

WILDFLOWER™

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 9.99

Taylor Ham & Swiss on a grilled ciabatta roll 9.99

BREAKFAST BAGEL SANDWICHES

Bacon, Egg & Cheddar* over easy eggs, bacon, cheddar, herb mayo & sriracha on a toasted plain bagel 10.29



Everything Smoked Salmon smoked salmon, garlic-scallion cream cheese, capers, tomatoes, red onions & arugula on an everything bagel 13.49



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 11.99



Substitute Bacon - Just Ask!

FRESHLY CRACKED

served with home fries & artisan toast

Three Cheese Tomato & Mushroom Frittata swiss, all-natural feta, goat cheese, spinach & scallions 13.29

Egg Breakfast* two eggs any style 10.99

SIGNATURE PANCAKES

with butter & maple syrup

Banana Walnut 11.99 **GLUTEN FREE**

Lemon Ricotta with berry compote 11.99

Traditional 10.99

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 13.29

Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, slow-roasted tomatoes, spinach & scallions 13.49



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

LIGHT BREAKFAST

Organic Steel Cut Oatmeal fresh fruit & dried cranberries with a side of honey cream & brown sugar 7.99

Berries & Yogurt honey greek yogurt served with a mixed berry blend & wildflower granola 7.29

Avocado Toast & Eggs* avocado with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 11.49

Bagel plain, sesame, everything & cinnamon raisin 1.99



Add a Spread: 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)	4.49
All-Natural Turkey Sausage (2 pieces)	4.49
Home Fries	3.69
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.*

SANDWICHES

SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

BLT Plus cheddar, avocado & herb mayo on sourdough 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 15.29

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 11.99

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 13.29

GRILLED & HOT

Smoked Brisket Torta chopped brisket, swiss, salsa verde, lettuce, tomatoes, red onions, avocado & chipotle sauce on a toasted telera roll 15.99



Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 11.49

Chipotle Chicken Melt swiss, poblano peppers, caramelized onions, pepper relish, organic arugula, tomatoes, avocado & chipotle sauce on sourdough 14.99

Veggie Stack roasted beets, cucumbers, red onions, tomatoes, pea shoots, avocado & zesty red pepper spread on herb focaccia 13.29

Almond Tuna apples, celery, scallions & mayo with pickles, lettuce, tomatoes, pea shoots & grain mustard on nine grain 13.29

Country Turkey & Avocado swiss, lettuce, tomatoes & herb mayo on country bread 13.29



Steak & Blue* all-natural rare steak, blue cheese, roasted red peppers, red onions, lettuce, tomatoes & herb mayo on sourdough 15.29

Buffalo Chicken blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 13.99

Reuben corned beef, caramelized onion sauerkraut, swiss & thousand island on marble rye 14.69

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 14.49

HALF SANDWICH

- Almond Tuna
- BLT Plus
- Buffalo Chicken
- Chicken Salad
- Country Turkey & Avocado
- Ham & Swiss
- Steak & Blue*
- Veggie Stack

SALAD

- Asian
- Chopped
- Citrus Beet
- Kale-Romaine Caesar
- Mediterranean Market
- 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.

SALADS

Citrus Beet organic field greens, roasted baby beets, orange segments, cucumbers, red onions, goat cheese, toasted walnuts & citrus hot-honey with cilantro lime vinaigrette 11.49

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 10.99

Chopped organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 11.49 

Mediterranean Market romaine, organic field greens, heirloom cherry tomatoes, cucumbers, couscous, all-natural feta & smoked almonds with pomegranate vinaigrette 10.99 

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppyseed dressing 10.99


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 11.99

Kale-Romaine Caesar organic baby kale, romaine, roasted chickpeas, parmesan & croutons with caesar dressing 10.99

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 16.99 

Zesty Lemon Chicken all-natural chicken, garlic, mama lil's peppers, heirloom cherry tomatoes, spinach, pea shoots, petite peas, scallions, basil, all-natural feta & toasted walnuts 15.29 

Linguine & Meatballs with marinara, fresh basil & parmesan 14.99

Pesto Chicken linguine, all-natural feta, roasted red peppers, spinach, parsley & parmesan 15.29

Salmon Alfredo wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 15.99

Rosemary Chicken penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 15.29

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

Three Cheese Ravioli marinara, parsley & parmesan 13.79

KIDS

TWELVE & UNDER ONLY PLEASE 7.99. 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
Kale-Romaine Caesar • Mediterranean Market
Southwest Superfood • Strawberry Spinach

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

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 3.99	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

ADD A PROTEIN

All-Natural Chicken.....	5.29
All-Natural Rare Steak*.....	6.39
Wild Alaskan Salmon	
<i>Fillet</i>	6.39
<i>Chopped</i>	5.29
Organic Plant-Based Chicken	5.49
Organic Quinoa	3.99

All-Natural Salad Dressings

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

Vinaigrettes: balsamic, cilantro lime, pesto, pomegranate

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

SIDES

QUICK BITES SERVED ALL DAY.

SIDES

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 6.49 

Two Hearty Meatballs 6.49

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 10.69

Cup 7.99 Bowl 9.29 Quart 19.89

-  Vegetarian  Vegan
-  Dairy-Free  Gluten-Free

Gluten-free: served without bread on request