vegetables, and your choice of toast.* \$10.25

MARVELOUS MUFFIN — *An English muffin topped with cheese, two eggs, grilled mushrooms and onion. Smothered with our house made almond gravy, and topped with fresh tomatoes and avocado. Served with homefries.* . \$10.00

RANCHEROS FLORES — *Two crisp corn tortillas, topped with our house made quinoa "chorizo", two eggs, beans, rancho sauce, cheese, green onions, cilantro and sour cream.* \$10.50

THE CLASSIC — *Two eggs how you like 'em, side of homefries and your choice of toast.* \$7.00

WILDFLOWER FLORENTINE — *A bed of homefries topped with steamed, seasonal greens, two eggs, fresh tomatoes, and our Tofu Tahini dressing. Served with your choice of toast.* \$10.00

Ⓟ **WILDFLOWER POTATOES** — *A bed of homefries, topped with seasonal, steamed vegetables and smothered in our house made almond gravy. Topped with fresh tomatoes. Served with your choice of toast.* ... \$9.75

Ⓟ **TOFU SCRAMBLE** — *Locally made tofu, scrambled with onions, garlic, and spices. Served with homefries and your choice of toast.* \$8.75

OMELETTES AND SCRAMBLES

THE FOLLOWING CAN BE AN OMELETTE OR A SCRAMBLE, AND ARE SERVED WITH HOMEFRIES AND YOUR CHOICE OF TOAST. TOAST SELECTION INCLUDES: RYE, 7 GRAIN, SOURDOUGH, SPELT BISCUIT, OR ENGLISH MUFFIN. GLUTEN FREE TOAST OR CORNBREAD FOR \$1.00.

CILANTRO PESTO — *Avocado, cilantro pesto, tomatoes, and cheddar cheese. Topped with sour cream and cilantro.* ... \$10.25

GREEK — *Fresh steamed spinach, olives, tomatoes and feta cheese* \$10.25

MAKE YOUR OWN! — *Start with cheese, add mushrooms, cheese \$9.00, additions for \$.25 each garlic, onions, broccoli, spinach, kale, bell peppers, tomatoes, chilies, cilantro, green onions, salsa or sour cream for \$.25 Avocado and tofu tahini add \$.50*

****MOST DISHES CAN BE MADE VEGAN UPON REQUEST****

SOMETHING SWEET?

- Ⓥ Ⓞ **VEGAN, WHEAT- FREE PANCAKES** — single \$2.25, short stack \$3.75, tall stack \$5.75
Served with real maple syrup. Add apples, blueberries, bananas or almonds for \$1.00
- Ⓥ **VEGAN FRENCH TOAST** — *A tasty vegan cashew batter, coating sourdough bread. Served with real maple syrup and crushed almonds.* \$8.00

SMALL MENU

- WILDFLOWER GRANOLA BOWL** — *Our house made, delicious granola with seasonal fruit and your choice of cows milk, almond milk, hemp milk, soy milk, or yogurt.* small \$3.50, Large \$6.50
- EGG MUFFIN** — *One fried egg, cheese, and tomato on an English muffin. Add avocado for \$1.00 Add tofu sausage for \$1.50.* \$4.00
- THE SKINNY ELVIS** — *Peanut butter, banana and honey on 7 grain toast.* \$5.00
- Ⓞ Ⓥ **BOWL OF OATS** — *Organic rolled oats cooked with raisins and topped with toasted coconut, cinnamon and toasted almonds.* \$6.00
- Ⓞ Ⓥ **POTATOES AND TOFU TAHINI** — *Our homefries topped with our house dressing. Simple, but delicious!* ... cup \$2.75, bowl \$3.75

SIDES

- | | | | |
|--------------------------|--------|------------------------------------|--------|
| VEGGIE OF ANY KIND | \$1.50 | EGG | \$1.00 |
| SOUR CREAM | \$1.00 | SALSA | \$1.75 |
| TOFU TAHINI | \$1.00 | ALMOND GRAVY OR VEGAN CHEESE | \$2.75 |
| CORNBREAD | \$2.75 | TOFU SAUSAGE | \$3.00 |
| TOAST | \$2.00 | CORN TORTILLAS | \$1.00 |
| YOGURT | \$2.25 | FLOUR TORTILLA | \$1.50 |

****MOST DISHES CAN BE MADE VEGAN UPON REQUEST****

The Wildflower Café & Bakery

Specialty Sandwiches

The following are served with your choice of a small green salad, house made sauerkraut, and our 'side of the day'.

- Eric's Favorite** \$9.75
Grilled tofu, portabella mushrooms, grilled onions, and cheddar cheese served on our sesame seed bun with lettuce, tomato and house burger sauce.
- ① **Falafel** \$10.50
Our homemade falafel patties, sprouts, cucumbers, onion and tomato in a pita, with tofu tahini and hummus on the side.
- Reuben** \$9.75
Grilled tempeh, house made sauerkraut, house made vegan thousand island, asiago cheese, lettuce, tomato and avocado on rye bread.
- ① **Cajun Seitan** \$10.00
Thinly sliced, house made seitan, sprinkled with cajun fire seasoning and topped with grilled spinach and onions on a house made sesame seed bun. Served with a side of our vegan cheese sauce.
- Avocado and Cheese** \$9.00
Avocado, cheddar cheese, on a sesame seed bun with sprouts, tomato, sunflower and tofu tahini dressing.
- ① **T.L.T.** \$9.50
House made tempeh bacon, lettuce, tomatoes and veganaise on wheat toast.

Wildflower Burgers

All of our burgers are served with the works: lettuce, tomato, onions, pickles and vegan house burger sauce on a sesame bun. Choice of patty.

- Burger Patties** \$9.50
Choice of tofu, tempeh, nutloaf, black bean quinoa burger, or portabella mushroom.
- Burger Additions** \$.50/each
grilled onions, mushrooms, avocado, sprouts, jalapeños, shredded carrots.

Organic Salads

All salads are served with an onion-herb roll. Gluten free toast can be substituted for \$1.00

- House Salad** Sm. 3.75 Lrg 6.75
Salad greens, red onions, red cabbage, shredded carrots, sprouts and tamari-roasted sunflower seeds.

Many menu items can be made vegan upon request

- Greek Salad** \$10.00
Spinach and salad greens, feta cheese, red onions, cucumber, tomatoes, and olives, served with our herbal vinaigrette.
- Aphrodite Salad** \$10.25
Spinach and salad greens, red onions, red cabbage, shredded carrots, gorgonzola cheese, maple-sweetened almonds, apples, avocado, cilantro and mango (when in season). Served with our berry vinaigrette.
- ① **Thai Salad** \$10.00
Salad greens topped with shredded carrots, cucumbers, sprouts, red bell peppers and grilled tempeh. Dressed with our house made Thai peanut sauce, and sprinkled with green onions, cilantro and gomasio.
- Wildflower Salad** \$9.75
Salad greens, red onions, shredded carrots, asiago cheese, garbanzo beans and avocado. Sprinkled with veggie bacuns, tamari-roasted sunflower seeds, and served with our house Tofu Tahini.
- ① **Steamed Vegetable Salad** \$9.75
Salad greens topped with steamed vegetables and sprinkled with a mixture of nuts and seeds, and topped with sprouts and tomatoes. Served with Tofu Tahini.

House Specialties

- Ⓞ **Tempeh Tacos** \$9.75
Seasoned tempeh grilled with onions and portabellas inside two corn tortillas, topped with cheddar, lettuce, tomato, green onions, cilantro, and sour cream. Side of salsa.
- ① **Pat's Vegan Mac and Cheese** \$10.00
Served with our vegan cornbread and a side of sautéed greens
- ① **Dragon Bowl** \$10.00
A bed of spinach topped with soba noodles, grilled veggies, and a ginger-lime sauce. Topped with cilantro, gomasio and fresh cilantro.

Lighter Side

- Soup Du Jour** cup \$3.00, Bowl \$4.00
- Ⓞ ① **Steamed Seasonal Veggies** cup \$4.00, bowl \$6.00
- Soup, Salad Combo** cup \$8.50, bowl \$9.50
Cup or bowl of our soup du jour, a small house salad with your choice of dressing, and an onion-herb roll.
- Ⓞ ① **Bowl of Steamed Veggies and Rice** \$6.75
Served with Tofu Tahini
- Ⓞ ① **Beans and Rice** cup \$4.00, bowl \$5.00
Pinto or black beans, herbal rice and Tofu Tahini

Many menu items can be made vegan upon request

The Wildflower Café & Bakery

Appetizers

- Soup Du Jour** cup \$3.00, bowl \$4.50
Served with a homemade onion herb roll
- House Salad** Sm. 3.75 Lrg 6.75
Salad greens, red onions, red cabbage, shredded carrots, sprouts and tamari-roasted sunflower seeds.
- Ⓟ **Hummus Plate** \$6.50
Our house made hummus served with fresh veggies, house tapenade, and pita bread.
- Roasted Garlic Plate** \$6.75
Garlic roasted in olive oil and rosemary, served with brie cheese, apples, house tapenade, and fresh baked bread.
- Super Nachos** \$9.75
Bien Padre tortilla chips topped with cheddar cheese OR our house made vegan cheese sauce. Topped with pinto beans, mild green chilies, cilantro, and green onions. Side of salsa. Add sour cream for \$.25
- Ⓟ **Seitan Peanut Satay** \$8.00
Our house made seitan marinated on skewers, and grilled to perfection. Served with our house made peanut sauce for dipping.

Dinner Entrées

The following are served with your choice of a cup of the soup du jour or a small house salad. Our selection of house made dressings include: Tofu Tahini, Herbal Vinaigrette, Poppy seed Vinaigrette, Berry Vinaigrette, or Vegan Thousand Island.

- Ⓟ Ⓟ **Eggplant Involtini** \$16.00
Grilled eggplant cutlets wrapped around a Mediterranean sun-dried tomato, caper and olive filling, topped with house made marinara.
- Ⓟ **Creole Polenta and Seitan** \$16.00
Our homemade polenta topped with cajun spiced grilled veggies and seitan, smothered in creole fire sauce.
- Ⓟ **Wild Mushroom Fried Rice** \$14.00
Local wild mushrooms, stir fried with cabbage, carrots, ginger, garlic, and onions, brown rice, and egg (optional). Topped with ground cashews, green onions, cilantro and gomasio. Ask your server for tonights wild mushroom selection.
- Ⓟ **Wicked Thai Peanut Stir-Fry** \$15.00
Our house made Thai peanut sauce served over organic soba noodles, grilled carrots, peppers, broccoli, onions, and garlic, and grilled tempeh. Topped with green onions, cilantro and gomasio.
- Spanakopitta** \$16.00
A rich blend of seasonal vegetables, spinach, feta cheese, garlic and herbs individually wrapped in layers of flaky phyllo dough and baked to perfection. Served with a side of greens, herbal brown rice and tofu tahini.

****Many dishes can be made vegan upon request****

Tony's Italian Special \$16.00

Our delicious, weekly Italian special. Ask your server for details.

Ⓥ **West Indian Curry** \$15.00

Seasonal vegetables and marinated tofu sautéed in our traditional yellow curry sauce and served over brown rice. Sprinkled with toasted coconut and accompanied by our homemade chutney and pita bread.

House Classics

The following are served a la carte.

Ⓥ Ⓜ **Tempeh Tacos with Rice and Black Beans** \$11.00

Seasoned tempeh grilled with onions and portabellas inside two corn tortillas, topped with cheddar, lettuce, tomato, green onions, cilantro, and sour cream. Side of salsa.

Burger Special \$10.00

Our burger special of the night served with a small green salad. Ask your server for details.

Ⓥ **Pat's Vegan Mac and Cheese** \$10.00

Served with our vegan combread and a side of sautéed greens

Soup, Salad, Roll combo cup \$8.25, bowl \$9.50

Cup or bowl of the soup du jour, a small house salad with your choice of dressing and a homemade onion herb roll to round it off.

Ⓥ Ⓧ Ⓥ **Bowl of Steamed Veggies and Rice with Tofu Tahini** \$6.75

Ⓥ Ⓧ **Beans and Rice** cup \$4.00, bowl \$5.00

Pinto or black beans, herbal rice and Tofu Tahini

Organic Salads

All salads come with a house made onion-herb roll. Gluten free bread can be substituted for \$1.00.

Ⓥ **Thai Salad** \$10.00

Salad greens topped with shredded carrots, cucumbers, sprouts, red bell peppers and grilled tempeh.

Dressed with our house made Thai peanut sauce, and sprinkled with green onions, cilantro and gomasio.

Ⓥ **Steamed Vegetable Salad** \$9.75

Salad greens topped with steamed vegetables and sprinkled with a mixture of nuts and seeds, and topped with sprouts and tomatoes. Served with Tofu Tahini.

Aphrodite Salad \$10.25

Spinach and salad greens, red onions, red cabbage, shredded carrots, gorgonzola cheese, maple-sweetened almonds, apples, avocado, cilantro and mango (when in season). Served with our berry vinaigrette.

Greek Salad \$10.00

Spinach and salad greens, feta cheese, red onions, cucumber, tomatoes, and olives, served with our herbal vinaigrette.

Wildflower Salad \$9.75

Salad greens, red onions, shredded carrots, asiago cheese, garbanzo beans and avocado. Sprinkled with veggio bacuns, tamari-roasted sunflower seeds, and served with our house Tofu Tahini.

****Many dishes can be made vegan upon request****

BEER

MAD RIVER BREWERY \$3.50
STEELHEAD PALE ALE

MAD RIVER BREWERY \$3.50
JAMAICA RED

LOST COAST BREWERY \$3.50
INDICA IPA

MAD RIVER BREWERY \$3.50
SCOTCH PORTER

WINE

THE PRESS 5.50/20.00
CHARDONNAY (ORGANIC)

BRICELAND 5.75/21.00
SAUVIGNON BLANC

GIRASOLE 5.50/20.00
PINOT NOIR (ORGANIC)

JERIKO 5.75/21.00
CABERNET SAUVIGNON (BIO-DYNAMIC)

MIMOSA

A JUMBO MIMOSA MADE WITH \$6.00
ORGANIC FRESH SQUEEZED OJ AND
CAVA CRISTALINO'S SPARKLING BRUT

CARAFE \$16.00

ASK YOUR SERVER ABOUT OUR DESSERT SPECIALS

CORKAGE/ CAKE FEE \$10.00
18% GRATUITY FOR PARTIES OF 6 OR MORE