



# 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.



General Tsao's Surprise



Organic Ma Po Tofu

 **L1** Curry Supreme \$10  
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.) \$10  
 Chunks of veggie-chicken in General Tso's sauce. Garnished w/ steamed broccoli & carrots.

**L3** Golden Nugget \$10  
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 \$10  
Sautéed w/ baby corn, bamboo shoots, & carrots.

 **L5** Wheat Gluten with Fermented Black Bean Sauce \$10  
Sautéed w/ organic fried tofu, carrots, & zucchini.

**L6** Sweet & Sour Sensation \$10  
Chunks of veggie-chicken w/ pineapple, zucchini, & carrots in a delightful sweet & sour sauce.

 **L7** Curry Paradise \$10  
Chunks of veggie-chicken, stewed w/ zucchini, tomato, broccoli, & sweet corn in a special Japanese curry sauce, bedding w/ steamed napa cabbages.



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



## Noodles

### L8 Macrobiotic Organic Tofu \$10

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

### 🌶️ L9 Organic Ma Po Tofu \$10

With diced veggie-chicken, edamame, carrots, shiitake mushrooms, & baby corn in spicy red chili sauce.

### L10 Kale & Burdock Deluxe \$10

Sautéed w/ organic fried tofu, carrots, wheat gluten, & chick peas in ginger soy sauce.

### L11 Macrobiotic Roots & Greens \$10

Sautéed fresh jicama, carrots, burdock, snow peas, daikon, goji berries, & minced ginger, bedding w/ steamed watercress & sprinkled w/ sea cress (green nori flake).

### L12 Eggplant Medley \$10

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

### L13 Orange Imagination \$10

Veggie-chicken marinated in orange sauce, fresh orange chunks, snow peas, & Thai basil. Garnished w/ steamed broccoli, pumpkin seeds, & goji berries.

### 🌶️ L14 Adventure of Organic Tempeh Land \$10

Organic marinated tempeh (five grains) sautéed w/ red bell pepper, snow peas, asparagus, baby corn, & mushrooms in Thai style curry sauce.

### L15 Zen of Greens \$10

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

### L16 Bolognese Sun-Dried Tomato-Mushrooms

#### Herb over Penne or Rice Noodle \$10

Minced veggie-meat simmered w/ shiitake mushrooms, mushrooms, fresh tomato, celery, zucchini, & herbs.

### L17 Colorful Veggies Lo Mein

NON  
Vegan

#### or Rice Noodles (Vegan Opt.) \$10

Wok-tossed noodles w/ veggie-chicken, bean sprouts, carrots, napa cabbage, wood ear mushrooms, & shiitake mushrooms.



Colorful Veggies Lo Mein

# Dinner Menu

We only serve non-GMO soy proteins.

## Small Bites

- A1** Age Tofu \$8  
Fried silky organic tofu topped w/ dried seaweed.  
Mushroom brown sauce on the side.
- A2** Sweet Potato Pancake \$6.50
- A3** Teriyaki Mock Sesame Eel (4) \$6.50  
 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  
Green cabbage, carrots, shiitake mushrooms, & 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) \$6  
Jicama, carrots, lettuce, veggie-ham, & basil wrapped in rice paper.
- A8** Fried "Chick'n" \$8  
Made w/ marinated veggie-chicken, mushrooms, sea salt, & black pepper.
- A9** Steamed or Pan Fried Dumplings (4) \$6  
With napa cabbage, veggie-chicken, shiitake mushrooms, & bean thread noodles.
- A10** Spiced Seasoned Veggie Drumstick (2) \$5
- A11** Yummy Homemade Daikon (Radish) Cake (3) \$6
-  **A12** Spicy Spinach Wonton in Red Sauce (6) \$6
- A13** Savory Coconut Veggie-Shrimp (7) \$8
- A14** Five Spice Fried Chick'n \$8.50
- A15** Japanese BBQ Kabob \$11
- A16** French Fries \$5

## Soup *(Made to Order)*

- B1** Miso Soup \$4  
Fresh mushrooms, daikon, & organic tofu.
- B2** Wakame Soup \$4  
Japanese seaweed w/ fresh enoki mushrooms & shredded ginger in vegetable stock.
- B3** Lily Flower Soup \$4  
Lily flower, bamboo shoots, mushroom-soy slices, & shredded ginger.
- B4** Organic Spinach Wonton Soup \$4.50  
Fresh organic spinach w/ wontons. (Broth contains nuts.)
-  **B5** Thai Tom Yum (Hot & Sour) Soup \$4  
Fresh mushrooms, organic tofu, sweet corn, bamboo shoots, tomato, & snow peas in Thai hot & sour lemongrass soup.
- B6** Mini Sukiyaki \$12  
Organic tofu, mushrooms, oyster mushrooms, shiitake mushrooms, daikon, shirataki, carrots, napa cabbage, bean thread noodles, & watercress served in Japanese hot pot.
-  **B7** Hot Hot Shabu Shabu \$13  
Yuba (tofu skin), organic tofu, napa cabbage, bean thread noodles, mushroom-soy chunks, broccoli, & Shanghai bok choy in hot spicy soup.



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

# Sunflower Specialties



*New*

Orion's Ruby



General Tso's Surprise

-  **S1** Crispy Happiness \$16  
Lightly battered strip veggie-beef sautéed w/ celery & carrots in chef special sauce. Garnished w/ steamed broccoli & tossed w/ sesame seeds.
- S2** Veggie Shrimp \$16  
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 Tempura Garden \$16  
 Tempura-battered eggplant, asparagus, sweet potato, zucchini, broccoli, mushrooms, & yellow squash. Brown spicy orange sauce on the side.
- S4** Shrimp Garden Sizzling Rice \$16  
Shanghai bok choy, zucchini, snow peas, baby corn, carrots, broccoli, & veggie-shrimp sautéed w/ light ginger sauce, bedding w/ rice crust.
- S5** Orion's Ruby \$16  
 Crunch taro dumpling puffs, topped w/ pineapple, green & red bell peppers in a organic gluten free vegan castle worcestershire sauce.
-  **S6** Popeye's Favorite \$16  
 Homemade fresh potato pie mixed w/ spinach, veggie-pork, & veggie-bacon in house black pepper sauce. Garnished w/ steamed broccoli, edamame, & veggie-drumstick.
- S7** Sunflower Forest \$16  
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 \$16  
 Chunks of veggie-chicken in General Tso's sauce. Garnished w/ steamed broccoli & carrots.
-  **S9** Vegan General Tso's Magic \$16  
Chunks of vegan veggie-chicken in General Tso's sauce. Garnished w/ steamed broccoli & carrots.
- S10** Sweet and Sour Sensation \$16  
Chunks of veggie-chicken w/ pineapple, zucchini, & carrots in a delightful sweet & sour sauce.

New



Hello Winnie



Curry Supreme



Sunflower's Satisfaction

 **S11 Curry Supreme \$16**  
Chunks of veggie-chicken stewed w/ potatoes, mushrooms, carrots, & green peas in a special Japanese curry sauce. Garnished w/ steamed broccoli.

 **S12 As-You-Wish Garden (Vegan Opt.) \$16**  
 Layers of gently pan fried noodles, topped w/ mushrooms, snow peas, baby corn, carrots, & veggie-chicken in a basil & ginger sauce.

 **S13 Sunflower's Satisfaction \$16**  
Sautéed special monkey mushrooms, snow peas, veggie-chicken, & chick peas in a hot & sweet orange sauce w/ red chili. Garnished w/ Shanghai bok choy.

 **S14 Songbird \$16**  
Sautéed chunks of veggie-chicken, wheat gluten, shiratake, celery, & tossed w/ peanuts in a hot Kung-Pao flavored sauce. Garnished w/ steamed watercress.

 **S15 Adventure of Organic Tempeh Land \$16**  
Organic marinated tempeh (five grains) sautéed w/ red bell pepper, snow peas, asparagus, baby corn, & mushrooms in Thai style curry sauce.

**S16 Orange Imagination \$16**  
Veggie-chicken marinated in orange sauce w/ fresh orange chunks, snow peas, & Thai basil. Garnished w/ steamed broccoli, pumpkin seeds, & goji berries.

**S17 Hello Winnie \$16**  
 (A dish inspired by the true story of a bear named Winnie.) Veggie-shrimp, coated walnuts, topped w/ creamy organic honey mayo.

**S18 Amazing Mushrooms Palate \$16**  
Fresh enoki mushrooms, mushrooms, shiitake mushrooms, monkey mushrooms, shiratake, edamame, & ginger in Thai basil BBQ sauce.

**S19 Hong Kong Tofu \$16**  
Sautéed organic fried tofu w/ shiitake mushrooms, baby corns, carrots, Shanghai bok choy, & lily flower in brown sauce. Garnished w/ steamed kale.

# Savory Entrees

Served w/ brown rice.

*New*



French Beans Garden



Eggplant Medley

 **S20** French Beans Garden \$15  
*New* French beans and red bell pepper sautéed w/ delightful brown sauce.

**S21** Golden Nugget \$15  
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 \$15  
Sautéed w/ organic fried tofu, carrots, wheat gluten, & chick peas in ginger soy sauce.

**S23** Eggplant Medley \$15  
Sautéed w/ minced veggie-meat, baby corn, tomato, sun-dried tomato-mushrooms herb, & zucchini.

 **S24** Wheat Gluten with Fermented Black Bean Sauce \$15  
Sautéed w/ organic fried tofu, carrots, & zucchini.

**S25** Macrobiotic Organic Tofu \$15  
Organic steamed tofu, sautéed w/ lily flower, wakame, carrots, burdock, goji berries, dates, & broccoli in brown ginger sauce. Sprinkled w/ sesame seeds.

**S26** Zen of Greens \$15  
Sautéed kale, watercress, snow peas, broccoli, & Shanghai bok choy in light ginger & veggie-oyster-sauce.

**S27** Macrobiotic Roots and Greens \$15  
Sautéed fresh jicama, carrots, burdock, snow peas, daikon, goji berries, & minced ginger, bedding w/ steamed watercress. Sprinkled w/ sea cress (green nori flake).

 **S28** Organic Ma Po Tofu \$15  
With diced veggie-chicken, edamame, carrots, shiitake mushrooms, & baby corn in spicy red chili sauce.

**S29** Eggplant in Basil Chili Sauce \$15  
Sautéed eggplant w/ baby corn, bamboo shoots, & carrots.

## Sandwiches *(Ciabatta Bread)*

Served on ciabatta bread w/ lettuce, tomato, & jicama.  
Choice of organic mix greens or fries on the side.

Extra avocado; vegan cheese each for \$2.00

- C1** Avocado & Jicama Sandwich \$12
- C2** Veggie Burger Sandwich \$12
- C3** Orange Chick'n Chunks Sandwich \$12
- C4** Chick'n Patty Sandwich \$12
- C5** Organic Tempeh (5 grains) Sandwich \$12
- C6** Grilled Organic Tofu & Veggie Sandwich \$12  
Asparagus, eggplant, zucchini, yellow squash, & red bell pepper.

## Salads

Choice of homemade dressings:

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

**E1** Japanese Hiyashi Seaweed Salad \$6

**E2** Multicolored Salad *(Vegan Opt.)* \$15

NON  
Vegan

Stripes of veggie-patty, veggie-bacon, jicama, tomato, dried cranberries, pumpkin seeds, sliced almonds, lettuce, & organic spring mix.

**E3** Grilled Vegetable Salad \$15

Grilled flavored organic tofu, eggplant, zucchini, asparagus, red bell pepper, yellow squash, tomato, mushrooms, & baby corn on lettuce & organic spring mix.

**E4** Fruit Salad \$15

Jicamas, oranges, goji berries, avocado, seasonal fruits, lettuce, & organic spring mix.

**E5** House Salad with Sunflower Seeds \$10

**E6** House Salad with Avocado \$12

## Sushi

Served with white rice.

**D1** Zen Roll (8 pc.) \$8

Avocado, cucumber, & sesame seeds.

**D2** Asparagus Roll (8 pc.) \$8

*New*

**D3** Sweet Potato Tempura Roll (8 pc.) \$8

*New*

**D4** Inani Sushi (Marinated Tofu Skin) (4 pc.) \$8

Stuffed w/ white rice, sea cress, & shiso condiment (edamame on the side.)

**D5** One Mouth Happiness \$15

3 pieces of Zen Roll, Rainbow Roll, & Inani Sushi.  
Hiyashi seaweed & edamame on the side.

**D6** St. Patrick Roll (8pcs) \$12

*New*

Cucumber, asparagus, top w/ avocado, lemon skin, & sesame seeds.

**D7** Fantasy Roll (8pcs) \$12

*New*

Veggie-shrimp tempura, cucumber, crunch, top w/ avocado, three special sauces, & sesame seeds.

**D8** Black Dragon Roll (8pcs) \$12

Asparagus, cucumber, avocado, carrots, lettuce, pickled daikon, veggie ham, & inani.



**St. Patrick's Roll**

New



Fantasy Roll

## Rice

### R1 Rice Bowl with Veggie Patty \$13

Veggie patty w/ napa cabbage, carrots, snow peas, edmame, bean thread noodles, & mushroom-soy chunks.

### R2 Rice Bowl with Chick'n Patty \$13

Chick'n patty w/ napa cabbage, carrots, snow peas, edmame, bean thread noodles, & mushroom-soy chunks.

### R3 Hawaiian Style Rice (Vegan Opt.) \$12

 Wok-tossed w/ pineapple, red bell pepper, zucchini, & roasted veggie-pork in tomato sauce.

### R4 Veggie Fried Rice \$12

Wok-tossed w/ veggie-chicken, wood ear mushrooms, green peas, carrots, chick peas, & green cabbage.

### R5 Thai Tom Yum Paste (Hot & Sour)

 Fried Rice (Vegan Opt.) \$12  
Wok-tossed w/ Edamame, Thai basil, baby corn, carrots, veggie-pork, iceberg lettuce, chick peas, & shiitake mushrooms.

## Noodles

- Udon (thick wheat noodles)
- Penne (wheat pasta)
- Jinenjo Soba (buckwheat noodles w/ wild Japanese yam)
- \* Udon or Soba substitution for \$1.00

### N1 Mizuni Sansai Noodles (Udon or Soba) \$12

Wok-tossed w/ veggie-chicken, wood ear mushrooms, snow peas, napa cabbage, asparagus, & mizuni sansai. Tossed w/ sea cress (green nori flake).

### N2 Mizuni Sansai Noodles in Soup (Udon or Soba) \$13

With veggie-chicken, wood ear mushrooms, snow peas, napa cabbage, asparagus, & mizuni sansai simmered in savory miso soup.

### N3 Rice Noodles in Thai Curry Soup

 (Vegan Opt.) \$13  
With wheat gluten, napa cabbage, carrots, bean sprouts, & roasted veggie-pork.

### N4 Noodles or Rice Noodles (Vegan Opt.) with Wonton in Soup \$13

 With shiitake mushrooms, yuba, pickled mustard, Shanghai bok choy, & carrots.

### N5 Bolognese Sun-Dried Tomato-Mushrooms Herb Over Penne or Rice Noodles \$13

Minced veggie-meant simmered w/ shiitake mushrooms, mushrooms, fresh tomato, celery, zucchini, & herbs.

### N6 Colorful Veggies Lo Mein or Rice Noodles (Vegan Opt.) \$12

 Wok-tossed noodles w/ veggie-chicken, bean sprouts, carrots, napa cabbage, wood ear mushrooms, & shiitake mushrooms.

### N7 Grilled Veggie Patty over Lo Mein or Rice Noodles (Vegan Opt.) in Thai Tom Yum (Hot & Sour) Soup \$13

With napa cabbage, bean sprouts, carrots, baby corn, shiitake mushrooms, & bamboo shoots.



# Gluten Free Items

## **G1 SMALL BITE** Cold Basil Roll \$6

Jicama, carrots, lettuce, & Thai basil wrapped in rice paper. Add avocado for \$2.00

### **SOUP**

## **G2** Wakame Soup \$4

## **G3** Mini Sukiyaki Soup \$12

### **SALAD**

## **G4** Fruit Salad \$15

## **G5** House Salad with Sunflower Seeds \$10

## **G6** House Salad with Avocado \$12

### **SUSHI**

## **G7** Asparagus Roll \$7

## **G8** Zen Roll \$8

## **G9 NOODLE** Authentic Singapore Street Noodle (or in Soup) \$13

Wok-tossed thin rice noodles w/ light curry sauce, green & red bell peppers, bean sprouts, carrots, napa cabbage, shiitake mushrooms, & wood ear mushrooms.

## **G10 RICE** Veggie Fried Rice \$12

Wok-tossed w/ wood ear mushrooms, green peas, carrots, chick peas, & green cabbage.

### **SAVORY ENTREES**

## **G11** Kale & Burdock Deluxe \$15

Sautéed w/ organic fried tofu, carrots, & chick peas in ginger sauce.

## **G12** Macrobiotic Roots and Greens \$15

Sautéed fresh jicama, carrots, burdock, snow peas, daikon, goji berries, & minced ginger, bedding w/ steamed watercress. Sprinkled w/ sea cress (green nori flake.)

## **G13** Macrobiotic Tofu \$15

Organic steamed tofu, sautéed w/ lily flower, wakame, carrots, burdock, goji berries, dates, & broccoli in brown ginger sauce. Sprinkled w/ sesame seeds.

## **G14** Zen of Greens \$15

Sautéed kale, watercress, snow peas, broccoli, & Shanghai bok choy in light ginger gluten free soy sauce.

## **G15** French Beans Garden \$15

Sautéed French beans and red bell pepper w/ delightful brown sauce.



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

# Extra Side Orders

- X1** Brown Rice \$1.50
- X2** Steamed Root Vegetable \$7  
Jicama, carrots, & burdock.
- X3** Steamed Green Vegetable \$6  
Kale, watercress, or broccoli.
- X4** Organic Marinated Tempeh (6 pc.) \$6  
Five grain.
- X5** Steamed Organic Tofu \$6

- X6** Veggie-Chicken \$6
- X7** Lo Mein \$5
- X8** Rice Noodle \$5
- X9** Soba \$6
- X10** Udon \$6

# Beverages

## Freshly Squeezed Juice

- Organic Carrot Juice \$11
- Orange Juice \$11
- Orange & Organic Carrot Juice \$12
- Honey Lemonade \$7

## Other Drinks

- Jujube & Longan Fruit Crystal Drink \$5  
Hot or Cold
- Mohito \$7

## Tea

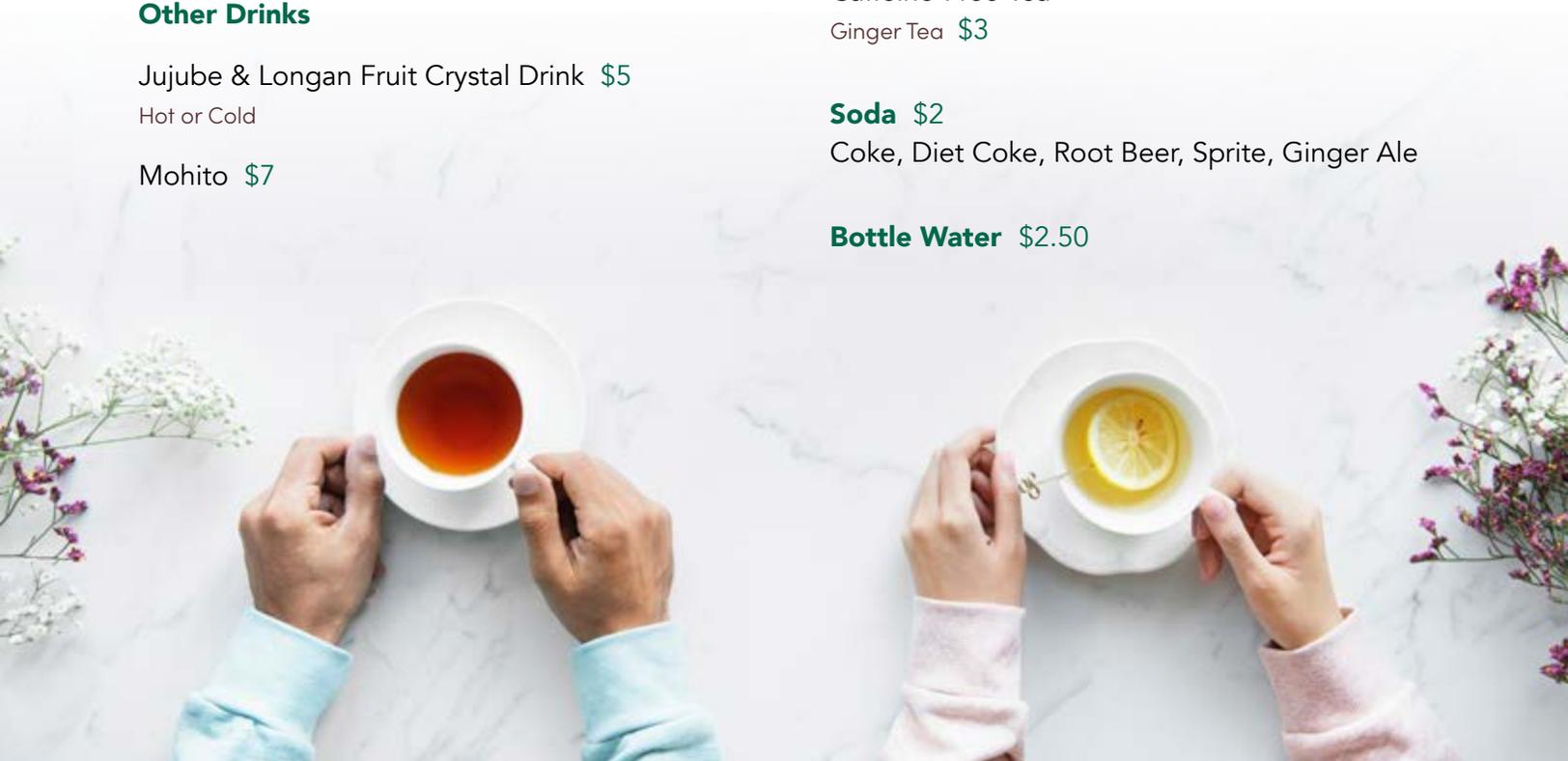
- Organic Maple Iced Tea \$7
- Organic Hot Tea \$3
  - (1) Green Tea
  - (2) Green Tea with Toasted Brown Rice
  - (3) Jasmine Green Tea

- Caffeine-Free Tea
  - Ginger Tea \$3

## Soda \$2

- Coke, Diet Coke, Root Beer, Sprite, Ginger Ale

- Bottle Water** \$2.50



# 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*