



DINNER MENU

STARTERS

Supreme Nachos **GF** **SF** **NF**13
Organic corn chips, three bean chili, romaine lettuce, guacamole, vegan cheese, tomatoes, jalapeño, our homemade salsa.

Spaghetti Squash Cakes **NF**9
Grilled cakes made of fresh spaghetti squash, polenta, and leeks, drizzled with a creamy caper tofu coulis.

Red Pepper Hummus **NF**9
Roasted red bell pepper, chickpeas, and tahini, served with pita triangles and vegetables.

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

Sunflower Box16
Sandy Spring Rolls, Basil Rolls, Pot Stickers, Spaghetti Squash Cake, Hummus, and Pita Triangles.

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.

Steamed Dumplings (6) **NF**9
Spinach, tofu, carrots, glass noodles, and black mushrooms.

Pot Stickers (6) **NF**9
Our homemade dumplings grilled to a golden crisp. Served with a soy dipping sauce.

Rainbow Pancake **NF**7
Crispy wedges of carrot-scallion flour pancake with a sweet plum dipping sauce.

Chips and Salsa **GF** **NF**5
Salsa picante with organic corn chips.

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 (fat-free and gluten-friendly) or Creamy Italian (gluten-friendly).

Spicy Pad Thai Noodles **GF**18
Rice noodles, shiitake mushrooms, red bell pepper, baby corn, bean sprouts, tofu, kale, onions, and carrots tossed in a spicy coconut-peanut sauce and garnished with peanuts.

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

Jamaican Black Bean Cakes **GF** **NF**17
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.

Macro Stir Fry **GF** **NF**16
Broccoli, snow peas, mushrooms, carrots, cauliflower, and organic tempeh or tofu (choose one) in a tamari miso sauce with brown rice.

Stuffed Acorn Squash **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 **NF**16
Baked phyllo triangles filled with curried potato and peas, served with sautéed vegetables, mango chutney, cucumber yogurt, and biryani rice with chickpeas. *Please allow 30 minutes cooking time.*

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

Orzo Eggplant Lasagna **NF**18
Roasted portabello mushroom, eggplant, zucchini, red bell pepper, spinach, orzo pasta, tofu ricotta, and our own marinara sauce.

Quinoa Bowl **GF**18
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.

The Impossible™ Burger NF18

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.

Moo Shu Vegetables (2).....15

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.

Sweet and Sour Soy Chicken NF16

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

Burrito NF15

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

Three Bean Chili GF SF NFcup 5, bowl 13

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

Quinoa Burger NF17

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.

Quinoa Paella GF NF17

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

Black Bean Quesadilla NF17

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 NF17

Kabocha squash, chickpeas, sweet potato, 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.

OUR
SIGNATURE
SALAD

Avocado Salad GF SF

13

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

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 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
Root Beer.....3
Coke, Diet Coke.....2
Coffee (*free refills*).....3
Pero Coffee Substitute.....3
Soy Milk.....3
Almond Milk.....3
Hot Tea (*free refills*).....3
- Caffeinated teas*
- Chai
 - Earl Grey
 - Green Tea
 - English Breakfast
- Caffeine-free and decaffeinated teas*
- Blueberry
 - Peach
 - Cinnamon Apple
 - Peppermint
 - Cranberry Apple
 - Raspberry
 - Decaf Earl Grey
 - Rooibos
 - Decaf Green Tea
 - Tangerine
 - Ginger
 - Wild Berry

DESSERTS

- Dairy-free Cake Slice**.....7.50
- Carrot Cake
 - Coconut Cake **NF**
 - Chocolate Cake **NF**
 - Caramel Cake **NF**
 - Chocolate Raspberry Mousse **NF**
 - Chocolate Ganache **GF**

- Whole Cake**.....45

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 oz**.....5
- Box of Herbal Tea**.....4
- Cafe Sunflower T-shirt**.....20

- 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