

SUNFLOWER

lunch

SANDWICHES

served with lettuce, tomato & pickles on the side

Roasted Pork Loin 10

mango chutney glazed, roasted pork served warm on foccacia with mayonnaise, house made harissa & paper thin red onion.

Smoked Duck Breast 13.5

A Sunflower Caffe signature sandwich

Sonoma Artisan smoked duck breast served warm in a sliced baguette with caramelized onions, melted gruyere, mayonnaise, Dijon & dressed greens. *NO VARIATIONS. DON'T ASK*

Bay Shrimp Melt 12

bay shrimp, wild caught, chemical free, tossed with lemon, sliced piquillo pepper, celery & parsley, grilled on sliced brioche with jack cheese.

Roast Turkey & Peppered Bacon 9.75

house roasted turkey breast & crisp pepper coated bacon

Grilled Hickory Smoked Ham 12.5

all natural hickory smoked Iowa ham with cheddar cheese, grilled onion & spicy mustard on pecan raisin bread

Chicken Breast Sandwich 9.75

fresh lavender scented sliced roasted chicken breast served cold with roasted shallot mousse & spring mix lettuces. *Choice of bread*

Lox & Bagel 12.75

real NY style local bagel, great cold smoked salmon, cream cheese, capers, red onion, tomato & lemon. Interactive assembly

Chicken Salad Sandwich 8.75

traditional Chicken Salad made from whole roasted chickens with celery, onions, parsley & mayonnaise. *Choice of bread*

Avocado & Herbed Goat Cheese 11

vegetarian sandwich made with thinly sliced red onion & dressed baby arugula.

add crisp peppered bacon! not vegetarian 2.5

Grilled Cheese 6.5

choice of cheese & bread

add hickory smoked ham or chicken breast 2.5

SOUPS cup bowl

Homemade Soup of the Day 4.5 6.5

served with baguette & butter

soup, salad or 1/2 sandwich cup bowl

choose any two

chicken salad 8.5 10.5

grilled cheese 7.5 9.5

SALADS

Served with sliced French baguette & butter

Old Fashioned Chicken Salad 11

our traditional chicken salad recipe made from whole oven roasted chickens served on a salad of spring mix with seasonal vegetables and our local favorite lemon parsley dressing.

substitute chicken breast if you wish

Roasted Vegetable Salad 11

oven roasted seasonal vegetable melange tossed with spring mix, chopped romaine and our balsamic shallot vinaigrette topped with crumbled feta cheese.

add chicken breast 4

add peppered bacon 2.5

add white anchovies 3

Caesar Salad 9.75

whole leaf hearts of romaine tossed with our eggless dressing, herbed garlic croutons and shaved parmesan.

add chicken breast 4

add Italian white anchovies 3

The Sunflower Wedge 9

wedge of iceberg lettuce served with paper thin red onion slices, crumbled peppered bacon, hard boiled egg, house made blue cheese dressing and slice of Serrano ham.

Bay Shrimp Salad 14

bay shrimp tossed with lemon, sliced roasted piquillo peppers, celery & parsley on top of a bed of fresh spinach tossed with our caper & black pepper vinaigrette with hard boiled egg, chopped bacon & toasted sunflower seeds.

Hearts of Palm & Avocado Salad 11

on baby arugula & mixed greens.

Served with hard boiled egg & orange slices, shallot vinaigrette.

Small House Salad 5.5

greens & veggies, lemon parsley dressing

SIDES 'N' SPREADS

Baguette or foccacia 2

Herbed Chevre Cheese 3

White bean puree 2

Roasted shallot mousse 2

Avocado 2

Caramelized balsamic onion relish 2

Cream Cheese 1

GRILL

Grilled Asparagus & Goat Cheese 12
marinated grilled asparagus & lemon scented chevre on ciabatta roll with pea shoots & shaved radishes.
add peppered bacon 2.5

Grilled Lamb Burger 12.5
fresh ground lamb blended with feta cheese & rubbed with house made harissa & black pepper, grilled to order & topped with our special chimichurri sauce. Served on ciabatta roll.

Chicken Burger 13.75
seasoned organic ground chicken thigh patty with grilled onions and cambazola cheese on Basque Boulangerie Dutch crunch roll.

Grilled Skirt Steak Sandwich 12
marinated grilled skirt steak served on grilled garlic foccacia with roasted shallot mousse.
add Rogue River Creamery Oregon Bleu cheese 3

Miller All Beef Hot Dog 5
grilled & served on Artisan Bakery hot dog bun with potato chips.
add grilled onions 2
add sauerkraut 2

Cagiano Brand Sweet Italian Pork Sausage 7
served with grilled peppers & onions on artisan Bakery bun.

Sonoma Artisan Duck Leg Confit 15
crispy on the outside and succulent next to the bone. Served with a toss of grilled onions, apple slices, pea shoots and shaved radishes.

ESPRESSO BAR & HOT BEVERAGES

we serve a variety of organic, fair trade and/or sustainably farmed coffee and espresso; all drinks served with a double ristretto

iced or hot, decaf available

drip coffee (free refills) 2.25
French press for two 4.75

espresso 2.25
macchiato 2.75
cappuccino 3.25
latte 3.5
mocha 3.75

hot tea 2
pot 4.25

chai latte 3.5

hot chocolate 2.75
add Monin syrups .5

SNACK PLATES

Lox & Grisini 7
thinly sliced smoked salmon wrapped around Italian bread sticks, crème fraiche & shallot jam

White Anchovy Bruschetta 5
grilled herb crostini, white bean puree, fresh basil, ripe tomato, a sliver of red onion with imported Italian white anchovy & lemon.

Serrano Ham 7
from Spain drizzled with honey, fresh cracked pepper, Dijon mustard & crostini

Stuffed Beef Tenderloin 7
stuffed beef tenderloin roll sliced, served cold with roasted shallot mousse

Duck, One, Two or Three Ways 5 9 13
Sonoma Artisan duck rillettes, smoked magret breast, duck prosciutto, with shallot jam & crostini

Cured Meat Antipasto 14.75
chef's choice of sliced cured meats with olives, peppers, white bean puree & sliced baguette

Un-Develed Egg 3.5
hard boiled egg halves nestled on a bed of frisee with Caesar dressing, cracked pepper & dusted with smoked paprika

Vella Brand Toma Cheese 4
soft Italian table cheese (made right up the street) marinated with fresh herbs & extra virgin olive oil. toasted baguette

Goat Cheese Filled Piquillo Peppers 6
fire roasted imported piquillo peppers filled with fresh chevre, chopped pistachios, honey, orange zest & extra virgin olive oil with toasted baguette

Sunflower Cheese Platter 14.75
our choice of four international cheeses with seasonal berries, Spanish quince paste, toasted almonds & pecan raisin bread

Adult After School Snack 4
Fuji apple chunks, house spiced walnuts & our own bourbon caramel sauce

COLD BEVERAGES

iced tea (free refills) 2.25
Arnold Palmer 2.75

juice 2.75 / 3.5
orange, apple, cranberry, lemonade

fountain soda (free refills) 2.25
Italian soda 2.5
bottled drinks 2.75

bottled water 1ltr. 5
San Pelligrino or Acqua Panna

fruit smoothies 4.75
peach, mango, strawberry blueberry

add banana .5
add Clovers organic Kefir 1

milkshakes 4.75
iced mocha shake 4.75
banana latte shake 5.25

Mimosa, Cider, Beer, Wine & Champagne
we have an amazing list visit our garden wine bar