

# Among the Flowers Cafe

Food made fresh and served from the heart! since 1978



Take-Away & Patio Seating

Breakfast & Lunch 8am-2pm

## Morning Sandwich 13.

2 Fried Eggs\* choice of: American or Cheddar Cheese Bacon, Sausage, Ham, or Linguica Sourdough, Multigrain, English Muffin, or Ciabatta Served with Home Fries

## Rise-n-Shine 15.

2 Eggs Fried\* or Scrambled with your choice of: Bacon, Sausage, Ham, or Linguica Toast: Sourdough, Multigrain, English Muffin Served with Home Fries

## • Quinoa and Lentil Breakfast Bowl 18.

with 2 Fried Eggs\*, sauteed spinach & kale, avocado, grape tomatoes & feta

## • Cha Cha Bowl 18.

2 Fried Eggs\* over rice, w/black beans, avocado salsa, cheddar, cholula crema & pickled red onion garnish

## Quiche Dujour 18.

Choose from our daily creations w/fresh fruit or salad

## Shakshuka Bowl 18.

2 Fried Eggs\* over spiced tomato, onions, peppers, zucchini, yellow squash, mushrooms & eggplant, with feta cheese, fresh herbs & toasted bread tips

## Chick Pea Vegetable Cake 18.

with 2 Fried Eggs\* mixed green salad, & creamy dill yogurt

## Our Homemade Corned Beef Hash 18.

with 2 Eggs Fried\* or Scrambled with toast

## Good Morning Yogurt Bowl 15.

Greek yogurt topped w/strawberries, bananas, honey, our granola, ground flax seeds & cacao nibs

## Belgium Waffle 11.

with fresh fruit ... add 6. 100% maple syrup ... 2. whipped cream upon request

## Acai Bowl 18.

with our granola, coconut, honey, cacao nibs, banana, strawberries & blueberries add peanut butter or Nutella 1.

## Specialties

- Chia Pudding w/fruit, toasted almonds & maple syrup ..15.
- Homemade Granola w/milk or yogurt 10. w/fresh fruit 16.
- Homemade Steel Cut Oatmeal w/ granola 8. w/fresh fruit 14.
- Fresh Fruit Bowl 11. Homemade Muffins 4.

## Sandwiches

Sourdough, Multigrain, or Sub Roll • gluten free bread add 2. lettuce, tomato, mayo, dijon mustard, hot peppers ADD: American, Cheddar, or Avocado 2. ea Bag of Chips 2.

- Chicken Salad .....15. Turkey Breast with Bacon .....18.
- Tuna Salad .....15. Grilled Chicken Breast .....15.
- Ham and Cheese 15. Hummus ,Veggie & Quinoa Wrap 15.
- Turkey Breast .....15. Grilled Cheese on Texas Toast .....10.
- BLT .....15. 1/4lb. All Beef Hot Dog ..... 10.
- Lobster Salad Roll... 32.

## Naan Chick Pea Vegetable Burger 17.

with mixed greens, tomato, pickled onion, cucumber, & creamy dill yogurt add fried egg\* ... 2.

## Salads

- Power Salad: baby kale, spinach, quinoa, blueberries, apples, red onion, chopped walnuts, feta, our balsamic vinaigrette dressing 19.
- Summer Salad: mixed greens, goat cheese, strawberries, blueberries, candied pecans, red onion, our lemon honey vinaigrette ..... 19.
- Caesar Salad: crisp romaine, housemade croutons, shaved parmesan, homemade creamy dressing .....15.
- Salad Add Ons: Tuna or Chicken Salad ... 6. Hummus ..... 5. Grilled Chicken ..... 6. Lobster Salad ... 22.
- Asian Chop: mixed greens, grilled chicken, napa cabbage, edamame, red & yellow pepper, wasabi peas, our spicy Thai peanut dressing ....20.
- Cobb Salad: romaine, chicken, bacon, bleu cheese, avocado, egg, tomato, cucumber, pickled red onion, our red wine vinaigrette ..... 21.

## • Smoothies 12.

- Tropical: pineapple, banana, fresh squeezed orange juice, vanilla frozen yogurt
- Very Berry: strawberries, blueberries, banana, apple juice, vanilla frozen yogurt
- Dreamy Date: banana, spinach, cacao, almond butter, dates, cinnamon, almond milk
- Mint Berry: banana, spinach, strawberry, fresh mint, flaxseed, honey, coconut water
- Peanut Butter Perk: espresso, peanut butter, banana, cinnamon, almond milk, vanilla frozen yogurt,

## Beverages beer and wine also available

- Coffee, Tea, Herb Tea 3.25/3.75
- Espresso-dbl shot..... 4.00
- Cappuccino-dbl Shot ..... 5.50
- Latte-dbl Shot ..... 5.50
- Iced Coffee-24oz ..... 5.50
- Iced Tea, Green Tea-24oz ...5.50
- Hot Chocolate ... 3.00
- Chai hot or iced .. 5.50
- Orange Juice ..... 4.75
- Apple Juice ..... 3.00
- Lemonade ..... 4.75
- Soft Drinks..... 3.00
- oat or almond milk .....add .50

blend of-the-day! Frozen Lemonade 6.25 add Lemon Vodka ...6.

Bloody Mary 12.

Mimosa ..... 12.

Frosé 12.

Rosé blended with ice and fresh strawberries

Please inform your server if anyone in your party has a food allergy. While we always do our best to keep our ingredients separate, and practice safe food handling, our very small kitchen does contain a variety of nuts, gluten, shellfish, and other common allergens. Therefore, cross-contamination is possible and we can not guarantee that any menu item will be completely allergen free.

• Gluten Free Option available \*Consuming undercooked eggs, meats, poultry, seafood or shellfish may increase your risk of food borne illness. Mastercard, Visa, & American Express accepted.

