



# WILDFLOUR

AN EVENING AT WILDFLOUR CAFÉ IS AN  
EVENING FILLED WITH PERFECTED ENTREES,  
ENTICING DESSERTS, AND AN ATMOSPHERE  
OF QUIET AMBIENCE. THANK YOU FOR  
CHOOSING YOUR EVENING WITH US.

*~ Jeff & Teal ~*

## **OPEN**

**MONDAY THRU SATURDAY**  
**11:00AM – 9:00PM**

## **OPEN SUNDAY**

**10:00AM – 8:00PM**

**SUNDAY BRUNCH IS SERVED**  
**FROM 10:00AM – 3:00PM**





# Appetizers

## ATHENIAN

House-made hummus drizzled with extra virgin olive oil and served with sliced tomatoes, kalamata olives, dolmas (stuffed grape leaves), feta cheese and pita chips for dipping 9.99

## NACHOS GRANDE

Corn tortilla chips smothered in melted cheese, salsa, sour cream tomatoes, green onions and your choice or black or red beans. 8.99  
Add Blackened Chicken 2.00

## GUACAMOLE AND CHIPS

Corn tortilla chips served with freshly made guacamole. 7.99

## MINI CRAB CAKES

A mini version of the "Best Crab Cakes in Town" served with our Wildflour rémoulade sauce. 8.99

## COSTA RICAN QUESADILLA

Melted cheese, crumbled bacon and jalapeño peppers folded in a whole wheat tortilla and topped with salsa and sour cream. 7.99



# Soups

Served with fresh baked bread

## HOUSE-MADE SOUP OF THE DAY

Cup 4.25 Bowl 4.75

## SOUP AND SALAD

A cup of soup with a house salad 8.25



# Salads

Served with fresh bread and your choice of dressing

## THE MARKETPLACE

Fresh salad greens loaded with tomatoes, green onions, cucumbers, ham, turkey, salami, kalamata olives, egg and shredded cheddar and mozzarella cheese. 10.89

## SPINACH GARDEN SALAD

Fresh spinach leaves, red onions, tomatoes, hard-boiled egg, kalamata olives, bacon, toasted almonds, mushrooms and feta cheese. 8.99

## DOUG'S CHICKEN SALAD

This light salad is made with diced chicken breast and cucumber in a fresh marinade of peppercorn infused oil and rice wine vinegar served over fresh salad greens with diced tomatoes. 9.99

## CASHEW CHICKEN SALAD

Tender pieces of chicken breast marinated in our own teriyaki sauce with fresh ginger and tamari served over a bed of fresh salad greens with cucumber, tomatoes, green onions and roasted cashews. 9.99

## ARTICHOKE & SHRIMP

Sautéed shrimp over fresh greens with marinated artichoke hearts, tomatoes, toasted walnuts and Goat cheese. 10.25

## CAFÉ COBB SALAD

Marinated grilled chicken breast served over fresh salad greens with corn, egg, bacon, bleu cheese, shredded cheese, Wildflour salsa and house-made guacamole. 10.89

## BOZEMAN TOSTADA

Our unique and wonderfully flavored red beans spread over a bed of crispy tortilla chips topped with fresh salad greens, house-made guacamole, Wildflour salsa and shredded cheese. 8.95

## GREEK SALAD

Grilled marinated chicken breast, lettuce, tomatoes, cucumbers, red onions, kalamata olives and feta cheese tossed in a Mediterranean feta vinaigrette. 10.25

## CRAB CAKE AND GOURMET SALAD

Field greens with tomatoes, cucumbers, mushrooms, scallions, feta cheese, almonds served with our Original Jumbo Lump Crab Cake. 13.79

## HOUSE MADE DRESSINGS

Honey Poppy Seed | Sweet and Sour Ginger | Balsamic, Honey Mustard  
Raspberry Vinaigrette | Bleu Cheese | Italian | Ranch

# Our Favorites

## RED BEANS AND RICE

Our house-made red beans served over brown rice, topped with shredded cheddar cheese and green onions. 8.79

## FRESH CATCH GORDITA

Lightly blackened Market Fresh Fish, folded into a toasted gordita with mango salsa, shredded lettuce and a refreshing lime cilantro aioli. 12.00

## SANA CRUZ QUESADILLA

Quesadilla filled with melted cheese, tomatoes and avocado and topped with salsa and sour cream. Served with a side salad. 8.99

## VEGGIE LASAGNA

Our homemade lasagna with layers of cheese, noodles and fresh vegetables. Served with a side salad. 11.79

## OLD SOUTHWEST BURRITO

A hearty helping of house-made red beans and shredded cheeses folded inside a whole wheat tortilla and topped with salsa and sour cream. Served with a side salad. 10.00

## BLACK BEAN AND CORN QUESADILLA

A delicious black bean mix with Anaheim peppers, corn, cilantro and shredded cheeses in a whole wheat tortilla topped with salsa and sour cream. Served with a side salad. 10.00

## BLACKENED CHICKEN QUESADILLA

Spicy chicken, avocado, tomatoes, and a blend of cheeses melted together in a whole wheat tortilla topped with salsa and sour cream. Served with a side salad. 10.99

## SHRIMP AND AVOCADO QUESADILLA

Sautéed shrimp, avocado, and melted cheese folded into a grilled tortilla and garnished with salsa and sour cream. Served with a side salad. 10.99



# Sandwiches

All sandwiches are served with your choice of bread and one side

## WILDFLOUR CLUB

Turkey, ham, crisp bacon, Swiss cheese, tomato, lettuce and mayonnaise. Served hot or cold. 9.79

## SMOKED REUBEN

With your choice of Smoked Turkey or Corned Beef, grilled and topped with melted Swiss cheese, sauerkraut and our secret sauce. 9.49

## ITALIAN

Ham, salami, provolone cheese, lettuce, onion, tomato, mild banana, peppers and Italian dressing. Served hot or cold. 9.89

## DOUG’S CHICKEN SALAD SANDWICH

Diced chicken breast and cucumber in our rice vinegar marinade served with lettuce, tomato, and mayonnaise. 8.79

## CASHEW CHICKEN SALAD SANDWICH

Tender pieces of chicken breast marinated in our own teriyaki sauce with fresh ginger and tamari, garnished with toasted cashews, lettuce, tomato and mayonnaise. 8.79

## THE M.J.

Named for our friend at Sun Trust ... we give you a delicious fried green tomato sandwich with bacon, lettuce, mayo and soft creamy goat cheese. 8.99

## RODEO BURGER

Our burger is out of this world! An 8 ounce Angus beef patty topped with delicious layers of crispy bacon, sautéed mushrooms and Swiss cheese and served on a fresh made onion roll. 10.79

## TUNA MELT

An American classic – delicious fresh-made tuna salad with sliced tomato and melted cheddar cheese. 8.79

## BLUE MOON WRAP

Garlic herb tortilla filled with grilled tenderloin steak, melted bleu cheese and sautéed mushrooms, onions and peppers. 9.89

## DRAGON TOOTH SANDWICH

Hand-breaded eggplant medallions with green peppers, onions, mushrooms, tomato, lettuce, provolone cheese and secret sauce. 8.99

## SANTA FE BURGER

A delicious blend of seasoned black beans, roasted corn and fresh herbs pattied and grilled, then topped with melted cheddar cheese, sliced avocado, red onion, tomato, leaf lettuce and our chipotle mayonnaise. 9.29

## CALIFORNIA GRILLED CHEESE

Sautéed mushrooms, onions and green peppers with melted cheddar cheese, bleu cheese dressing and leaf lettuce. 8.49

## INCREDIBLE PORTABELLA SANDWICH

Marinated, fresh portabella mushroom slices lightly grilled and finished with tomato, melted provolone, leaf lettuce and mayonnaise. 8.99

## PARTHENON WRAP

A giant, whole wheat tortilla filled with house-made hummus and mix of tomatoes, lettuce, kalamata olives, feta cheese and Italian vinaigrette. 8.99

## THREE CHEESE CLUB

Swiss, provolone and cheddar cheese, sliced avocado, tomato, cucumber, leaf lettuce and our secret sauce, served HOT– a great alternative to grilled cheese. 8.29

## GRILLED CHEESE

Choice of cheddar, Swiss or provolone – or all three! 6.99

## MILLET GRAIN BURGER

Our famous hot grain sandwich! A house-made millet grain patty, grilled and topped with melted cheddar, tomato, red onions, leaf lettuce and secret sauce. 8.99

# Desserts

All Wildflour desserts are fresh baked daily with the finest ingredients

## BROWNIES AND BARS 2.99

Butterscotch Cashew, Triple Fudge, Raspberry Mousse, Peanut Butter, Lemon Love Bar, Hello Dolly Bar, Pecan Bar, Blondie Bar, Mint Parfait

## COOKIES 2.00

Chocolate chip, Peanut Butter Delight, Oatmeal, Preacher

## CREAM PUFF 4.50

## FEATURED CAKE OF THE DAY 4.50

# Drinks

We Proudly Use  
Coca-Cola Products

Herbal Tea

Sweet Tea

Unsweetened Tea

Coffee  
(2.25)

THANK YOU FOR VISITING WILDFLOUR CAFÉ AT TOWERS.  
OUR GOAL IS TO OFFER YOU GREAT CUSTOMER SERVICE AND  
HIGH QUALITY FOOD AT A REASONABLE PRICE.  
TO HELP US MEASURE OUR SUCCESS, PLEASE DROP US A NOTE  
AT [JEFFANDTEAL@WILDFLOURATTOWERS.COM](mailto:JEFFANDTEAL@WILDFLOURATTOWERS.COM)

- Jeff & Teal

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





# WILDFLOUR

## **On The Rise Bread Company Downtown Roanoke**

**303 Market Street SE  
Roanoke, VA 24011**

**540-344-7715**

Monday - Friday: 7:00 am – 4:00 pm  
Saturday: 8:00 am - 4:00 pm | Sunday: Closed

## **On the Rise Bread Company Grandin Rd**

**1302A Grandin Rd SW  
Roanoke, VA 24015**

**540-204-4937**

Monday-Sunday 8-8

[ontherisebread.com](http://ontherisebread.com)

## Join us for our Sunday Brunch.

**Our seasonal Chef offerings are created from scratch  
with you in mind. Some of our favorites are:**

### **BISCUITS AND CHORIZO GRAVY**

Half spicy chorizo and half breakfast sausage, over biscuits with two eggs and choice of sausage or bacon.

### **STEAK AND EGGS**

4oz petite filet mignon, pan-blackened and topped with hollandaise. Comes with two eggs, your way, potatoes and garnished with fruit.

### **EGGS CHESAPEAKE**

Poached eggs atop mini crab cakes with asparagus over sourdough bread. Topped with hollandaise.

### **EGGS BENEDICT**

A classic, poached eggs with Taylor pork roll over sourdough bread with homemade hollandaise sauce. Served with fresh fruit. Vegetarian option available.

### **BREAKFAST BURRITO**

Scrambled eggs, potatoes, black beans & corn, and cheese with pico de gallo and sour cream on top.