

WILDFLOWER™

VALLEY & PRESCOTT



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 8.59

Roasted Veggie* cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 8.59

Taylor Ham & Swiss on a grilled ciabatta roll 8.59

BREAKFAST BAGEL SANDWICHES

Bacon, Egg & Cheddar* over easy eggs, bacon, cheddar, herb mayo & sriracha on a toasted plain bagel 8.59



Everything Smoked Salmon smoked salmon, garlic-scallion cream cheese, capers, tomatoes, red onions & arugula on an everything bagel 11.99



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 9.99



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 11.49

Egg Breakfast* two eggs any style 9.49

SIGNATURE PANCAKES

with butter & maple syrup

Banana Walnut 10.49

GLUTEN FREE

Lemon Ricotta with berry compote 10.49

Traditional 8.29

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 11.49

Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, slow-roasted tomatoes, spinach & scallions 11.49

LIGHT BREAKFAST

Organic Steel Cut Oatmeal fresh fruit & dried cranberries with a side of honey cream & brown sugar 6.99

Berries & Yogurt honey greek yogurt served with a mixed berry blend & roasted nut granola 6.79

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

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



Spreads: whipped cream cheese, garlic-scallion cream cheese & zesty red pepper cream cheese 1.99
peanut butter 1.69
whipped butter

SIDES

Bacon (3 pieces)	4.99
Sausage (2 pieces)	3.99
Taylor Ham (2 pieces)	3.79
All-Natural Turkey Sausage (2 pieces)	3.99
Home Fries	2.99
Jalapeño Cheddar Smash Browns	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.*



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

SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

Turkey Cranberry Walnut Stuffing

cranberry sauce, bacon & herb mayo on stuffing bread 13.99



BLT Plus cheddar, avocado & herb mayo on sourdough 11.99

Italiano calabrese salami, all-natural turkey, aged gouda, tomatoes, romaine, red onions, pepper relish, northern italian vinaigrette & herb mayo on a grilled ciabatta roll 13.49

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 13.69

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.59

GRILLED & HOT

Chipotle Chicken Melt swiss, poblano peppers, caramelized onions, pepper relish, organic arugula, tomatoes, avocado & chipotle sauce on sourdough 13.49



Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 10.29

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 11.59

Veggie Stack roasted beets, cucumbers, red onions, tomatoes, pea shoots, avocado & zesty red pepper spread on herb focaccia 11.79

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 11.59

Steak & Blue* all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 13.69

Buffalo Chicken blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 12.69

Reuben corned beef, caramelized onion sauerkraut, swiss & thousand island on marble rye 12.69

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 12.99

HALF SANDWICH

Almond Tuna
BLT Plus
Buffalo Chicken
Chicken Salad
Ham & Swiss
Steak & Blue*
Veggie Stack

SALAD

Asian
Chopped
Citrus Beet
Garden
Kale-Romaine Caesar
Southwest Superfood
Strawberry Spinach


BOWL OF SOUP

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

SALADS

ALL SALADS ARE SERVED WITH FRESH-BAKED ARTISAN BREAD.

1 SELECT A SALAD

Kale-Romaine Caesar organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 9.49 

Citrus Beet organic field greens, roasted baby beets, orange segments, cucumbers, red onions, goat cheese, toasted walnuts & citrus hot-honey with cilantro lime vinaigrette 9.79

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 9.79

Chopped organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 9.79

Southwest Superfood spinach, organic quinoa, slow-roasted tomatoes, avocado, black beans, roasted red bell peppers, cilantro, organic dried sweet corn, goat cheese & toasted pepitas with cilantro lime vinaigrette 10.69

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppyseed dressing 9.79

Garden organic field greens, heirloom cherry tomatoes, organic carrots, jicama, celery, cucumbers, red peppers, red onions & sunflower seeds with northern italian vinaigrette 9.49


2 CHOOSE A PROTEIN

All-Natural Chicken	4.69
All-Natural Rare Steak*	5.79
Wild Alaskan Salmon	
Fillet	5.79
Chopped	4.69
Organic Plant-Based Chicken	5.29
Organic Quinoa	3.29

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 an asterisk

DINNER

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

PASTAS

Lasagna Bolognese fresh pasta layered with a beef & pork ragu, mozzarella, ricotta & marinara topped with parmesan & parsley 15.99 

Linguine & Meatballs with marinara, fresh basil & parmesan 13.99 

Pesto Chicken linguine, all-natural feta, roasted red peppers, spinach, parsley & parmesan 13.59

Salmon Alfredo wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 14.29

Rosemary Chicken penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 13.59

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 11.79

Three Cheese Ravioli marinara, parsley & parmesan 12.29

Your Choice of Pasta your choice of marinara, pesto or creamy alfredo, parsley & parmesan 11.29

ADD A PROTEIN

All-Natural Chicken	4.69
All-Natural Rare Steak*	5.79
Wild Alaskan Salmon Fillet	5.79
Organic Plant-Based Chicken	5.29
Two Hearty Meatballs	5.99

Specialty Desserts

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

STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

SIDES

served warm

Elote charred corn, spicy aioli, scallions, cilantro, parmesan & tajin 4.99

Chili Lime Brussels Sprouts with cilantro & toasted sesame seeds 4.99

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.29 

Two Hearty Meatballs 5.99

served chilled

Side Caesar Salad 3.79

Side Field Greens Salad 3.79

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 8.39

KIDS

TWELVE & UNDER ONLY PLEASE 7.49. PASTAS SERVED FROM 3 PM UNTIL CLOSE AND INCLUDES A SMALL DRINK, FRESH FRUIT & A CHOCOLATE CHIP COOKIE.

BREAKFAST

Pancakes
banana walnut 
plain • chocolate chip

Egg & Cheese Sandwich

ARTISAN SALADS OR SANDWICHES

1. Select a Salad or a Half Sandwich

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

Sandwiches: Almond Tuna • BLT Plus Buffalo Chicken • Chicken Salad • Ham & Swiss Steak & Blue* • Veggie Stack

2. Choose a Protein

All-Natural Chicken 4.69	All-Natural Rare Steak* 5.79	Wild Alaskan Salmon Fillet 5.79 Chopped 4.69
Organic Quinoa 3.29	Organic Plant-Based Chicken 5.29	

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 9.49

Cup 6.79 **Bowl** 7.99 **Quart** 17.79

 Vegetarian  Vegan
 Dairy-Free  Gluten-Free

Gluten-free: served without bread on request