

CAFE SUNFLOWER

LUNCH

WHITE WINE

	glass	bottle
Canyon Oaks Chardonnay, California , Some vanilla and tropical fruit.....	6	22
Hot Rod Chardonnay, California , Nutmeg and vanilla with a smooth finish.....	8	30
Torre di Luna Pinot Grigio, Italy , Peach and melon with a crisp finish.....	8	30
Oyster Bay Sauvignon Blanc, New Zealand , Assertive passion fruit and tropical flavors.....	9	34
Moselland Riesling, Mosel-Saar-Ruwer Germany , Medium sweet with ripe apple flavors.....	8	30
Canyon Oaks White Zinfandel, California , Citrus and light strawberry and cherry flavors.....	5	20
Alois Lageder Riff Pinot Grigio, Italy , Expressive aromas with flowery and somewhat spicy notes.....	30	

ORGANIC WINE

Santa Julia Organic Chardonnay, Argentina , Honey, banana and hints of citrus notes.....	24	
Santa Julia Organic Cabernet, Argentina , Nice fruit aromas with black cassis fruit and cherry.....	24	

RED WINE

Canyon Oaks Cabernet, California , French aromas of mint and cassis.....	6	22
EOS Estate Cabernet, Paso Robles, California , Blueberries and cassis with hints of anise and cider.....	9	34
Row Eleven Pinot Noir, California , Crisp in acid, rich in cherry pie flavors and lower in alcohol.....	9	34
Antis Malbec, Mendoza, Argentina , Black plum with hints of cacao.....	8	30
Paringa Shiraz, Australia , Ripe berry fruit, generous oak and soft tannins.....	8	30
Evodia Grenache, Spain , Delicious red with cherries and raspberries and perfume of violets.....	8	30

DESSERT WINE

Torbreck Muscat Petits Grains "Bothie" , Peach, apricot and ripe pear.....	5	20
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BEER

Newcastle, Amstel Light, Samuel Adams, Heineken, Corona, Stella Artois, Sierra Nevada	5	
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You may bring your own wine for a corkage fee of \$20.

STARTERS

- Steamed or Pan Fried Dumplings (6)**.....8
Asian cabbage, carrots, tofu and black mushrooms.
- Pita pizza**.....6
Broccoli, tomatoes and cheddar cheese with sun-dried tomato artichoke spread on a whole wheat pita.
- Soy Nuggets (8)**.....7
Golden crispy mock chicken with barbecue sauce and honey mustard.
- Stuffed Mushrooms (4)**.....7
Mushroom caps filled with soy, scallions and carrots in a miso mushroom sauce.
- Fried Green Tomatoes**.....8
Golden crisped tomatoes. Served with hummus and chive oil.
- Jamaican Limbo Plantains**.....7
Served with black bean dip.
- Spring Rolls (4 halves)**.....4
Light, crispy-fried rolls filled with cabbage, carrots, onions and glass noodles. Served with a fruity sweet and sour sauce and spicy mustard.
- Vegan Artichoke and Spinach Dip**.....8
Served with assorted olives and blue corn chips.
- Portabella Mushroom Florentine**.....7
Portabella mushroom cap filled with grilled spinach and cheddar cheese over a roasted shallot marinara sauce.
- Red Pepper Hummus**.....7
Roasted red bell peppers, chickpeas, and tahini. Served with pita triangles and vegetables.
- Edamame**.....6
- Soup du Jour**.....4.5

Sunflower Box

Spring rolls, stuffed mushrooms, steamed dumplings, soy nuggets and red pepper hummus.

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SALADS

- Organic Mixed Greens**.....6
Broccoli, cucumbers and tomatoes with balsamic vinaigrette on the side.
- Roasted Beet Salad**.....8
Organic greens, Chevrine goat garlic cheese and pecans in balsamic vinaigrette.
- Belgian Endive Salad**.....9
Pear, purple onion, spinach, candied walnuts and gorgonzola cheese in aged sherry vinaigrette.
- Harvest Salad**.....10
Organic mixed greens, asparagus, Granny Smith apples, gorgonzola cheese, candied walnuts, shredded carrots, dried cranberries and herb croutons in a fresh thyme vinaigrette
- Spicy Thai Salad**.....8
Organic mixed greens, smoked tofu, edamame, shiitake mushrooms, and tomatoes topped with chopped peanuts and a spicy Thai curry vinaigrette and Sriracha sauce.

ENTRÉES

<p>Burrito.....9 Black beans, corn, brown rice, our homemade soy chili and cheddar cheese. Served with chips and salsa.</p> <p>Black Bean Quesadilla.....11 Brown rice, sweet corn, sun-dried tomatoes, spinach, black beans, and cheddar cheese. Served with organic mixed greens and blue corn chips and salsa.</p> <p>Roasted Portabella Mushroom Melt.....10 A portabella mushroom cap, spinach, tomatoes, caramelized onions, melted cheddar and tahini sauce on a whole wheat bun with baked sweet potato fries and organic mixed greens.</p> <p>Stir Fry Tofu in Ginger Sauce.....9 Snow peas, broccoli, zucchini, white mushrooms, carrots, and tofu with brown rice.</p> <p>Tostada Napoleon.....10 Layers of our house chili, brown rice, sweet corn, cumin black beans, sun-dried tomatoes, corn tortillas, and roasted tomato salsa.</p> <p>Baked Garden Loaf.....12 Herb mashed potatoes in a miso mushroom gravy and organic mixed greens tossed in Thai-curry vinaigrette.</p> <p>Soy Burger.....11 Soy patty on a whole wheat bun. Served with oven baked sweet potatoes and organic mixed greens. Add cheddar cheese \$1.50. Soy cheese \$2 Sautéed onions \$1.50 Grilled portabella mushroom \$2</p>	<p>Caprese Sandwich.....11 Grilled tomatoes, basil-marinated mozzarella, sun-dried tomato tapenade, eggplant, Romaine lettuce, extra virgin olive oil on Ciabatta bread with a side of broccoli fries with caper cream and spinach with balsamic vinaigrette.</p> <p>Avocado Sandwich.....9 Soysage, cheddar cheese, onion, lettuce, tomato and caper cream on a whole wheat pita. Served with mint cucumber salad and blue corn chips.</p> <p>Orzo Eggplant Lasagna.....12 Layers of baked portabella mushroom, eggplant, zucchini, oven roasted red pepper, orzo pasta, tofu ricotta and our own roasted shallot marinara. Served with organic greens, calamata olives, artichoke hearts with balsamic vinaigrette</p> <p>Sesame Chicken.....11 Golden crispy soy chicken with broccoli, mushrooms, snow peas, onion and in a sweet and spicy sauce with brown rice.</p> <p>Spicy Pad Thai Noodles.....11 Rice noodles, zucchini, green beans, red bell pepper, white mushrooms, smoked tofu and bean sprouts, tossed in a coconut peanut sauce.</p> <p>Curry Tofu Scramble.....9 Zucchini, mushroom, tomatoes, cilantro, and jalapeños with shredded romaine, corn tortillas, guacamole and salsa.</p> <p>Sweet and Spicy Polenta.....10 Portabella mushroom, cauliflower, celery, tomatoes, toasted almond and heart of romaine. Served over brown rice.</p>
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Organic products are used when possible.
18% gratuity may be included for parties of five or more.

BEVERAGES

Herbal Iced Tea	2.75
Hot Herbal Tea	2.75
Panna Spring Water	3
Pellegrino Sparkling Water	3
Steaz Raspberry Soda	2.75
Jamaican Style Ginger Ale	2.75
Natural Brew Ginseng Cola	2.75
Virgil's Root Beer	2.75
Coke, Diet Coke, or Sprite	1.75
Lakehouse Coffee	2.75
Pero	2.75
Naturally caffeine free grain coffee	
Soy Milk	2.75
Pomegranate Lemonade	3.5
Apple Juice	2.5
Bossa Nova Açai Juice	4
Nature's highest antioxidant fruit	

CAFE SUNFLOWER Buckhead

Open for Lunch
 Monday–Friday 11:30a.m.-2:30p.m.
 Saturday Noon-2:30p.m.

Open for Dinner:
 Monday–Thursday 5:00p.m.-9:30p.m.
 Friday–Saturday 5:00p.m.-10:00p.m.

DESSERTS

Vegan Cakes	6.5
Old-Fashioned Chocolate Cake, Carrot Spice Cake Coconut Layer Cake, Chocolate Peanut-Butter Mousse Cake, Chocolate Raspberry Mousse Cake	

Whole Cake	40
Whole cakes are available for parties or takeout. Three days notice is recommended.	

Cake serving charge of \$10 per cake if you bring your own cake.

CHILDREN'S MENU

Pasta with Marinara	5
Served with steamed broccoli and carrots.	

Pasta with Cheese	5
Served with steamed broccoli and carrots.	

Grilled Cheese Quesadilla	5
Grilled flour tortilla filled with cheddar cheese.	

Kid's Pizza	5
Cheese and marinara sauce on whole wheat pita.	

GOODIES

Box of Herbal Tea	3.5
Cafe Sunflower Cookbook	30
Cafe Sunflower Tote Bag	12

