

# WILDFLOWER™

SEDONA & FLAGSTAFF



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

### BREAKFAST EGG SANDWICHES

*make it vegetarian by removing the protein*

**Spicy Chipotle** sausage, all-natural feta, sundried tomatoes, spinach & chipotle sauce on a grilled brioche roll 9.49

**Roasted Veggie\*** cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 8.69

**Taylor Ham & Swiss** on a grilled ciabatta roll 9.29

### BREAKFAST BAGEL SANDWICHES

**Bacon, Egg & Cheddar** over easy eggs, bacon, cheddar, herb mayo & sriracha on a toasted plain bagel 9.49



**Everything Smoked Salmon** smoked salmon, garlic-scallion cream cheese, capers, tomatoes, red onions & arugula on an everything bagel 12.99



### BREAKFAST BURRITO

**Sunrise Burrito** scrambled eggs, sausage, cheddar, roasted red bell peppers, caramelized onions, scallions & jalapeño cheddar smash browns in a flour tortilla served with spicy salsa verde 10.99

*Substitute Bacon - Just Ask!*

### FRITTATAS & EGGS

*served with home fries & artisan toast*

**Three Cheese Tomato & Mushroom Frittata** swiss, all-natural feta, goat cheese, spinach & scallions 12.29

**Egg Breakfast\*** two eggs any style 9.99

### SIGNATURE PANCAKES

*with butter & maple syrup*

**Banana Walnut** 11.29

**Lemon Ricotta** with berry compote 11.29

**Traditional** 8.99

### BREAKFAST BOWLS

*served with artisan toast*

**Baja Bowl\*** sunny eggs over roasted potatoes, poblano peppers, roasted red bell peppers, caramelized onions, cilantro, sour cream, scallions & spicy salsa verde 12.29

**Protein Bowl\*** sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 12.29

### LIGHT BREAKFAST

**Organic Steel Cut Oatmeal** fresh fruit & dried cranberries with a side of honey cream & brown sugar 7.69

**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 10.89

**Bagel + Spread** plain, sesame, everything & cinnamon raisin 1.79

**Spreads:** whipped cream cheese, garlic-scallion cream cheese & zesty red pepper cream cheese 2.29  
peanut butter 1.69

whipped butter

### SIDES

<b>Bacon</b> (3 pieces) .....	5.59
<b>Sausage</b> (2 pieces) .....	4.49
<b>Taylor Ham</b> (2 pieces) .....	3.99
<b>All-Natural Turkey Sausage</b> (2 pieces) .....	4.39
<b>Home Fries</b> .....	3.39
<b>Jalapeño Cheddar Smash Browns</b> .....	3.99

*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.*

## 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 12.79

**Ham & Swiss** red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.99

**Turkey Breast & Brie** roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 12.79

**Chicken Salad** red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 12.79

**Almond Tuna** apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 12.79

**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 14.59

**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 13.99

### GRILLED & HOT

**Cheddar Braised Beef** cheddar & caramelized onion mashed potatoes & arugula on a ciabatta roll with au jus & horseradish sauce 14.99

**Wildflower Grilled Cheese** swiss, brie, cheddar, organic arugula & tomatoes on nine grain 10.59

**Buffalo Chicken** blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 13.49

**Reuben** corned beef, caramelized onion sauerkraut, swiss & thousand island on marble rye 13.49



*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.*

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*Select two 13.79*

### HALF SANDWICH

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

### SALAD

- Antipasto
- Asian
- Chopped
- Garden
- Kale-Romaine Caesar
- Southwest Superfood
- Strawberry Spinach

### 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

**Antipasto** organic arugula, romaine, calabrese salami, swiss, heirloom cherry tomatoes, roasted red bell peppers, red onions, pepper relish & roasted chickpeas with northern italian vinaigrette & blue cheese crema 10.69

**Chopped** organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 10.69



**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 10.69

**Asian** organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing\* 10.69

**Garden** organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions & sunflower seeds with northern italian vinaigrette 10.29

**Kale-Romaine Caesar** organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 10.29

# DINNER

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

## PASTAS

**Lemon Linguine** lemon-goat cheese cream sauce, petite peas, roasted mushrooms, roasted brussels sprouts, roasted red onions, pea shoots, chili-citrus seasoning 14.29

**Salmon Alfredo** wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 15.29

**Rosemary Chicken** penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 14.59



**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 12.89

**Butternut Squash Ravioli** with roasted walnut cream sauce & nutmeg 14.29

**Pesto Chicken** linguine, all-natural feta, roasted red peppers, spinach, parsley & parmesan 14.59

**Three Cheese Ravioli** marinara, parsley & parmesan 12.99

**Your Choice of Pasta** your choice of marinara, pesto or creamy alfredo with parsley & parmesan 11.99

## 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
Two Hearty Meatballs	6.49

## 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 7.69 PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL DRINK, FRESH FRUIT & A CHOCOLATE CHIP COOKIE.

## BREAKFAST

### Pancakes

plain • chocolate chip  
banana walnut **GLUTEN FREE**

Egg & Cheese Sandwich

## ARTISAN SALADS OR SANDWICHES

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

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

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
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Organic Quinoa 3.59	Organic Plant-Based Chicken 5.39
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## 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	4.99
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, white balsamic

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

# STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

## SIDES

served warm

**Elote** charred corn, spicy aioli, scallions, cilantro, parmesan & tajin 5.79

**Chili Lime Brussels Sprouts** with cilantro & toasted sesame seeds 5.79

**Mac & Cheese** cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.99

Two Hearty Meatballs 6.49

served chilled

**Hummus** all-natural feta, cilantro, olive oil, paprika & toasted sourdough 5.79

Side Caesar Salad 3.99

Side Field Greens Salad 3.99

## SIGNATURE TOASTS

**Avocado** with crushed red pepper, kosher salt & olive oil 6.69

**Fig & Ricotta** with honey & pistachios 6.69

**Meatballs & Ricotta** with garlic bread, marinara & crushed red pepper 8.99

# 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 10.29

Cup 7.49 Bowl 8.69 Quart 19.29

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

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

Gluten-free: served without bread on request