

Sandwiches & Salads

*Includes one item from
Our Farm Fresh Bar*

Veggie Sandwich	9.50
Mock Chicken Sandwich..	9.50
Veggie or Bean Wrap	9.50
Veggie Burger	9.50
Ultimate Green Salad	6.00
with Mock Chicken	9.00

Gluten free wraps available (\$.50)

Soups

Cup.....	4.00
Bowl	6.00

*Soups change daily
and come with a fresh roll*

Kid's Meals

Kids 3 Side Sampler (Choose any 3 from our Farm Fresh Bar)	5.25
*Beans & Rice	4.25
*Hummus Sandwich	4.25
*"PB&J" Sandwich made with Sunflower Butter	4.25
*Grilled Cheese	4.25

**Choose a side: apple sauce,
yogurt stick, veggies & hummus,
rice, or any item from our
Farm Fresh Bar*

Extras

Organic Dairy or Vegan Cheese	2.00
Roll or Pita	1.00
Homemade Sauce75

Main Features

CHEF'S SPECIAL

Changes daily11.00

SUNFLOWER SAMPLER PLATE

A full combo plate of your selections
from our Farm Fresh Bar12.50

Farm Fresh Bar

*See our menu board for our Farm
Fresh Bar daily selections*

Choose 3	8.00
Choose 4	10.00
Choose 5	12.00
Any One Item	3.00

HOT:

Bean Dishes
Sesame Baked Tofu
Brown Rice or Quinoa
Baked Potato Wedges
Seasonal Veggie Selections

COLD:

Kale Salad
Broccoli Edamame Salad
Slaw Salad
Kimchi
Bean or Grain Salad
Mock Chicken Salad
Mozzarella Salad (+ \$1)
*Hummus
*Kale Dip (+\$1)

**Comes with a selection of fresh
dipping veggies & crackers*

Farm Fresh Bar



2834 Azalea Place Nashville, TN 37204
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(615) 457-2568

Drinks

Kombucha ON TAP	3.50
Oogave Soda Fountain ...	3.00
Iced Tea	2.25
Fruit Tea	2.75
Reeds Ginger Ale	2.50
Bottled Water	1.75
Perrier	2.50
Coconut Water	3.00
Kids Milk or Juice Box	1.50
Hot Tea	1.50

Desserts

Fruit cup	3.00
Sunflower Rice Crispy Treats Single	1.50
Family Pack	8.00
Chocolate Chip Cookie ..	2.50
Brownie.....	3.00
Sunflower Cookie Plain	1.00
Frosted.....	1.50
Sunflower Chocolate	3.00
Mousse Parfait w/Homemade Granola	3.50
Homemade Granola Bag	3.00
Jar.....	5.00
Homemade Popsicles	3.00
Specialty Chips.....	2.00

Filtered Water:

*We use only filtered
water throughout the
restaurant*

To-Go Cooler:

*All Items are available
to go or can be found
in our to-go cooler*

We proudly support our local providers of vegetables & dairy products:

☀ Bells Bend Farm ☀ Real Food Farms ☀ Noble Springs Dairy
☀ Long Hungry Creek Farm ☀ Delvin Farms ☀ Kenny's Cheese