

# WILDFLOWER™

VALLEY & PRESCOTT



## BREAKFAST

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

### EGG SANDWICHES

**Wildflower Bacon & Cheddar\*** over easy eggs & truffle ketchup on a grilled brioche roll 7.59

**Sausage & Cheddar** scallions, roasted red peppers & cilantro on a grilled brioche roll 7.59

**Taylor Ham & Swiss** on a grilled ciabatta roll 7.59

**Roasted Tomato & Feta** with basil on a grilled brioche roll 7.59

### 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 9.99

**Three Cheese Tomato & Mushroom Frittata** swiss, all-natural feta, goat cheese, spinach & scallions 9.99

**Egg Breakfast\*** two eggs any style 8.29

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 2.89

### SIGNATURE TOASTS & EGGS

**Marinated Mushrooms & Herb Cheese\*** with herb chèvre & balsamic glaze served with two over-easy eggs 9.29

**Avocado\*** with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 9.29

### BREAKFAST BOWLS

*served with artisan toast*

**Sweet Potato & Greens Bowl\*** sunny eggs over organic baby kale, spinach, roasted red onions, roasted red bell pepper, sriracha, goat cheese & pepitas 9.69

**Protein Bowl\*** sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 9.99

*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.*

### GRIDDLE ITEMS

**Signature Pancakes** with butter & maple syrup

**GLUTEN FREE** Brown Sugar Oatmeal 8.99

Lemon Ricotta with berry compote 8.89

Traditional 6.99

**Add a Side:** sausage, all-natural turkey sausage, taylor ham or thick-cut bacon 2.89

### LIGHT BREAKFAST

**Organic Steel Cut Oatmeal** fresh fruit & dried cranberries with a side of honey cream & brown sugar 6.29

**Berry-Yogurt Parfait** organic yogurt & honey served with a mixed berry blend & organic almond granola 5.29

### SIDES

<b>TRY ME</b> Millionaire's Bacon	4.89
caramelized to perfection & drizzled with honey	
<b>Thick-Cut Bacon</b>	4.29
<b>Sausage</b>	3.99
<b>Taylor Ham</b>	3.29
<b>All-Natural Turkey Sausage</b>	3.89
<b>Home Fries</b>	2.59
<b>Arugula Salad</b>	2.59

## SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

### CLASSICS

**Ham & Swiss** red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 9.59

**Turkey Breast & Brie** roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 10.29

**Chicken Salad** red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 10.29

**Almond Tuna** apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 10.29

**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 12.29

**BLT Plus** cheddar, avocado & herb mayo on sourdough 11.29

**Steak & Gorgonzola** all-natural rare steak, gorgonzola, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 11.29

**Wildflower Joe** all-natural rare steak, all-natural turkey, swiss, coleslaw & thousand island on marble rye 12.29

**Roasted Sweet Potato** goat cheese, fig confit, tomatoes, organic arugula, fennel & balsamic vinaigrette on herb focaccia 10.29

### GRILLED & HOT

**FAN FAVE** **Reuben** corned beef brisket, caramelized onion sauerkraut, swiss & thousand island on marble rye 11.29

**Wildflower Grilled Cheese** swiss, brie, cheddar, organic arugula & tomatoes on nine grain 9.29

**Buffalo Chicken** gorgonzola, wildflower crisps & buffalo slaw on a grilled ciabatta roll 11.29

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Select two 11.29

### HALF SANDWICH

Almond Tuna  
BLT Plus  
Buffalo Chicken  
Chicken Salad  
Ham & Swiss  
Roasted Sweet Potato  
Steak & Gorgonzola  
Turkey Breast & Brie

### SALAD

Asian  
Chopped  
Kale-Romaine Caesar  
Southwest Superfood  
Strawberry Spinach

### BOWL OF SOUP

choice of today's soup selections with bread boule +1.60

**GF** Gluten-Free



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

**TRY ME** **Snappy Peas & Greens** romaine, pea shoots, marinated fennel, red onions, basil & toasted walnuts with lemon ricotta dressing 8.29

**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 9.69

**Strawberry Spinach** gorgonzola, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 8.29

**Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 8.29

**Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing\* 8.29

**Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 8.29

**Three Side Combo** choose three of our Starters & Sides 11.59

# DINNER

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

## PASTAS

**TRY ME** **Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 11.99

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 9.49

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 10.69

**Salmon Alfredo** wild alaskan salmon over linguini, sundried tomatoes, capers, parsley & parmesan 11.99

**Pesto Chicken** linguini, all-natural feta, roasted red peppers, spinach, parsley & parmesan 11.99

**Three Cheese Ravioli** marinara, parsley & parmesan 10.69

**Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 9.29

## ADD A PROTEIN

All-Natural Chicken..... 3.99

All-Natural Steak..... 5.49

Wild Alaskan Salmon Fillet..... 5.49

Organic Plant-Based Chicken..... 4.69

## PERFECT PAIRINGS

Side Caesar Salad..... 2.59

Side Field Greens Salad..... 2.59

Two Hearty Meatballs..... 4.69

### 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 AND UNDER ONLY PLEASE 6.49 PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL MILK OR SODA, 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

Sandwiches: Almond Tuna • BLT Plus • Buffalo Chicken • Chicken Salad • Ham & Swiss • Roasted Sweet Potato • Steak & Gorgonzola • Turkey Breast & Brie

### 2. Choose a Protein

All-Natural Chicken 3.99 | All-Natural Steak 5.49 | Wild Alaskan Salmon Fillet 5.49 | Chopped 3.99

Organic Quinoa 2.69 | Organic Plant-Based Chicken 4.69

## 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..... 3.99

All-Natural Steak..... 5.49

**Wild Alaskan Salmon**

*Fillet*..... 5.49

*Chopped*..... 3.99

Organic Plant-Based Chicken..... 4.69

Organic Quinoa..... 2.69

### All-Natural Salad Dressings

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

**Vinaigrettes:** balsamic, cilantro lime, oregano, pesto

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

# STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

## SIDES

*served warm*

**Sautéed Broccoli** golden raisins, smokehouse almonds, bread crumbs & chili vinaigrette 4.49

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 4.49

*served chilled*

**TRY ME** **Snap Peas+** pea shoots, marinated fennel, red onions, basil & toasted walnuts with lemon ricotta dressing 4.49

**TRY ME** **Mediterranean Pasta Salad** cavatappi, roasted tomatoes, roasted red bell peppers, roasted red onions, basil & all-natural feta with oregano vinaigrette 4.49

**Classic Hummus** mama lil's peppers, paprika & olive oil with grilled herb focaccia 4.49

## SIGNATURE TOASTS

**Avocado** with crushed red pepper, kosher salt & olive oil 5.39

**Fig & Ricotta** with honey & pistachios 5.39

**Meatballs & Ricotta** with garlic bread & marinara 6.99

**Marinated Mushrooms & Herb Cheese** with herb chèvre & balsamic glaze 5.39

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

### Bread Boule

sourdough boule with your choice of today's soup & whipped butter 8.29

**Cup** 5.89 **Bowl** 6.89 **Quart** 14.49

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

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

*Gluten-free: served without bread on request*