

WILDFLOWER™

SEDONA & FLAGSTAFF



BREAKFAST

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

EGG SANDWICHES

make it vegetarian by removing the protein

Mattina calabrese salami, aged gouda, basil & spicy aioli on a grilled brioche roll 9.29



Roasted Veggie* cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 8.29

Taylor Ham & Swiss on a grilled ciabatta roll 8.99

Sausage & Cheddar scallions, roasted red peppers & cilantro on a grilled brioche roll 9.29

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 11.99

Three Cheese Tomato & Mushroom Frittata swiss, all-natural feta, goat cheese, spinach & scallions 11.99

Egg Breakfast* two eggs any style 9.89

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.79

BREAKFAST BOWLS

served with artisan toast

Harvest Veggie Bowl* sunny eggs over roasted butternut squash, brussels sprouts, roasted red bell peppers, caramelized onions, scallions & couscous with all-natural feta & parsley 11.99



Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 11.99

GRIDDLE ITEMS

Signature Pancakes

with butter & maple syrup

GLUTEN FREE Brown Sugar Oatmeal 10.99

Lemon Ricotta with berry compote 10.99

Traditional 8.79

Add a Side: sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 3.79

Egg whites available at no extra charge.

**These items may contain undercooked eggs or meat. 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 7.49

Berries & Yogurt honey greek yogurt served with a mixed berry blend & roasted nut granola 6.99

Avocado Toast & Eggs* avocado with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 10.69

SIDES

Millionaire's Bacon	5.89
caramelized to perfection & drizzled with honey	
Thick-Cut Bacon	5.59
Sausage	5.59
Taylor Ham	3.99
All-Natural Turkey Sausage	4.39
Home Fries	3.39
Arugula Salad	3.39

SANDWICHES

SANDWICHES ARE
SERVED WITH MIXED CHIPS.

CLASSICS

Italiano calabrese salami, all-natural turkey, aged gouda, tomatoes, romaine, red onions, pepper relish, northern italian vinaigrette & herb mayo on a grilled ciabatta roll 14.29

Medi Veggie hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 12.59

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.69

Turkey Breast & Brie roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 12.59

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 12.29

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 12.29



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. Our kitchens are not gluten-free.

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 14.29

BLT Plus cheddar, avocado & herb mayo on sourdough 12.99

Steak & Blue* all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 13.29

GRILLED & HOT

Cheddar Braised Beef cheddar & caramelized onion mashed potatoes & arugula on a ciabatta roll with au jus & horseradish sauce 15.29



Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 10.49

Buffalo Chicken blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 12.99

Reuben corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 13.29

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Select two 13.59

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 +2.29

SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

1 SELECT A SALAD


- Roasted Butternut & Greens** organic baby kale, organic quinoa, grapes, red onions, roasted red bell peppers, goat cheese & toasted walnuts with balsamic vinaigrette 11.49 
- 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 11.49
- Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 10.29
- 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 11.49

- Strawberry Spinach** blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 10.29
- Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 10.29
- Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions, & sunflower seeds with northern italian vinaigrette 9.99
- Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 9.99

DINNER

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

PASTAS

- Salmon Alfredo** wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 13.99
- Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 13.99
- Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 11.69
- Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 12.49 
- Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 13.99
- Three Cheese Ravioli** marinara, parsley & parmesan 12.49
- Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 11.29

ADD A PROTEIN

- All-Natural Chicken..... 4.99
- All-Natural Rare Steak*..... 6.29
- Wild Alaskan Salmon Fillet..... 6.29
- Organic Plant-Based Chicken..... 5.39

PERFECT PAIRINGS

- Side Caesar Salad..... 3.89
- Side Organic Field Greens Salad..... 3.89
- Two Hearty Meatballs..... 6.29

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.

2 CHOOSE A PROTEIN

- All-Natural Chicken..... 4.99
- All-Natural Rare Steak*..... 6.29
- Wild Alaskan Salmon
- Fillet*..... 6.29
- Chopped*..... 4.99
- Organic Plant-Based Chicken..... 5.39
- Organic Quinoa..... 3.59

All-Natural Salad Dressings

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

Vinaigrettes: balsamic, cilantro lime, northern italian, pesto

 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 14.29

served warm

Elote charred corn, spicy aioli, scallions, cilantro, parmesan & tajin 5.69

Chili Lime Brussels Sprouts with cilantro & toasted sesame seeds 5.69

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.69

Roasted Curry Cauliflower 
dried cranberries, cilantro, olive oil & bread crumbs 5.69

served chilled

Classic Hummus mama lil's peppers, paprika & olive oil with grilled herb focaccia 5.69

SIGNATURE TOASTS

Avocado with crushed red pepper, kosher salt & olive oil 6.49


Fig & Ricotta with honey & pistachios 6.49

Meatballs & Ricotta with garlic bread, marinara & crushed red pepper 8.49

KIDS

TWELVE & UNDER ONLY PLEASE 7.29 PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL DRINK, FRESH FRUIT & A CHOCOLATE CHIP COOKIE.

BREAKFAST

- Pancakes**
plain • chocolate chip •
 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 4.99	All-Natural Rare Steak* 6.29	Wild Alaskan Salmon Fillet 6.29 Chopped 4.99
Organic Quinoa 3.59	Organic Plant-Based Chicken 5.39	

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

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 9.99

Cup 7.39 Bowl 8.49 Quart 18.99

-  Vegetarian  Vegan
 Dairy-Free  Gluten-Free

Gluten-free: served without bread on request