



LUNCH MENU

STARTERS

Sandy Spring Rolls (2) NF5

Light, crispy-fried rolls filled with cabbage, carrots, onions, celery, and glass noodles. Served with a fruity sweet and sour sauce and hot mustard.

Basil Rolls (4 halves) GF7

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.....16

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

Steamed Dumplings (6) NF9

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

Red Pepper Hummus NF9

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

Tossed Salad NF4

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

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

ENTRÉES

Burrito NF12

Black, white and red beans, brown rice, spinach, burger crumbles, bell peppers, corn, onions, tomatoes and cilantro in a spinach flour tortilla, topped with homemade barbecue sauce. Add vegan cheese \$3. Jalapeños, no charge.

Avocado Wrap NF13

Fresh avocado, grilled portabello mushroom, spinach, tomato, and basil pesto on a light whole wheat pita.

Three Bean Chili GF SF NFcup 5, bowl 10

Black, white and red beans, corn, bell pepper, and onions simmered in fiesta spices with brown rice.

Supreme Nachos GF SF NF13

Organic corn chips, three bean chili, romaine lettuce, guacamole, vegan cheese, tomatoes, jalapeño, and our homemade salsa.

Macro Stir Fry GF NF13

Broccoli, snow peas, mushrooms, carrots, cauliflower, and organic tempeh or tofu (choose one) in a tamari miso sauce with brown rice.

Black Bean Quesadilla NF13

Black beans, sun-dried tomato, brown rice, corn, and vegan cheese in a flour tortilla. Served with our homemade salsa and guacamole.

Curry Bowl GF SF NF13

Kabocha squash, chickpeas, sweet potatoes, onions, celery, tomato, red and green bell pepper, broccoli, and cauliflower simmered in a spicy curry with coconut milk, garnished with cilantro and served with brown rice.

Jamaican Black Bean Cakes GF NF13

Made of black beans, cilantro, parsley, onions, garlic, jerk seasoning, and topped with a pineapple jerk sauce and accented with cucumber yogurt. Served with sautéed vegetables.

Avocado Salad GF SF13

Romaine lettuce, spinach, avocado, tomato, cranberries, carrots, and almond slices in balsamic vinaigrette.

The Impossible™ Burger NF14

The iconic plant-based patty customized with our own blend of seasonings. Served on a sesame bun with lettuce, tomato, red onion, pickles and a side of hand-cut fries. Add vegan cheese \$3; grilled portabello \$3; grilled onions \$1.50; or avocado \$3.

Spicy Pad Thai Noodles GF14

Rice noodles, shiitake mushrooms, red bell pepper, onions, baby corn, tofu, kale, bean sprouts, and carrots tossed in a spicy coconut-peanut sauce and garnished with peanuts.

Quinoa Burger NF13

Organic quinoa, chickpeas, spinach, tofu, onions and pepper makes for a lighter burger served on a sunflower sesame bun with sweet potato fries. Add vegan cheese \$3; grilled portabello \$3; grilled onions \$1.50; or avocado \$3.

Sweet and Sour Soy Chicken NF13

Battered and fried soy chicken with onions, bell pepper, water chestnuts, broccoli, and pineapple in a fruity and spicy sauce with brown rice.

Orzo Eggplant Lasagna NF14

Roasted portabello mushroom, eggplant, zucchini, red bell pepper, spinach, orzo pasta, tofu ricotta, and our own marinara sauce.

Moo Shu Vegetables.....12

Tofu, bean sprouts, cabbage, green onions, carrots, and mushrooms wrapped in a flour tortilla, laced with a sweet brown sauce with a side of savory peanuts and red beans.

Quinoa Paella GF NF13

Organic quinoa pilaf seasoned with sun-dried tomatoes, zucchini, yellow squash, onions, garlic, and herbs, topped with sautéed broccoli, spinach, artichoke hearts, and mushrooms.

Quinoa Bowl GF14

Sautéed Brussels sprouts, grilled portabello mushroom, pistachios, dried cranberries, and avocado over a quinoa pilaf made with zucchini, yellow squash, sun-dried tomatoes, and onions.

Organic products are used when possible.

- CATERING -

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

Birthday celebrations
 Graduations
 Office meetings
 Holiday parties
 Wedding receptions

Please ask for our catering brochure or visit us online
www.cafesunflower.com

KIDS' MENU

Mac & Cheese.....7

Elbow pasta with almond milk and a blend of vegan cheese.

Soy Chicken Nuggets NF7

Served with BBQ ketchup.

Kids' Pizza SF NF7

Pita topped with marinara and vegan cheese.

FRESH JUICES

Made fresh daily, limited quantities

Green Lemonade, 12 oz6	
Kale, spinach, apple, lemon, ginger.	
Pineapple Refresher, 12 oz6	
Pineapple, apple, cucumber, lemon.	
Beet Boost, 12 oz6	
Beet, apple, ginger.	

BEVERAGES

Herbal Iced Tea (<i>free refills</i>).....3	
San Pellegrino Sparkling Water.....4	
Apple Juice.....2	
Organic Lemonade.....3	
Natural Brew Ginger Ale.....4	
Root Beer.....3	
Coke, Diet Coke.....2	
Coffee (<i>free refills</i>).....3	
Pero Coffee Substitute.....3	
Soy Milk.....3	
Almond Milk.....3	
Hot Tea (<i>free refills</i>).....3	
<i>Caffeinated teas</i>	
• Chai	• Earl Grey
• Green Tea	• English Breakfast
<i>Caffeine-free and decaffeinated teas</i>	
• Blueberry	• Peach
• Cinnamon Apple	• Peppermint
• Cranberry Apple	• Raspberry
• Decaf Earl Grey	• Rooibos
• Decaf Green Tea	• Tangerine
• Ginger	• Wild Berry

DESSERTS

Dairy-free Cake Slice7.50	
• Carrot Cake	• Coconut Cake NF
• Chocolate Cake NF	• Caramel Cake NF
• Chocolate Raspberry Mousse NF	• Chocolate Ganache GF

Whole Cake45	
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Whole cakes are available for parties or takeout.

Three days notice is required.

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

GOODIES

Soy Sesame Dressing, 12 oz5	
Box of Herbal Tea4	
Cafe Sunflower T-shirt20	

CAFE SUNFLOWER IN TWO ATLANTA LOCATIONS

Sandy Springs
5975 Roswell Road
Open Monday-Saturday
for Lunch and Dinner
Closed Sunday

Buckhead
2140 Peachtree Road
Open for Lunch, Dinner,
and Sunday Brunch

Find us on Instagram [@cafesunflower](#) and tag your meal [#cafesunflower](#)