

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 9.59

Roasted Veggie* cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 9.59

Taylor Ham & Swiss on a grilled ciabatta roll 9.59

BREAKFAST BAGEL SANDWICHES

Bacon, Egg & Cheddar* over easy eggs, bacon, cheddar, herb mayo & sriracha on a toasted plain bagel 9.59



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!

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 14.39

Medi Veggie hummus, all-natural feta, avocado, red onions, cucumbers, tomatoes, pea shoots & pepper relish on herb focaccia 12.89

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 11.29

Turkey Breast & Brie roasted red peppers, lettuce, tomatoes & grain mustard on sourdough 12.89

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 12.89

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 12.89

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 14.69

FRITTATAS & EGGS

served with home fries & artisan toast

Three Cheese Tomato & Mushroom Frittata swiss, all-natural feta, goat cheese, spinach & scallions 12.49

Egg Breakfast* two eggs any style 10.29

SIGNATURE PANCAKES

with butter & maple syrup

Banana Walnut 11.49

Lemon Ricotta with berry compote 11.49

Traditional 9.29

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 12.49

Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, roasted tomatoes, spinach & scallions 12.49

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 10.99

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

Bacon (3 pieces)	5.69
Sausage (2 pieces)	4.59
Taylor Ham (2 pieces)	4.29
All-Natural Turkey Sausage (2 pieces)	4.49
Home Fries	3.49
Jalapeño Cheddar Smash Browns	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.*

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Select two 13.99

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

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 10.69

Buffalo Chicken blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 13.69

Reuben corned beef, caramelized onion sauerkraut, swiss & thousand island on marble rye 13.69



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.

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 10.79

Chopped organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 10.79



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 11.69

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppy seed dressing 10.79

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 10.79

Garden organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, marinated fennel, red onions & sunflower seeds with northern italian vinaigrette 10.49

Kale-Romaine Caesar organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 10.49

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 14.49

Salmon Alfredo wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 15.49

Rosemary Chicken penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 14.69



Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 12.99

Butternut Squash Ravioli with roasted walnut cream sauce & nutmeg 14.49

Pesto Chicken linguine, all-natural feta, roasted red peppers, spinach, parsley & parmesan 14.69

Three Cheese Ravioli marinara, parsley & parmesan 13.29

Your Choice of Pasta your choice of marinara, pesto or creamy alfredo with parsley & parmesan 12.29

ADD A PROTEIN

All-Natural Chicken	5.29
All-Natural Rare Steak*	6.39
Wild Alaskan Salmon Fillet	6.39
Organic Plant-Based Chicken	5.49
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 7.79. 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 5.29	All-Natural Rare Steak* 6.39	Wild Alaskan Salmon Fillet 6.39 Chopped 5.29
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Organic Quinoa 3.69	Organic Plant-Based Chicken 5.49
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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	5.29
All-Natural Rare Steak*	6.39
Wild Alaskan Salmon Fillet	6.39
Chopped	5.29
Organic Plant-Based Chicken	5.49
Organic Quinoa	3.69

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 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 10.49

Cup 7.59 **Bowl** 8.79 **Quart** 19.49

V Vegetarian **VG** Vegan
DF Dairy-Free **GF** Gluten-Free

Gluten-free: served without bread on request