



Welcome to Cafe Sunflower!

You're at our original location, which opened in 1994.  
Our second location in Buckhead opened in 1997.

Both restaurants have been family-owned  
and operated since day one.

Our mission is to make eating a 100% plant based meal easy.  
We serve meatless dishes that are both  
familiar and delicious.

Our dedicated staff is what has made all of this possible  
for so many years. It's a real team effort. You'll see our friendly  
front of house staff today, and we also have an amazing kitchen team  
working behind-the-scenes to bring you an enjoyable meal.

We're grateful that you're here!

With kindness,  
*Lin and Edward Sun*

**LUNCH MENU**

## STARTERS

### **Sandy Spring Rolls** (4 halves) **NF** ..5.50

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) **GF** .....7

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) **NF** .....9

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

### **Red Pepper Hummus** **NF** .....9

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

### **Tossed Salad** **NF** .....4

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

### **Soup of the Day**...cup 5.00, bowl 7.00

## ENTRÉES

### **Burrito** **NF** .....12

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** **NF** .....13

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

### **Three Bean Chili** **GF SF NF** .....cup 5, bowl 10

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

### **Supreme Nachos** **GF SF NF** .....13

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

### **Macro Stir Fry** **GF NF** .....13

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

### **Black Bean Quesadilla** **NF** .....14

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 NF** .....13

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 NF** .....14

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

### **Avocado Salad** **GF SF** .....14

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

# Our menu is 100% plant based and vegan.

## **The Impossible™ Burger** NF .....14

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** GF .....14

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

## **Quinoa Burger** NF .....13

Organic quinoa, chickpeas, spinach, tofu, onions and bell 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** NF .....13

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

## **Orzo Eggplant Lasagna** NF .....14

Layers of roasted portabello mushroom, eggplant, zucchini, red bell pepper, spinach, orzo pasta, and tofu ricotta baked and served with our made-from-scratch marinara sauce.

## **Moo Shu Vegetables** .....12

Wok-cooked medley of tofu, bean sprouts, cabbage, green onions, carrots, and mushrooms along with flour tortillas for wrapping and served with a side of savory peanuts and red beans.

## **Quinoa Paella** GF NF .....14

Organic quinoa pilaf seasoned with sun-dried tomatoes, zucchini, onions, garlic, and herbs, topped with sautéed broccoli, spinach, tomatoes, capers, mushrooms, and asparagus.

## **Quinoa Bowl** GF .....14

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

## FRESH JUICES

Made fresh daily, limited quantities.

### **Green Lemonade, 12 oz**.....6

Kale, spinach, apple, lemon, ginger.

### **Pineapple Refresher, 12 oz**.....6

Pineapple, apple, cucumber, lemon.

### **Beet Boost, 12 oz**.....6

Beet, apple, ginger.

## BEVERAGES

Herbal Iced Tea (*free refills*).....3

San Pellegrino Sparkling Water.....4

Apple Juice.....2

Organic Lemonade.....3

Natural Brew Ginger Ale.....4

Coke, Diet Coke.....2

Coffee (*free refills*).....3

Soy Milk.....3

Hot Tea (*free refills*).....3

### *Caffeinated teas*

• Chai

• Earl Grey

• Green Tea

• English Breakfast

### *Caffeine-free and decaffeinated teas*

• Cinnamon Apple

• Peach

• Cranberry Apple

• Peppermint

• Ginger

• Raspberry

## KIDS' MENU

**Mac & Cheese** NF .....7.50  
 Elbow pasta with soy milk and a blend of vegan cheese.

**Soy Chicken Nuggets** NF .....7.50  
 Served with BBQ ketchup.

**Kids' Pizza** SF NF .....7.50  
 Pita topped with marinara and melted vegan cheese.

### - CATERING -

We offer personalized plant based catering for your special occasions.

Birthday celebrations  
 Conferences  
 Office meetings  
 Holiday parties  
 Graduations  
 Wedding receptions

Learn more about our catering services on our website, where you can also order online!

Visit [cafesunflower.com/vegan-catering](http://cafesunflower.com/vegan-catering) or scan the QR code with your smartphone:



## DESSERTS

**Vegan Cake Slice**.....7.50  
 • Carrot Cake  
 • Chocolate Cake NF  
 • Chocolate Raspberry Mousse NF  
 • Coconut Cake NF  
 • Caramel Cake NF  
 • Chocolate Ganache GF

**Whole Cake**.....45

Whole cakes are available for parties or takeout.

A three day notice is required.

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

## GOODIES

**Soy Sesame Dressing**, 12 oz.....6

**Box of Herbal Tea**.....5

**Cafe Sunflower T-shirt**.....20

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### 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

*Show us how you get your veg on!*



Follow and tag us on  
 Instagram [@cafesunflower](https://www.instagram.com/cafesunflower)



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