



Sunflower

VEGETARIAN RESTAURANT

Est. 1997

Lunch Menu

Served from Monday thru Friday 11:30 am to 3:00 pm (Excluding holidays)
Served w/ House Salad (from APR to OCT); Miso Soup (from NOV to MAR)

We only serve non-GMO soy proteins.

Sunflower Specialties



- L1** Curry Supreme \$9.50
Chunks of veggie-chicken stewed w/ potatoes, mushrooms, carrots, & green peas in a special Japanese curry sauce. Garnished w/ steamed broccoli.
- L2** General Tso's Surprise (Vegan Opt.) \$9.50
Chunks of veggie-chicken in hot kung-pao sauce. Garnished w/ steamed broccoli, & carrots.
- L3** Golden Nugget \$9.50
Marinated yuba (bean curd skin) wrapped w/ shredded shiitake mushrooms, bamboo shoots, spiced bean curd & veggie-ham in house brown sauce. Garnished w/ steamed broccoli, napa cabbage, bean thread noodles, & carrots.
- L4** Eggplant in Basil Chili Sauce \$9.50
Sautéed w/ baby corn, bamboo shoots, carrots, & water chestnuts.
- L5** Wheat Gluten with Fermented Black Bean Sauce \$9.50
Sautéed w/ organic fried tofu, carrots, zucchini, & yellow squash.

- L6** Sweet & Sour Sensation \$9.50
Veggie-chicken w/ chunks of pineapple, zucchini & carrots in a delightful sweet & sour sauce.
- L7** Marinated House Flavor \$9.50
Stewed w/ bamboo shoots, shiitake mushrooms, potatoes, carrots, broccoli, & veggie-chicken.
- L8** Curry Paradise \$9.50
Chunk of veggie-chicken, stewed w/ zucchini, tomato, broccoli & sweet corn in a special Japanese curry sauce, w/ steamed Napa cabbages.
- L9** Macrobiotic Organic Tofu \$9.50
Organic steamed tofu, sautéed w/ lily flower, wakame, carrots, burdocks, Chinese wolfberries, goji berries, & broccoli in light ginger sauce. Sprinkled w/ sesame seeds.
- L10** Organic Ma Po Tofu \$9.50
With diced veggie-chicken, green soy beans, carrots, shiitake mushrooms, & baby corn in hot & spicy sauce.

- L11** Kale & Burdock Deluxe \$9.50
Sautéed with organic fried tofu, carrots, wheat gluten & organic chick peas in ginger sauce.
- L12** Macrobiotic Root Veggies & Greens \$9.50
Sautéed fresh jicama, carrots, burdock, snow peas, daikon, goji berry & minced ginger on a bed of steamed watercress & sprinkled w/ sea cress (green nori flake).
- L13** Ocean Veggie Fillet \$9.50
Crispy yuba & veggie-fillet, topped w/ red bell pepper, bamboo shoots, white mushrooms, zucchini, tomatoes & shirataki in veggie oyster & balsamic sauce, on a bed of lettuce.
- L14** Eggplant Medley \$9.50
Sautéed w/ minced veggie-meat, baby corn, tomato, sun-dried tomato-mushrooms herb, & zucchini.
- L15** Orange Imagination \$9.50
Veggie-chicken marinated in orange juice, fresh orange chunks, snow peas & Thai basil, garnished w/ pumpkin seeds, & steamed broccoli & carrots.
- L16** Adventure of Organic Tempeh Land \$9.50
Organic marinated tempeh (five grains) sautéed w/ red bell pepper, snow peas, asparagus, baby corn, & white mushrooms in Thai style curry sauce.
- L17** Zen of Greens \$9.50
Sautéed kale, watercress, snow pea, broccoli, & baby bok choy in light ginger, & veggie-oyster-sauce.



Noodles

- L18** Bolognese Sun-Dried Tomato-Mushroom Herb over Penne or Rice Noodle \$9
Minced veggie-meat simmered w/ shiitake mushrooms, white button mushrooms, fresh tomatoes, celery, zucchini, yellow squash, & herbs.
- L19** Mizuni Sansai Stirred-Fried Noodles (Udon or Soba) \$9
Sautéed w/ veggie-chicken, wood ear mushrooms, snow peas, napa cabbage, asparagus, & mizuni sansai. Sprinkled w/ sea cress (green nori flake-gomashio).
- L20** Colorful Vegetables Lo Mein or Rice Noodles (Vegan Opt.) \$9
Sautéed Chinese noodles w/ veggie-chicken, bean sprouts, carrots, napa cabbage, wood ear mushrooms, & shiitake mushrooms.



Food allergies?
Please ask before ordering.
Hot & spicy or low/no oil & salt options are available.
We serve filtered drinking water.

Dinner Menu

We only serve non-GMO soy proteins.

Small Bites

- A1** Age Tofu \$7.50
Silky tofu fried to a crispy rice noodle & dried seaweed.
- A2** Sweet Potato Pancake \$6
- A3** Teriyaki Mock Sesame Eel (4) \$6.5
Baked homemade mock eel in teriyaki sauce, topped w/ sesame seeds. Japanese pickled ginger on the side.
- A4** Organic Edamame Soybeans (Cold) \$6
- A5** Spring Rolls (Fried) (2) \$5.00
Green cabbage, carrots, shiitake, & wood ear mushrooms.
- A6** Steamed Moo Shu Rolls (2) \$6
Veggie-ham, wood ear mushrooms, shiitake mushrooms, carrots, & green cabbage wrapped in wheat pancake.
- A7** Cold Basil Roll (Wheat free) (2) \$5.50
Jicama, carrots, lettuce, veggie-ham & basil wrapped in rice paper.
- A8** Fried "Chick'n" \$7
Made w/ marinated veggie-chicken, mushrooms, sea salt, & black pepper.
- A9** Steamed or Pan Fried Dumplings (4) \$5.50
W/ napa cabbage, veggie-chicken, shiitake mushrooms, & bean thread noodles.
- A10** Spiced Seasoned Veggie Drumstick (2) \$4
- A11** Yummy Homemade Daikon (Radish) Cake (3) \$5
- A12** Spicy Organic Spinach Wonton in Red Sauce (6) \$5
- A13** Savory Coconut Veggie-Shrimp (5) \$7
- A14** Five Spice Fried Chick'n \$7.50
- A15** Japanese BBQ Kabob \$9



Soup (Made to Order)

- B1** Miso Soup \$3
Fresh mushrooms, daikon, & organic tofu.
- B2** Wakame Soup \$3
Japanese seaweed w/ fresh enoki mushrooms & shredded ginger in vegetable stock.
- B3** Lily Flower Soup \$4
Lily flower, bamboo shoots, mushroom-soy chunks, & shredded ginger.
- B4** Organic Spinach Wonton Soup \$4.50
- B5** Bamboo Fungus Soup \$4.50
Fresh enoki mushrooms, green peas, organic tofu, & shredded ginger.
- B6** Thai Tom Yum (Sour & Spicy) Soup \$4
Fresh white mushrooms, organic tofu, sweet corn, bamboo shoots, tomatoes, & snow peas in Thai spicy & sour in lemon grass soup.
- B7** Mini Sukiyaki \$9
Organic tofu, fresh mushrooms, daikon, shirataki, Carrots, napa cabbage, bean thread noodles, kombu, & watercress served in Japanese hot pot.
- B8** Hot Hot Shabu Shabu \$11.50
Yuba (tofu skin), organic tofu, napa cabbage, bean thread noodles, mushroom-soy chunks, broccoli, & baby bok choy in hot spicy soup.

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Sunflower Specialties

- S1** Crispy Happiness \$15
Strip veggie-beef lightly breaded, sautéed w/ celery, carrot in chef special sauce on a bed of lettuce. Garnished w/ steamed broccoli & tossed w/ sesame seeds.
- S2** Veg Shrimp \$15
The 'shrimp' is made w/ soy protein & yam. Garnished w/ steamed broccoli. (Choice of General Tso's Sauce, Lemon Sauce, or Sweet & Sour Sauce)
- S3** Orange Crispy Eggplant \$14
Eggplant lightly breaded w/ brown spicy orange sauce on the side & steamed broccoli.
- S4** Shrimp Garden Sizzling Rice \$15
Baby bok choy, zucchini, snow peas, baby corn, carrots, broccoli, & veggie-shrimp sautéed w/ light ginger sauce, on a bed of rice crust.
- S5** Eggplant Lover \$15
Golden brown battered eggplant stuffed w/ cheese, veggie-ham & sun-dried tomato & pineapples in sweet & sour sauce, garnished w/ mushroom-soy chunks, red bell pepper, green soy bean, fresh mushrooms, carrots, & pineapples.



- S6** Popeye's Favorite \$15
Homemade fresh potato pie mixed w/ spinach, veggie-pork & veggie-bacon in house black pepper sauce w/ steamed broccoli, edamame, & veggie-drumsticks.
- S7** Sunflower Forest \$15
Layers of fried bean thread noodles, minced shiitake mushrooms, celery, minced soy protein, veggie-ham, carrots, sunflower seeds, & baby corn, wrapped w/ lettuce.
- S8** General Tso's Surprise \$15
Chunks of veggie-chicken in hot kung-pao sauce, garnished w/ steamed broccoli, & carrots.
- S9** Vegan General Tso's Magic \$15
Chunks of vegan veggie-chicken in hot kung-pao sauce, garnished w/ steamed broccoli, & carrots.
- S10** Sweet and Sour Sensation \$15
Veggie-chicken w/ chunks of pineapple, zucchini, & carrots in a delightful sweet & sour sauce.

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Food allergies?
Please ask before ordering.
Hot & spicy or low/no oil & salt options are available.
We serve filtered drinking water.



S16 Orange Imagination \$15
Veggie-chicken marinated in orange juice, fresh orange chunks, snow peas & Thai basil, garnished w/ pumpkin seeds, & steamed broccoli & carrots.

Macro Plate \$14

S17 Steamed kabocha, jicama, daikon, kale, burdock, mizuni sansai, organic tofu over steamed mixed grain rice. Curry sauce on the side.

Amazing Mushrooms Palate \$15

S18 Fresh enoki mushrooms, white mushrooms, shiitake mushrooms, monkey mushrooms, shiratake, edamame, & ginger in Thai basil BBQ sauce.

Ocean Veggie Fillet \$15

S19 Crispy yuba & veggie-fillet, topped w/ red bell pepper, bamboo shoots, white mushrooms, zucchini, tomatoes & shirataki in veggie oyster & balsamic sauce, on a bed of lettuce.

Hong Kong Tofu \$14

S20 Sautéed organic fried tofu w/ shiitake mushrooms, baby corns, carrots, baby bok choy, & lily flower in brown sauce. Garnished w/ steamed kale.



S11 Curry Supreme \$15
Veggie-chicken stewed w/ potatoes, mushrooms, carrots, & green peas in a special Japanese curry sauce w/ steamed broccoli.

S12 As-You-Wish Garden \$15
Layers of gently pan fried noodles, topped w/ fresh mushrooms, snow peas, baby corn, carrots, & veggie-chicken in a basil & ginger sauce.

S13 Sunflower's Satisfaction \$15
Sautéed special monkey mushrooms, snow peas, veggie-chicken, & chick peas in a mildly hot & sweet orange sauce w/ red chili. Garnished w/ baby bok choy.

S14 Songbird \$15
Sautéed chunks of wheat gluten, veggie-chicken, shiratake, & celery in a hot kung-pao flavored sauce. Tossed w/ peanuts & garnished w/ steamed watercress.

S15 Adventure of Organic Tempeh Land \$15
Organic marinated tempeh (five grains) sautéed w/ red bell pepper, snow peas, asparagus, baby corn, & white mushrooms in Thai style curry sauce.

Savory Entrees

Serve w/ brown rice.



S21 Golden Nugget \$14

Marinated yuba (bean curd skin) wrapped w/ shredded shiitake mushrooms, bamboo shoots, spiced bean curd & veggie-ham in house brown sauce. Garnished w/ steamed broccoli, napa cabbage, bean thread noodles, & carrots.

S22 Kale & Burdock Deluxe \$12

Sautéed with organic fried tofu, carrots, wheat gluten & organic chick peas in ginger sauce.

S23 Eggplant Medley \$13

Sautéed w/ minced veggie-meat, baby corn, tomato, sun-dried tomato-mushrooms herb, & zucchini.

S24 Wheat Gluten with Fermented Black Bean Sauce \$13

Sautéed w/ organic fried tofu, carrots, zucchini, & yellow squash.

S25 Macrobiotic Organic Tofu \$13

Organic steamed tofu, sautéed w/ lily flower, wakame, carrots, burdocks, Chinese wolfberries, goji berries, & broccoli in light ginger sauce. Sprinkled w/ sesame seeds.

S26 Zen of Greens \$12

Sautéed kale, watercress, snow pea, broccoli, & baby bok choy in light ginger, & veggie-oyster-sauce.

S27 Macrobiotic Root Vegetables and Greens \$12

Sautéed fresh jicama, carrots, burdock, snow peas, daikon, goji berry & minced ginger on a bed of steamed watercress & sprinkled w/ sea cress (green nori flake).

S28 Organic Ma Po Tofu \$13

With diced veggie-chicken, green soy beans, carrots, shiitake mushrooms, & baby corn in special hot & spicy sauce.

S29 Lam Tofu \$13

Steamed sliced organic tofu, topped w/ shredded veggie-ham, pickled mustard, & fresh basil. Garnished w/ shredded ginger, watercress, & bok choy.



Sandwiches (Organic Ciabatta Bread)

Served on ciabatta bread garnished w/ lettuce, tomatoes, jicama, lettuce, & organic mixed greens on the side or fries.

- C1** Avocado & Jicama Sandwich \$10
- C2** Veggie Burger Sandwich \$10
- C3** Orange Chick'n Chunks Sandwich \$10
- C4** Chick'n Patty \$10
- C5** Organic Tempeh (5 grains) Sandwich \$10
- C6** Grilled Organic Tofu & Vegetables Sandwich \$10

Asparagus, eggplant, zucchini, yellow squash, & red bell pepper.

Extra avocado; organic dairy cheese; vegan cheese each for \$2.00



Sushi

- D1** Zen Roll (8 pc.) \$8
Avocado, cucumber, & sesame seeds.
- D2** Rainbow Roll (8 pc.) \$8
Carrots, pickled daikon, inani, cucumber, & sesame seeds.
- D3** Inani Sushi (Marinated Tofu Skin) (4 pc.) \$6.5
Stuffed w/ brown rice, sea cress, & shiso condiment (edamame on the side.)
- D4** One Mouth Happiness \$12
3 pieces of Zen Roll, Rainbow Roll, & Inani Sushi. Hiyashi seaweed & edamame on the side.
- D5** Black Dragon \$10
Asparagus, cucumber, avocado, carrots, lettuce, pickled daikon, veggie ham, & inani.



Organic Salads

Choice of homemade dressings:

- Japanese style ginger
- Miso lemon
- Spiced peanut
- House dressing

- E1** Japanese Hiyashi Seaweed Salad \$6
- E2** Seaweed Salad \$12
Japanese akatosaka, aotosaka, & hiyashi on lettuce & organic mixed greens.
- E3** Grilled Vegetable Salad \$12
Grilled flavored organic tofu, eggplant, zucchini, asparagus, red bell peppers, yellow squash, grape tomatoes, mushrooms, corn on lettuce & organic mixed greens.
- E4** Fruit Salad \$12
Jicamas, oranges, goji berries, avocado, seasonal fruits, lettuce, & organic mixed greens.
- E5** House Salad with Sunflower Seeds \$8
- E6** House Salad with Avocado \$10
- E7** Multicolored Salad (Vegan Opt.) \$12
Stripes of veggie-patty, veggie-bacon, jicama, tomatoes, dried cranberry, pumpkin seeds, sliced almonds, lettuce, & organic mixed greens.

Rice



- R1** Japanese Maze Rice \$11
Marinated burdock, carrots, shiitake mushrooms, konnyaku, chick peas, bamboo shoots, kombu, & mizuni sansai mixed w/ brown rice, garnished w/ green nori flake-gomashio.
- R2** Shiny Rice \$11
Jicama, sliced veggie-chicken, shiitake mushrooms, carrots, baby corn, & spinach served over rice.
- R3** Hawaiian Style Rice (Vegan Opt.) \$11
With pineapple, red bell pepper, zucchini, & roasted veggie-pork in tomato sauce.
- R4** Vegetable Fried Rice \$11
With veggie-chicken, wood ear mushrooms, green peas, carrots, chick peas, & organic green cabbage.
- R5** Thai Tom Yum Paste (Sour & Spicy) Fried Rice (Vegan Opt.) \$11
Edamame, Thai Basil, sweet corn, carrots, veggie-pork, iceberg lettuce, organic chick peas, & shiitake mushrooms.
- R6** Rice Bowl (Vegan Opt.) \$12
Napa cabbage, carrots, snow peas, edamame, bean thread noodles, mushroom-soy chunks, & grilled veggie patty.



Noodles

- Udon (thick wheat noodles)
- Penne (wheat pasta)
- Jinenjo Soba (buckwheat noodles w/ wild Japanese yam)
- Tofu Noodles (gluten-free, no cholesterol, no sugar)
- * Udon or Soba substitution for \$1.00
- * Tofu Noodles substitution for \$2.00
- N1** Mizuni Sansai Stirred-Fried Noodles (Udon or Soba) \$12
Sautéed w/ veggie-chicken, wood ear mushrooms, snow peas, napa cabbage, asparagus, & mizuni sansai. Tossed w/ sea cress (green nori flake-gomashio).
- N2** Mizuni Sansai Noodles in Soup (Udon or Soba) \$12
As above, simmered in savory miso-tahini soup.
- N3** Rice Noodles in Thai Curry Soup (Vegan Opt.) \$12
With wheat gluten, napa cabbage, carrots, bean sprouts, & roasted veggie-pork.
- N4** Noodles with Wonton in Soup \$12
W/ Chinese noodles, shiitake mushrooms, yuba, pickled mustard, baby bok choy, & carrots.
- N5** Bolognese Sun-Dried Tomato-Mushrooms Herb Over Penne or Rice Noodles \$12
Minced veggie-meat simmered w/ shiitake mushrooms, white button mushrooms, fresh tomatoes, celery, zucchini, yellow squash, & herbs.
- N6** Colorful Vegetables Lo Mein or Rice Noodles (Vegan Opt.) \$12
Sautéed Chinese noodles w/ veggie-chicken, bean sprouts, carrots, napa cabbage, wood ear mushrooms, & shiitake mushrooms.
- N7** Grilled Veggie Patty over Noodle in Thai Tom Yum (Sour & Spicy) Soup (Vegan Opt.) \$12
Chinese noodles, napa cabbage, bean sprout, carrots, baby corn, shiitake mushrooms, & bamboo shoots.

Gluten Free Items

G1 SMALL BITE Cold Basil Roll \$5.50
Jicama, carrots, lettuce, & Thai basil wrapped in rice paper. Add avocado for \$2.00

SOUP

G2 Wakame Soup \$3
G3 Bamboo Fungus Soup \$4.50
G4 Mini Sukiyaki Soup \$9

ORGANIC SALAD

G5 Seaweed Salad \$12
G6 Fruit Salad \$12
G7 House Salad with Sunflower Seeds \$8
G8 House Salad with Avocado \$10

G9 SUSHI Zen Roll \$8

 **G10 NOODLE** Singapore Curry with Noodles (or in Soup) \$11
Green & red bell peppers, bean-sprouts, carrots, napa cabbage, shiitake mushroom, wood ear mushroom.

G11 RICE Vegetables Fried Rice \$11
With veggie-chicken, wood ear mushrooms, green peas, carrots, chick peas, & organic green cabbage.

G12 Kale & Burdock Deluxe \$12
Sautéed with organic fried tofu, carrots, & organic chick peas in ginger sauce.

G13 Macrobiotic Root Veggies & Greens \$12
Sautéed fresh jicama, carrots, burdock, ginger, snow peas, daikon, & goji berries on a bed of steamed watercress & tossed w/ sea cress (green nori flake.)

G14 Macrobiotic Tofu \$13
Organic steamed tofu, lily flower, wakame, carrots, burdock, Chinese wolfberry, goji berries, & broccoli in light ginger sauce. Tossed w/ sesame seeds.

G15 Zen of Greens \$12
Sautéed kale, watercress, snow pea, broccoli, & baby bok choy in light ginger sauce.

G16 SUNFLOWER SPECIAL Macro Plate \$14



Extra Side Orders

X1 Brown Rice \$1.50

X2 Steamed Root Vegetable \$6.50
Jicama, carrots, & burdock.

X3 Steamed Green Vegetable \$5
Kale, watercress, or broccoli.

X4 Mixed Grain Rice \$3
Pearl barley, ozuki beans, green peas, brown rice, wild rice, & black beans.

X5 Organic Marinated Tempeh (6 pc.) \$6
Five grain.

X6 Steamed Organic Tofu, Veggie-Chicken, or Noodles \$5

X7 French Fries \$4

Food allergies?
Please ask before ordering.
Hot & spicy or low/no oil & salt options are available.
We serve filtered drinking water.

Beverages

Juice

Fresh Squeezed Organic Carrot Juice \$6

Fresh Squeezed Orange Juice \$6

Fresh Squeezed Orange & Organic Carrot Juice \$6

Lemonade \$3

Honey Lemonade \$4

Honest Kids Juice \$1.75
Apple, Grapes, Fruit Punch, Berry

Tea & Coffee

Grain Coffee (Macro) \$2/cup

Organic Maple Iced Tea \$3

Organic Hot Tea \$2.50
(1) Green Tea
(2) Green Tea with Toasted Brown Rice
(3) Jasmine Green Tea
(4) Bancha Tea (toasted green tea)
(5) Kukicha (twig tea)

Caffeine-Free Tea
(1) Mu (16 herbs) Tea \$4
(1) Organic Rose Tea \$4
(2) Earl Grey Tea \$2
(3) Ginger Tea \$2

Other Drinks

Organic Soy Extra Vanilla Milk \$3

Jujube & Longan Fruit Crystal Drink \$3
Hot or Cold

Mohito \$4

Soda \$2
Coke, Diet Coke, Root Beer, Sprite, Ginger Ale

Non-alcohol Beer \$5
(1) O'douls
(2) Beck's

Water

Dasani \$2.5

Pierre Carbonated Mineral Water \$3.5



Our Story

Sunflowers are named after the sun that provides us w/ life and energy. They symbolize warmth, health, and good nature. Sunflowers continually face the sun, absorbing the light's nourishment, which is passed on in the form of sunflower seeds. Once sunflowers blossom, however, they no longer follow the sun - the unselfish sunflowers only take as much energy as they need.

Sunflower Vegetarian Restaurant wishes to follow the spirit of sunflower. W/ these ideas in mind, we take great pride in introducing more people to vegetarianism.

In gratitude for these precious gifts from our earth, we want to preserve our nature. Our sense of nature tells us that if we try to conserve and prevent waste, we can maintain the balance that critically affects the peace and harmony we enjoy in our lives.

Sunflower emphasizes taste as well health values. **Sunflower** is a 100% vegetarian restaurant w/ a great selection of **VEGAN** dishes that look and taste like real meat, poultry, and seafood. Our menu features Japanese, Chinese, and Continental style dishes. We constantly strive to maintain the highest qualities in health, taste, and conservation.

We use items imported directly from their original sources and adopt vegetable substitutes for mock meat, poultry, and seafood. In our dishes, flavors are enhanced from natural ingredients, such as kelp powder, kombu, sea salt, gomashio, organic brown rice syrup, fresh nature root vegetables, etc.

We hope that every dish you have at **Sunflower** will convince you that you are not only doing something great for you body, but also for our world.

Slow down and relish the peace
Savor a flavorful meal w your love ones ☀️ Share this time of harmony and gratitude
Such grace

"O' Heavenly Father,
We thank thee for food, and remember the hungry,
We thank thee for health, and remember the sick,
We thank thee for friends, and remember the friendless,
We thank thee for freedom, and remember the enslaved,
May these remembrances stir us to service,
That thy gifts to us may be used for others, Amen."

Deary Abby by Abigail Van Buren