

# WILDFLOWER™

VALLEY & PRESCOTT



## BREAKFAST

M-F UNTIL 10:30 AM, WEEKENDS UNTIL 2 PM.

### EGG SANDWICHES

*make it vegetarian by removing the protein*

**NEW** **Roasted Veggie\*** cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 6.99

**Spicy Chipotle** sausage, all-natural feta, sundried tomatoes, spinach & chipotle sauce on a grilled brioche roll 7.99

**Taylor Ham & Swiss** on a grilled ciabatta roll 7.99

**Sausage & Cheddar** scallions, roasted red peppers & cilantro on a grilled brioche roll 7.99

### FRITTATAS & EGGS

*served with home fries & artisan toast (arugula salad substituted for home fries upon request)*

**Spicy Sausage & Swiss Frittata** roasted red bell peppers, scallions, sriracha & paprika 10.69

**Three Cheese Tomato & Mushroom Frittata** swiss, all-natural feta, goat cheese, spinach & scallions 10.69

**Egg Breakfast\*** two eggs any style 8.79

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.29

### BREAKFAST BOWLS

*served with artisan toast*

**Shakshuka\*** sunny eggs over a sauce of tomatoes, peppers, onions & spices with all-natural feta & cilantro 10.69

**Protein Bowl\*** sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 10.69

### GRIDDLE ITEMS

#### Signature Pancakes

*with butter & maple syrup*

**GLUTEN FREE** Brown Sugar Oatmeal 9.99

Lemon Ricotta with berry compote 9.69

Traditional 7.59

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.29

*Egg whites available at no extra charge.*

*\*These items may contain undercooked eggs. Consuming raw or undercooked eggs may result in an increased risk of foodborne illness.*

### LIGHT BREAKFAST

**Organic Steel Cut Oatmeal** fresh fruit & dried cranberries with a side of honey cream & brown sugar 6.59

**Berries & Yogurt** honey greek yogurt served with a mixed berry blend & roasted nut granola 6.49

**Avocado Toast & Eggs\*** with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 9.99

### SIDES

|                                                            |      |
|------------------------------------------------------------|------|
| Millionaire's Bacon.....                                   | 5.29 |
| <i>caramelized to perfection &amp; drizzled with honey</i> |      |
| Thick-Cut Bacon.....                                       | 4.69 |
| Sausage.....                                               | 4.69 |
| Taylor Ham.....                                            | 3.49 |
| All-Natural Turkey Sausage.....                            | 3.99 |
| Home Fries.....                                            | 2.79 |
| Arugula Salad.....                                         | 2.79 |

## SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

### CLASSICS

**Medi Veggie** hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 10.99

**Ham & Swiss** red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 9.99

**Turkey Breast & Brie** roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 10.99

**Chicken Salad** red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 10.99

**Almond Tuna** apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 10.99

**Triple Club** all-natural turkey, ham, bacon, swiss, tomatoes, organic arugula, green and red cabbage, organic carrots, jicama, celery & cilantro aioli on three slices of toasted nine grain 12.99

**BLT Plus** cheddar, avocado & herb mayo on sourdough 11.99

**Steak & Blue** all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 11.99

### GRILLED & HOT

**NEW** **Turkey Pastrami** swiss, coleslaw & honey mustard on marble rye 11.99

**Wildflower Grilled Cheese** swiss, brie, cheddar, organic arugula & tomatoes on nine grain 9.59

**Buffalo Chicken** blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 11.99

**FAN FAVE** **Reuben** corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 11.99

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*Select two 12.29*

### HALF SANDWICH

- Almond Tuna
- BLT Plus
- Buffalo Chicken
- Chicken Salad
- Ham & Swiss
- Medi Veggie
- Steak & Blue
- Turkey Breast & Brie

### SALAD

- Asian
- Chopped
- Garden
- Kale-Romaine Caesar
- Southwest Superfood
- Strawberry Spinach
- Wildflower Cobb

### BOWL OF SOUP

choice of today's soup selections with bread boule +1.99



*We strive to serve local, natural, organic ingredients while creating great-tasting, affordable food that is good from the inside out.*

*Allergy notice: food prepared in our kitchens may contain or come in contact with milk, wheat, eggs, peanuts, tree nuts and soy.*

# SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

## 1 SELECT A SALAD

**NEW Wildflower Cobb** romaine, bacon, blue cheese, heirloom cherry tomatoes, red peppers, organic dried sweet corn, petite peas, marinated mushrooms, dried cranberries & pepper relish with ranch dressing 10.39

**Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 8.99

**Southwest Superfood** spinach, organic quinoa, roasted tomatoes, avocado, black beans, roasted red bell peppers, cilantro, organic dried sweet corn, goat cheese & toasted pepitas with cilantro lime vinaigrette 10.39

**Strawberry Spinach** blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 8.99

**Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing\* 8.99

**Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions, & sunflower seeds with northern italian vinaigrette 8.99

**Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 8.99

# DINNER

SERVED FROM 3 PM UNTIL CLOSE. ALL PASTA ENTRÉES ARE SERVED WITH GRILLED GARLIC BREAD.

## PASTAS

**NEW Spring Pea Gnocchi** blistered heirloom cherry tomatoes, snap peas, petite peas, basil, scallions, pesto cream sauce & parmesan 11.99

**Salmon Alfredo** wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 12.69

**Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 12.69

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 10.69

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 11.39

**Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 12.69

**Three Cheese Ravioli** marinara, parsley & parmesan 11.39

**Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 9.99

## ADD A PROTEIN

|                                  |      |
|----------------------------------|------|
| All-Natural Chicken.....         | 4.49 |
| All-Natural Steak.....           | 5.69 |
| Wild Alaskan Salmon Fillet.....  | 5.69 |
| Organic Plant-Based Chicken..... | 4.99 |

## PERFECT PAIRINGS

|                                      |      |
|--------------------------------------|------|
| Side Caesar Salad.....               | 3.29 |
| Side Organic Field Greens Salad..... | 3.29 |
| Two Hearty Meatballs.....            | 5.59 |

### Specialty Desserts

Treat yourself to a homemade cookie, dessert bar or slice of cake. Please call or stop by our dessert case for today's selections.

### Custom Cakes

We make personalized cakes for special occasions. Call us or visit a Wildflower location to discuss dessert ideas for your upcoming celebration.

# KIDS

TWELVE & UNDER ONLY PLEASE 6.99 PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL DRINK, FRESH FRUIT & A CHOCOLATE CHIP COOKIE.

## BREAKFAST

### Pancakes

plain • chocolate chip •

**GLUTEN FREE** brown sugar oatmeal

**Egg & Cheese Sandwich**

## ARTISAN SALADS OR SANDWICHES

### 1. Select a Salad or a Half Sandwich

Salads: Asian • Kale-Romaine Caesar • Chopped • Southwest Superfood • Strawberry Spinach • Garden • Wildflower Cobb

Sandwiches: Almond Tuna • BLT Plus • Buffalo Chicken • Chicken Salad • Ham & Swiss • Medi Veggie • Steak & Blue • Turkey Breast & Brie

### 2. Choose a Protein

|                          |                        |                                                |
|--------------------------|------------------------|------------------------------------------------|
| All-Natural Chicken 4.49 | All-Natural Steak 5.69 | Wild Alaskan Salmon Fillet 5.46   Chopped 4.49 |
|--------------------------|------------------------|------------------------------------------------|

|                     |                                  |
|---------------------|----------------------------------|
| Organic Quinoa 2.99 | Organic Plant-Based Chicken 4.99 |
|---------------------|----------------------------------|

## ANY TIME

**PB&J or Grilled Cheddar**

**Two Hearty Meatballs**

**Mac & Cheese**

**Kids Pick Full Sandwich**

- turkey or ham
- swiss or cheddar cheese
- sourdough or nine grain

finish with herb mayo, grain mustard, lettuce, tomatoes, dill pickles or ketchup

## DINNER

**Kids Pick Pasta**

- your choice of pasta
- butter, marinara, pesto or creamy alfredo

**Three Cheese Ravioli** with marinara

## 2 CHOOSE A PROTEIN

|                                  |      |
|----------------------------------|------|
| All-Natural Chicken.....         | 4.49 |
| All-Natural Steak.....           | 5.69 |
| Wild Alaskan Salmon              |      |
| <i>Fillet</i> .....              | 5.69 |
| <i>Chopped</i> .....             | 4.49 |
| Organic Plant-Based Chicken..... | 4.89 |
| Organic Quinoa.....              | 2.99 |

### All-Natural Salad Dressings

**Dressings:** chipotle poppyseed, caesar, ranch, thai peanut\*

**Vinaigrettes:** balsamic, cilantro lime, northern italian, pesto

**GF** Our salad dressings are gluten-free unless noted with \*

# STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

## SIDES

**Three Side Combo** choose three of our Starters & Sides 12.29

*served warm*

**NEW Snap Peas** lemon butter, toasted almonds & parmesan 4.79

**Chili Lime Brussels Sprouts** with cilantro & toasted sesame seeds 4.79

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 4.79

*served chilled*

**Thai Noodles** cucumbers, red peppers, marinated fennel, scallions, cilantro, sriracha & toasted sesame seeds with thai peanut dressing\* 4.79

**Classic Hummus** mama lil's peppers, paprika & olive oil with grilled herb focaccia 4.79

## SIGNATURE TOASTS

**Avocado** with crushed red pepper, kosher salt & olive oil 5.99

**Fig & Ricotta** with honey & pistachios 5.99

**Meatballs & Ricotta** with garlic bread, marinara & crushed red pepper 7.69

# S O U P

*Served with fresh-baked artisan bread. Varieties rotate daily.*

### Bread Boule

sourdough boule with your choice of today's soup & whipped butter 8.79

**Cup** 6.49 **Bowl** 7.49 **Quart** 16.99

**V** Vegetarian **VG** Vegan

**DF** Dairy-Free **GF** Gluten-Free

*Gluten-free: served without bread on request*