



Lunch

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

wine & beer

House Red or House White
6. / glass 19. / bottle

See our **quick pick** table top wine and beer menus and ask about our **full wine menu**.

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

sides 'n' spreads

Baguette or foccacia 2.

Smokey Romesco 3.

Olive Oil Goat Cheese
Sauce 3.

Avocado 2.

Caramelized balsamic
onion relish 2.

Cream Cheese 1.

Herbed Chevre Cheese 3.

soups

Homemade Soup of the Day

cup 4.5 | bowl 6.5

served with baguette & butter

Combo Soup / Sandwich

1/2 chicken salad sandwich

w/ cup 8.75 | w/bowl 10.75

1/2 grilled cheese sandwich

w/ cup 7.5 | w/bowl 9.5

add organic greens salad 5.

snack plates

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

Burrata Plate 11.

fresh cream filled mozzarella, pumpkin mostarda, cranberry relish, preserved lemons, toasted walnuts and toasted baguette

Vella Brand Toma Cheese 4.

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

Spanish Platter 11.

Spanish chorizo, Serrano ham, blood sausage, goat cheese filled Piquillo Pepper olives, toasted almonds and Manchego cheese with membrillo.

Sunflower Cheese Platter 14.75

chef's choice of four international cheeses with seasonal fruit, Spanish quince paste, toasted almonds & pecan raisin bread

salads

all salads served with sliced French baguette & butter

The Sunflower Wedge 9.75

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

Roasted Vegetable Salad 11.

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

add all natural chicken breast 4.

add peppered bacon 2.5

add Italian white anchovies 3.

Hearts of Palm & Avocado 11.

on baby arugula & mixed greens. Served with hard boiled egg & orange slices, house made shallot vinaigrette

Old Fashioned Chicken Salad 11.

our traditional chicken salad recipe made from whole oven roasted Rocky Jr. chickens served on a salad of organic spring mix with seasonal vegetables and our local favorite lemon parsley dressing. Substitute chicken breast if you wish

Caesar Salad 9.75

whole leaf heart of romaine tossed with our eggless dressing, herbed garlic croutons and shredded Parmesan.

add chicken breast 4.

add Italian white anchovies 3.

flip over for **sandwiches**





ask about Sunflower Caffé **wine & beer list**

2 oz. taste, 5 oz. glass, 9 oz. carafe, or bottle

frittata of the day

served with organic greens & lemon parsley dressing, French baguette & butter

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

breakfast at lunch

Buttermilk Belgian Waffle 6.5

Toasted Pecan Waffle 7.

Peppered Bacon Waffle 7.

served with real Vermont organic maple syrup & whipped butter

extra organic maple syrup 1.

Parmesan Waffle 7.75

crisp savory Parmesan buttermilk waffle w/ house made sweet spiced pumpkin mostarda

Granola

locally made by the Basque Boulangerie

cow or soy milk 6.

local organic kefir 7.

add Fuji apple 1.

add banana 1.

add whole toasted almonds 1.5

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

sandwiches

Shrimp Roll 7.95

bay shrimp (wild caught, chemical free) tossed with lemon, Piquillo pepper, celery, parsley, Parmesan & cheddar cheese and a bit of mayo, With shredded iceberg lettuce, served on a buttered and grilled potato hoagie

Grilled Hickory Smoked Ham 12.5

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

Roast Turkey & Peppered Bacon 9.75

house roasted turkey breast & crisp pepper-coated bacon. Choice of bread

Lox & Bagel 14.25

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

Smoked Duck Breast Sandwich 13.5

a Sunflower Caffé signature sandwich. Sonoma Artisan smoked duck breast served warm in a split baguette with caramelized onions, melted gruyere, mayonnaise, Dijon & dressed organic greens. *no variations. don't ask*

Roasted Pork Loin 9.75

mango chutney glazed, roasted pork served warm on focaccia with mayonnaise, house made harissa and paper thin red onion

Avocado & Herbed Goat Cheese 11.5

vegetarian sandwich made with thinly sliced red onion and dressed baby arugula. Choice of bread

add crisp peppered bacon! not vegetarian 2.5

add Italian white anchovies 3.

Chicken Salad Sandwich 8.95

traditional chicken salad made from whole roasted Rocky Jr. chicken tossed with celery, onions, parsley and mayonnaise. Choice of bread

Roasted Chicken Breast Sandwich 11.

rosemary and garlic marinated, roasted all natural chicken breast served cold with cambazola cheese, mayonnaise, Dijon mustard and organic greens. Choice of bread

Grilled Cheese 6.5

your choice of cheese and bread

add all natural hickory smoked ham 4.

add all natural chicken breast 4.

Choice of bread: focaccia, baguette, sliced sourdough, low-carb multigrain, or soft french roll.

flip over for **salads**

sunflower sweets

House made Cheesecake

ask about today's flavor 6.

Bread pudding 6.

served warm with vanilla ice cream and a chocolate drizzle

Hank's Gourmet

Rootbeer Float 6.

Fresh Baked Cookies 2.

Affagato 4.5

vanilla bean ice cream smothered with Sunflower Caffé Organic Espresso

Shakes! 5.75

banana latte, mocha, banana, blueberry

More Shakes! 4.75

vanilla, strawberry, chocolate