

# 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

## Morning Protein Bowl 19.

3 eggs scrambled with cottage cheese,  
spinach & parmesan, over quinoa & grape tomatoes  
with sprouted grain toast

## • Cha Cha Bowl 19.

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

## Quiche Dujour 19.

Choose from our daily creations w/fresh fruit or salad

## Shakshuka Bowl 19.

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 19.

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

## Acai Bowl 18.

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

## Our Homemade Corned Beef Hash 20.

with 2 Eggs Fried\* or Scrambled with toast ...

## Good Morning Yogurt Bowl 16.

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

## Belgium Waffle 11.

with fresh fruit ... add 7. 100% maple syrup ... 2.  
whipped cream upon request

• Chia Pudding  
w/fruit, toasted almonds & maple syrup 15.

Homemade Granola  
w/milk or yogurt 10. w/fresh fruit 17.

• Homemade Steel Cut Oatmeal  
w/nuts & honey 10. w/fresh fruit 17.

• Fresh Fruit Bowl 12. Homemade Muffins 4.

## Sandwiches

Sourdough, Multigrain, or Ciabatta • gluten free bread add 2.  
lettuce, tomato, mayo, dijon or yellow 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.

## Chick Pea Vegetable Burger 19.

with mixed greens salad, tomato, pickled onion, cucumber,  
& creamy dill yogurt on naan 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 ... 7. Hummus ..... 6.  
Grilled Chicken ..... 7. Lobster Salad ... 22.

Asian Chop: mixed greens, grilled chicken, cabbage, edamame, carrots  
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, coconut, fresh squeezed  
orange juice, vanilla frozen yogurt

Very Berry: strawberries, blueberries, banana, apple  
juice, vanilla frozen yogurt

PB&J: strawberries, blueberries, banana, peanut butter,  
honey, almond milk

Green Dream: spinach, pineapple, banana, Greek yogurt  
chia seeds, honey, almond milk

Peanut Butter Perk: espresso, peanut butter, banana,  
cinnamon, almond milk, vanilla frozen yogurt,

## Beverages beer and wine also available.

Coffee, Tea, Herb Tea ..... 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

oat or almond milk .....add .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

blend of-the-day! Frozen Lemonade 7.

add Lemon Vodka ...6.

Bloody Mary 13.

Mimosa ..... 13.

Frosé 13.

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.

