



# breakfast until 11:30

we offer local, organic, sustainably farmed, fresh & natural products whenever possible.

## fruit & grains

### Granola

*locally made by the Basque Boulangerie*

cow or soy milk 6.

local organic kefir 7.

add Fuji apple 1.

add banana 1.

### Oatmeal

brown sugar, raisins

& steamed milk 4.5

add local organic kefir .50

add Fuji Apple 1.

add banana 1.

add whole toasted almonds 2.

### Toasted

bagel, baguette, foccacia,  
french roll, sliced sourdough  
or low carb multigrain

butter & strawberry jam 2.5

cream cheese 3.

herbed goat cheese 3.5

## waffles

*served with real Vermont organic  
maple syrup & whipped butter*

Buttermilk Belgian

Waffle 6.5

Toasted Pecan Waffle 7.

Peppered Bacon Waffle 7.

extra organic maple syrup 1.

add Fuji apple 1.

add banana 1.

add whole toasted almonds 1.5

Parmesan Waffle 7.75

crisp savory parmesan buttermilk  
waffle w/ housemade sweet spiced  
pumpkin mostarda

## fritatta of the day

*served with roasted potatoes  
and a slice of sourdough or  
multigrain toast*

similar to a quiche without the crust—  
made with eggs, cheese, cream and  
various goodies 11.25

## bagel & lox 14.25

NY-style local bagel, sustainably farmed cold  
smoked salmon, cream cheese, capers, red onion,  
tomato and lemon. Interactive assembly.

## omelets

*served with roasted potatoes and a slice of sourdough or multigrain toast.*

**Herbed Goat Cheese & Spinach** 11.

vegetarian omelet with herbed goat cheese, spinach and tomato

**South of the Border** 11.75

Mexican chorizo, diced jalapeño, tomato, onions, black beans, jack and  
cheddar cheeses. Topped with cilantro lime cream and avocado

**Cheese** 8.25

one cheese, but you name it: cheddar, jack or pepper jack!

**Out Western** 13.

bay shrimp (chemical-free & wild-caught) tossed with lemon, parsley,  
sliced roasted pepper and celery. With avocado and jack cheese

**Southwestern** 11.

all natural chicken breast, roasted peppers, tomato and pepper jack  
Topped with chipotle Tabasco and sour cream

**Vegetarian** 9.5

seasonal roasted mélange of vegetables and feta cheese

**Midwestern** 11.5

all natural hickory smoked ham, cheddar cheese and spinach

## egg sandwiches

**The California** 7.

peppered bacon, herb & olive oil infused goat cheese sauce topped with  
baby arugula—French roll

**The Pedestrian** 7.5

hickory smoked all natural Iowa ham and cheddar cheese—sliced bread

**Cheese** 5.25

one cheese, but you name it: cheddar, jack or pepper jack!—sliced bread

**Avocado & Pepper Jack** 7.5

with tomato—sliced bread

**The Spaniard** 9.75

Serrano ham, piquillo pepper and manchego cheese with smokey  
romesco—French roll

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*ask about* Sunflower Caffé **Gift Cards**  
and Sunflower Caffé **T-Shirts, Coffee Mugs,**  
**Teas, Coffee & Art**



**mimosa** cocktail of sparkling wine & orange juice

**Mini Mo** regular size for beginners 5.

**Monster Mimosa** to really start the day right! 7.5

## espresso bar & hot beverages

All drinks served as a double ristretto  
Also available iced or decaf

drip coffee 2.5

French press for two 5.25

espresso 2.4

macchiato 2.9

cappuccino 3.4

latte 3.75

mocha 4.

hot tea 2.

tea pot 4.25

chai latte 3.75

hot chocolate 2.75

add Monin syrup to any drink .50

## cold beverages

iced tea 2.25

Arnold Palmer 2.75

juice 3.25

orange, apple, cranberry, lemonade

fountain soda 2.35

Italian soda 2.85

bottled drinks 2.75

bottled water 5.

San Pellegrino or Acqua Panna

## fruit smoothies

peach, mango, strawberry or blueberry 4.75

add banana 1.

add local organic kefir .50

## milkshakes

vanilla, chocolate, or strawberry 4.75

iced mocha shake 4.75

banana latte shake 5.25

## fall & winter hours

breakfast 7am-11:30am

lunch 11:30-4:00pm

## winter happy hour

3-4pm featuring

\$4 wines and \$2 beers

be sure to check out our

## garden wine bar

open 'til 8pm Spring and Summer

featuring our outdoor grill, Happy

Hour, and Spotlight Winery nights

join our amazing wine club



join us later for . . .

## our lunch menu

features our warm Signature Sandwiches such as Smoked Duck Breast and Roasted Pork Loin, as well as the Chef's famous Soups & Snack Plates. Snuggle up, raise a glass to the sky, and toast a loved one . . . welcome to Sonoma!

## wine menu

in addition to our **quick pick** table top wine menu ask about our critically acclaimed **full wine menu** available all day. {wine by the bottle also available to go}

## art gallery

a different local artist is featured every month  
First Friday Artist Reception 5-7pm