

First Course

Soup du Jour

Cup **\$3.00** Bowl **\$3.75**

Baked French Onion Soup

Cup **\$3.75** Bowl **\$5.00**

A French classic topped with Provolone and Swiss and finished with toasted seasoned croutons.

Del Marva Crab Cakes **\$8.75**

Lightly seasoned crab meat, breaded and fried to perfection. Served with a whole grain mustard sauce and roasted red pepper aioli.

Vegetable Spring Rolls **\$8.25**

Asian vegetable spring rolls baked crispy and served with sweet Thai sauce, Ponzu sauce and wasabi spiced mustard for dipping.

Select Garden Greens **\$4.25**

Accented with vegetable garnish and your choice of our house dressings.

Ranchero Cheese Quesadilla **\$7.75**

Grilled white meat chicken and Cheddar cheese layered between two flour tortillas and lightly grilled. Accompanied with black beans, lettuce, tomato and salsa.

Build A Burger

The Gourmet Burger* **\$8.25**

One third pound steak burger or turkey burger char-grilled to your preference and served on a toasted pretzel, onion or kaiser roll with lettuce, tomato, and Bermuda onion, accompanied with steak fries.

Boca™ Veggie Burger **\$8.25**

A classic blend of mushrooms, onions, whole grains, herbs and spices, char-grilled and served on a toasted Kaiser roll accompanied with lettuce, tomato, Bermuda onion, Chipolte mayo and relish on the side. Served with sweet potato fries.

The Frisco Melt* **\$9.00**

Our gourmet burger with fried onions, Swiss cheese and Thousand Island dressing on grilled multigrain bread Served with steak fries.

Extras on burgers, add 0.75 per item

Cheese (American, Swiss, Provolone, Cheddar, Pepperjack, Crumbled Bleu)

Bacon

Mushrooms

Grilled Onions

BBQ Sauce

Pizza Sauce

The Sandwich Shop

Roasted Eggplant Sandwich **\$8.75**

Eggplant topped with roasted red peppers and Pepperjack or Alpine Lace Swiss cheese on grilled multigrain bread. Served with cole slaw and sweet potato fries.

Traditional Deli Sandwiches **\$8.25**

Your choice of roasted turkey, ham and cheese, tuna salad or chicken salad on your selection of breads or as a wrap. Accompanied with lettuce, tomato, pickle spear and potato chips.

The Classic Club **\$9.25**

Oven roasted turkey breast, smoked bacon, tomato, lettuce, and mayonnaise on three slices of toasted bread. Served with steak fries.

Lancaster County Turkey Sandwich **\$8.95**

Oven roasted turkey breast with sliced green apple, Amish walnut apple butter and Havarti or Alpine Lace Swiss cheese served on raisin bread with Terra chips.

French Dip Panini **\$10.50**

A Wildflowers Original. Featuring tender roast beef and cheddar cheese on ciabatta bread and grilled on our Panini press. Served with Au Jus for dipping as well as potato salad.

Pesto Genovese **\$9.75**

Grilled chicken layered with Provolone, sliced tomato, and Pesto sauce served over grilled Focaccio bread with Mesclun greens and potato salad.

The Grilled Veggie-Wich **\$9.25**

A balsamic grilled seven-blend vegetable medley with Havarti or Alpine Lace Swiss cheese, tomato, and Mesclun mix on crisp Boboli bread. Presented with Terra chips and cole slaw or dill cucumber salad.

The Crab Melt **\$9.75**

One of our crab cakes flash-fried and topped with melted Havarti cheese on grilled multigrain bread with creamy Remoulade sauce, complimented with dill cucumber salad and Terra chips.

The Cubano Pretzel **\$10.00**

Toasted pretzel roll spread with spiced mustard and stuffed with roasted pork loin and thinly sliced ham topped with coleslaw, pickles and Swiss cheese. Served with steak fries.

Extras. Please Add **\$0.75** per topping

Cheese, Bacon

Sauteed Mushrooms

Grilled Onion

BBQ Sauce

* Consumer Advisory Notice

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.



Denotes healthier dining options

You may consider substituting fat-free mayonnaise, low-fat or non-fat dressing and low-fat Alpine Lace Swiss cheese. Please consult your server for options. We use canola oil, extra-virgin olive oil or smart balance spread in our cooking preparation, unless otherwise noted. Our chef endeavors to accommodate any special requests.

An 18% gratuity is added to parties of six or more people.

Signature Salads

Chicken Fresco Salad \$10.25

Grilled chicken served over seasonal greens with sugared walnuts, fresh strawberries, mandarin oranges and a blend of mozzarella and provolone cheeses drizzled with an orange balsamic vinaigrette.

Grilled Salmon Salad* \$10.50

Atlantic salmon grilled to perfection served atop select lettuces and exotic greens tossed in a cool cucumber-wasabi dressing, garnished with grape tomatoes, shaved red onion, carrots and sliced avocado.

Caesar Salad \$8.25

Crisp Romaine lettuce tossed in our special pasteurized egg dressing, topped with garlic croutons and Pecorino Romano cheese.

With Grilled Chicken, add **\$4.25**

Grilled Steak*, add **\$5.50**

Grilled Portobello, add **\$3.25**

Chef's Salad \$10.25

A bed of fresh mixed lettuces layered with a julienne of lean smoked ham, turkey breast, Swiss and Provolone cheese. Presented with hard-boiled eggs, fresh vegetables, and choice of dressing.

Chicken Walnut Salad \$10.25

Tender chunks of chicken breast with Swiss cheese and a fat-free honey yogurt dressing over mixed garden greens. Garnished with toasted walnuts and fresh seasonal fruit.

Chopped Salad \$8.75

Chopped mixed greens tossed with chopped peppers, cucumber, tomato, scallions, squash and zucchini lightly dressed with a house made lemon-herb vinaigrette.

Wildflowers Offerings

Pasta! Pasta! \$8.25


Your choice of cavatapi or penne pasta with creamy alfredo sauce, a garlic herb infused olive oil or marinara sauce served with crisp boboli.

With Grilled Chicken, add **\$4.25**

With Grilled Salmon* or Shrimp*, add **\$4.25**

With Roasted 7-Vegetable Medley, add **\$2.50**

With Grilled Portobello, add **\$3.25**

 **For a healthier choice**, ask for our whole wheat pasta.

Pasta du Jour and The Catch of the Day* Priced Daily

Your server will be pleased to describe today's selections.

Fish & Chips \$10.95

Crisp and crunchy cod strips served with tartar or cocktail sauce. Presented with steak fries and a side of dill cucumber salad.

Side Orders

Cole Slaw \$2.25

Potato Salad \$2.25

Steak Fries \$3.00

Onion Rings \$3.25

Sweet Potato Fries \$3.00

Dessert


For a special luncheon finale, select from our featured desserts prepared with the finest of ingredients.

Assorted Gourmet Cakes \$4.25

Freshly Baked Pies \$4.00

(a la mode, **\$5.25**)

Ice Cream \$3.50

 Ask your server about heart healthy or sugar free dessert selections.

Beverages

Coke, Diet Coke, Sprite,

Ginger Ale, Club Soda \$2.25

Iced Tea or Lemonade \$2.25

Saratoga Springs Water \$3.25

San Pellegrino Sparkling Water \$3.25

Coffee—Regular & Decaf \$2.25

Hot Tea \$2.25

Milk \$2.25

Hot Chocolate \$2.50

Espresso—Regular & Decaf \$4.50

Cappuccino—Regular & Decaf \$5.00

* Consumer Advisory Notice

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.



Denotes healthier dining options

You may consider substituting fat-free mayonnaise, low-fat or non-fat dressing and low-fat Alpine Lace Swiss cheese. Please consult your server for options. We use canola oil, extra-virgin olive oil or smart balance spread in our cooking preparation, unless otherwise noted. Our chef endeavors to accommodate any special requests.

An 18% gratuity is added to parties of six or more people.