

CAFE SUNFLOWER

LUNCH MENU

STARTERS

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.

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.

Sunflower Box **V**15

Sandy Spring Rolls, Basil Rolls, Pot Stickers, Spaghetti Squash Cake and Hummus.

Steamed Dumplings (6) **V**7

Spinach, tofu, carrots, glass noodles and black mushrooms.

Red Pepper Hummus **V**8

Roasted red bell peppers, chick peas and tahini, served with pita triangles and vegetables.

Tossed Salad.....3

Choice of dressing: Soy Sesame, Tarragon Mustard, or Creamy Italian

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

ENTRÉES

Stir Fry Vegetables with Tofu **V**11

Broccoli, snow peas, mushrooms, carrots, yellow squash, zucchini, tofu, soy ginger sauce with brown rice.

Greek Salad.....11

Romaine lettuce, tomatoes, Kalamata olives, red onions, artichoke hearts, pepperoncines, feta cheese, herb croutons, olive oil and vinegar.

Black Bean Quesadilla.....11

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

Vegetable Quesadilla.....11

Grilled flour tortilla filled with bell peppers, red onions, tofu, portabella mushrooms, spinach, tomatoes and cheddar cheese.

Burrito.....11

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.

Portabello Mushroom Wrap **V**11

Grilled eggplant, portabello mushrooms, roasted red bell peppers, onions, spinach, tomatoes, whole wheat pita, sun-dried tomato artichoke spread.

Moo Shu Vegetables **V**11

Tofu, bean sprouts, cabbage, green onions, carrots, mushrooms, wrapped in a tortilla, laced with a sweet brown sauce.

Three Bean Chili **V GF**10

Black, white and red beans, corn, bell peppers and onions simmered in fiesta spices.

Soy Burger **V**11

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.

Tuscan Sandwich.....11

Basil goat cheese, portabello mushroom, onions, tomatoes and spinach on rosemary focaccia bread.

Sweet and Sour Soy Chicken **V**12
Battered and fried soy chicken with onions, bell peppers, water chestnuts, broccoli and pineapple in a fruity and spicy sauce with brown rice.

Macro Stir Fry **V GF**12
Broccoli, snow peas, shiitake mushrooms, carrots, cauliflower and tempeh in a tamari miso sauce with brown rice.

Garden Steak Salad **V**11
Strips of soy steak, drizzled with our homemade barbecue sauce, on romaine lettuce, broccoli, tomatoes and onions, tossed with red wine vinaigrette.

Spicy Pad Thai Noodles **V**13
Rice noodles, oyster mushrooms, red bell peppers, baby corn, tofu and kale, tossed in a spicy coconut peanut sauce.

Garden Lasagna.....13
Ribbed lasagna layers filled with soy, zucchini, yellow squash, red bell peppers, mild cheddar cheese and our own roasted shallot marinara sauce.

Jamaican Black Bean Cakes.....12
Made from scratch and topped with a pineapple jerk sauce and accented with coconut sour cream. Served with sautéed vegetables.

Spring Salad.....11, half 7
Spring mix, asparagus, sun-dried tomatoes, Granny Smith apples, carrots, gorgonzola cheese, caramelized walnuts and herb croutons tossed in fresh thyme vinaigrette.

Quinoa Paella **V GF**13
Organic quinoa pilaf seasoned with sun-dried tomato, zucchini, yellow squash, onions, garlic and herbs, topped with sauteed broccoli, spinach, artichoke hearts and mushrooms.

Organic products are used when possible.

BEVERAGES

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| 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 |

V Dairy-free **GF** Wheat-free

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

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

- 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

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.

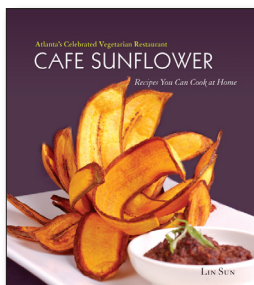
GOODIES

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!