

# CAFE SUNFLOWER

DINNER MENU

## STARTERS

**Spaghetti Squash Cakes** V .....7.50  
Grilled cakes made of fresh spaghetti squash, polenta and leeks, drizzled with a creamy caper tofu coulis.

**Chips and Salsa** GF .....5  
Salsa picante with jalapeño-spiked sour cream and organic corn chips.

**Sandy Spring Rolls** (4 halves) V .....5  
Light, crispy-fried rolls filled with cabbage, carrots, onions and glass noodles. Served with a fruity sweet and sour sauce and hot mustard.

**Sunflower Box** V .....15  
Sandy Spring Rolls, Basil Rolls, Pot Stickers, Spaghetti Squash Cake and Hummus.

**Basil Rolls** (2) V .....6  
Julienned celery, snow peas, jicama, tofu, carrots, glass noodles and basil wrapped in rice paper, served with a sweet and spicy ginger peanut sauce.

**Steamed Dumplings** (6) V .....7  
Spinach, tofu, carrots, glass noodles and black mushrooms.

**Pot Stickers** (6) V .....8  
Our homemade dumplings grilled to a golden crisp. Served with a soy dipping sauce.

**Stuffed Mushrooms** (3) V .....7.50  
Mushroom caps filled with soy, onions and bell peppers in our black pepper ginger sauce.

**Rainbow Pancake** V .....6  
Crispy wedges of carrot-scallion flour pancake with a sweet plum dipping sauce

**Red Pepper Hummus** V .....8  
Roasted red bell peppers, chick peas and tahini, served with pita triangles and vegetables.

**Soup of the Day**...cup 4.50, bowl 6.50

## ENTRÉES

All entrées served with dinner rolls and a tossed salad. Dressing choices: Soy Sesame, Tarragon Mustard or Creamy Italian.

**Spicy Pad Thai Noodles** V .....17  
Rice noodles, oyster mushrooms, red bell peppers, baby corn, tofu and kale, tossed in a spicy coconut peanut sauce.

**Wild Mushroom Fettuccine** V .....17  
Pasta tossed with shiitake, portabello and button mushrooms, sun-dried tomatoes, leeks and spinach in a mushroom stock.

**Jamaican Black Bean Cakes** .....16  
Made from scratch and topped with a pineapple jerk sauce and accented with coconut sour cream. Served with sautéed vegetables.

**Tuscan Sandwich** .....14  
Basil goat cheese, portabello mushroom, onions, tomatoes and spinach on rosemary focaccia bread. Served with baked sweet potato fries.

**Stir Fry Vegetables with Tofu** V .....14  
Broccoli, snow peas, mushrooms, carrots, yellow squash, zucchini, tofu, soy ginger sauce with brown rice.

**Macro Stir Fry** V GF .....15  
Broccoli, snow peas, shiitake mushrooms, carrots, cauliflower and tempeh in a tamari miso sauce with brown rice.

**Stuffed Acorn Squash** V GF .....17  
Oven-baked acorn squash filled with navy beans, corn, dried cranberries, mushrooms, carrots, wild rice, walnuts and spinach. Served with sautéed seasonal vegetables.

**Baked Samosas** .....16  
Baked phyllo triangles filled with curried potato and peas, served with lentil dahl, sautéed vegetables, mango chutney, cucumber yogurt and saffron basmati rice.

**Veggie Loaf** V .....17  
Hearty soy veggie loaf, rosemary mashed potatoes with tomato fennel sauce. Accompanied by sautéed seasonal vegetables.


## BEVERAGES


Herbal Iced Tea.....	3
Hot Tea.....	3
Panna Spring Water.....	3.50
San Pellegrino Sparkling Water.....	3.50
Pomegranate Limeade.....	4
Smoothie.....	5
Raspberry Açai Juice.....	4
Apple Juice.....	2
Natural Brew Ginger Ale.....	3
Root Beer.....	2
Coke, Diet Coke, Sprite.....	2
Coffee.....	3
Pero Coffee Substitute.....	3
Soy Milk.....	3
Milk.....	3


## SALADS

<b>Garden Steak Salad</b>  .....	11
Strips of soy steak, drizzled with our homemade barbecue sauce, served on a bed of romaine lettuce, with broccoli, tomatoes and onions, and tossed with red wine vinaigrette.	
<b>Spring Salad</b> .....	11, half 7
Spring mix, asparagus, sun-dried tomatoes, Granny Smith apples, carrots, gorgonzola cheese, caramelized walnuts and herb croutons tossed in a fresh thyme vinaigrette.	
<b>Greek Salad</b> .....	11, half 7
Romaine lettuce, tomatoes, kalamata olives, red onions, artichoke hearts, pepperoncini, feta cheese, herb croutons, olive oil and balsamic vinegar.	



**Garden Lasagna**.....17  
Ribbed lasagna layers filled with soy, zucchini, yellow squash, red bell peppers, mild cheddar cheese and our own roasted shallot marinara sauce.

**Stuffed Mushrooms**  .....16  
Mushroom caps stuffed with soy, onions and bell peppers in our black pepper ginger sauce. Served with broccoli and a rice medley.


**Moo Shu Vegetables**  .....14  
Tofu, bean sprouts, cabbage, green onions, carrots, mushrooms, wrapped in a tortilla, laced with a sweet brown sauce.



**Sweet and Sour Soy Chicken**  .....16  
Battered and fried soy chicken with onions, bell peppers, water chestnuts, broccoli and pineapple in a fruity and spicy sauce with brown rice.

**Burrito**.....14  
Black, white and red beans, brown rice, cheddar cheese, bell peppers, corn, onions, tomatoes and cilantro in a flour tortilla, topped with homemade barbecue sauce.  
Add soy burger strips, \$3. Soy cheese \$1. Jalapeños, no charge.

**Three Bean Chili**   .....13  
Black, white and red beans, corn, bell peppers and onions simmered in fiesta spices.

**Black Bean Quesadilla**.....14  
Grilled flour tortilla filled with black beans, brown rice, corn, sun-dried tomatoes, feta and cheddar cheeses.

**Soy Burger**  .....14  
Soy patty on a sunflower sesame bun, served with oven baked sweet potatoes. Add cheddar cheese \$1.50. Soy cheese \$2.  
Grilled portabello mushrooms and onions \$2.

**Quinoa Paella**   .....17  
Organic quinoa pilaf seasoned with sun-dried tomato, zucchini, yellow squash, onions, garlic and herbs, topped with sauteed broccoli, spinach, artichoke hearts and mushrooms.

## CAFE SUNFLOWER Sandy Springs

Open for Lunch

Monday–Friday 11:30a.m.-2:30p.m.

Saturday Noon-2:30p.m.

Open for Dinner:

Monday–Thursday 5:00p.m.-9:00p.m.

Friday–Saturday 5:00p.m.-9:30p.m.

Closed Sunday

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## CAFE SUNFLOWER Buckhead

2140 Peachtree Road

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.

Closed Sunday

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### - CATERING -

We offer personalized catering for special occasions — large and small.

Birthday celebrations

Graduations


Corporate events

Holiday parties

Wedding receptions

Please visit our website  
[www.cafesunflower.com](http://www.cafesunflower.com)

## DESSERTS

**Dairy-free Cakes**  .....6.5

**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**  .....6

Served with steamed broccoli and carrots.

**Grilled Cheese Quesadilla**.....6

Grilled flour tortilla filled with cheddar cheese.

**Kid's Pizza**.....6

Cheese and marinara sauce on whole wheat pita.

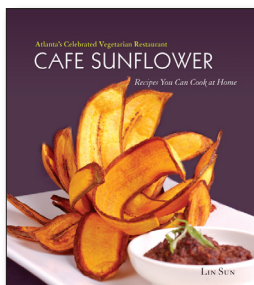
## GOODIES

**Soy Sesame Dressing, 12 oz.**.....4.5

**Box of Herbal Tea**.....3.5

**Sunflower T-shirt**.....15

**Cafe Sunflower Cookbook**.....30



Cafe Sunflower's cookbook by owner Lin Sun. The 200-page book features our most popular dishes ranging from soups, appetizers, entrees and desserts. The book includes recipes for *Stuffed Acorn Squash*, *Carrot Cake*, *Moo Shu Vegetables* and more!