



We offer responsibly sourced ingredients:  
local, fresh, organic, gmo-free  
\*\*mention any food allergies at time of order.  
\*\*Gluten-Free bread available upon request

EGGS + SUCH

- AVOCADO TOAST\*\*** (v)  
avocado crush, shaved radish, sunflower seed garlic spread, pickled nectarines, dressed pea and sunflower sprouts, pistachio spice, soft poached egg, organic multigrain bread 14.50
- SUMMER SCRAMBLE\*\*** (v)  
organic eggs, cherry tomatoes, caramelized onions, herb and toasted garlic marinated summer squash, shaved grana padano, buttered multigrain toast, jam 15.75
- HAM & CHEDDAR OMELET\*\***  
organic sour cream, harissa, scallions, dressed organic greens, buttered multigrain toast 14.50  
+ 1/2 avocado 3.00
- AMERICAN BREAKFAST\*\***  
scrambled eggs, applewood bacon, potatoes, buttered sourdough toast, jam 15.50
- THE CALIFORNIA SANDWICH\*\***  
folded eggs, avocado crush, bacon, chevre goat cheese spread, soft bun, dressed arugula 15.00
- JARDINERE BENEDICT\*\*** (v)  
kale & carmelized onion, poached eggs, lemony hollandaise, english muffin, dressed greens 15.00  
+ 1/2 avocado 3.00 + smoked salmon 6.00  
+ applewood bacon 3.00
- BURRITO MOJAD**  
organic eggs, melted onion, roasted potato, summer squash, spicy green chili sauce, lime cream, cotija cheese, cilantro 14.00  
+ 1/2 avocado 3. + smoked ham 3. + roasted chicken 4.

\*\*gluten free upon request | gf - gluten free | v - vegetarian | ve - vegan

THE SWEETER STUFF

- BAKESHOP PASTRY**  
see our display case for daily offerings
- COCONUT CHIA SEED PUDDING** (ve)  
seasonal fruit, housemade granola, honey 9.50
- BUTTERMILK BELGIAN WAFFLE** (v)  
powdered sugar, whipped butter, organic Vermont maple syrup 10.00
- CHICKEN N WAFFLE**  
confit chicken leg, sunny side egg, chives, duck-fat buttermilk waffle, organic Vermont maple syrup 17.00
- APPLE BUTTER & PECAN WAFFLE**  
sweet creme fraiche, organic maple syrup 14.00

SOUPS + SALAD

- CREAM OF TOMATO SOUP & SALAD\*\*** (ve)  
california vine ripened tomatoes, local olive oil, fresh herbs, artisan bread & butter and small organic green salad 12.75
- ARUGULA SALAD** (gf,ve)  
K&J farm apples, toasted walnuts, feta, white balsamic vinaigrette 13.75
- CHICKEN SALAD**  
roasted hand-picked chicken salad, carrots, english cucumbers, pickled onions, organic greens, lemon parsley dressing 16.00

SANDWHICHES

- SUNFLOWER GRILLED CHEESE\*\*** (v)  
Vella dry jack butter, aged cheddar, fontina, nettle pesto, organic rustic sourdough, small salad of dressed organic lettuces 12.75  
+ smoked ham 3.00 + cup of soup 4.00  
+ roasted chicken 4.00 + applewood bacon 3.00
- CHICKEN & HERB GYRO**  
tzatziki, lettuce, cherry tomatoes, cucumber, red onion, lavash, with dressed greens 16.00
- AVOCADO GOAT CHEESE\*\*** (v)  
herbed cherve goat cheese, cherry tomatoes, shallot-vinaigrette dressed arugula, pickled red onion, organic multigrain bread 14.00  
+ roasted chicken 4.00 + applewood bacon 3.00
- SMOKED DUCK**  
gruyere, balsamic onion jam, aioli, mustard, shallot vinaigrette dressed organic greens, baguette 17.00
- CUBAN**  
smoked ham, pork loin, gruyere cheese, house mustard, pickles, soft roll, with dressed greens 15.75  
+ 1/2 avocado 3.00

ADD ONS

- + applewood bacon 3. / 6.  
+ breakfast potatoes 3.  
+ scrambled eggs 7.50  
+ poached egg 3.  
+ fried egg 3.

SIDES

- + organic greek yogurt 4.  
+ granola 3.  
+ seasonal fruit 5.  
+ toast & jam 3.75  
+ 1/2 avocado 3.

NO TIPPING PLEASE!

In lieu of accepting tips, we apply a **13% Health and Happiness** surcharge to your order. 100% of this fee is distributed to the staff and allows us to **pay every employee a \$15+ per hour** base rate in addition to a company **revenue share plan, Medical coverage, 401k with 100% match and paid time off.** We truly appreciate your support.

This surcharge gives our employees the ability to make a good living wage and remain healthy and happy. If you'd like to leave more or disagree with this policy, please ask for a manager and we can make an adjustment to your bill.

RETAIL

T-SHIRT \$24.95

MUG \$9.95

ACRE COFFEE \$16

GIFT CARDS UNITS OF \$25

WALL ART A/Q

COCKTAILS

- CHAMPAGNE COCKTAIL

ROEDERER BRUT

crisp beautiful & lively

glass 12 | pitcher 42
- LAVENDER MIST

lemon, lavender syrup

glass 12 | pitcher 44
- MONSTER MIMOSA

orange juice

glass 10 | pitcher 30
- BELLINI

sparkling wine & peach puree

glass 9 | pitcher 36
- BLACKBERRY MIMOSA

blackberry puree

glass 11 | pitcher 42

BEERS

- SONOMA SPRINGS IPA

gooseberry, passionfruit, crisp, malty

7.50
- BEAR REPUBLIC “RACER 5” IPA

citrusy, malty caramel, very hoppy

6.
- NORTH COAST “SCRIMSHAW” PILSNER

bready malts, honey, spicy hops, softly crisp

5.

CHANAMÉ WINES

	glass	1/2 bottle	bottle
<div>GEWUZTRAMINER</div> <div>Anderson Valley</div>	9	20	32
<div>ROSE OF PINOT</div> <div>Anderson Valley</div>	9	20	32
<div>GRENACHE</div> <div>Anderson Valley</div>	13	29	48
<div>PINOT NOIR</div> <div>Anderson Valley</div>	13	29	48
**made by hand in caves on the mountains above the sonoma plaza			

LOCAL WINES

<div>LIOCCO CHARDONNAY</div> <div>Sonoma County</div>	12	25	42
<div>BEDROCK ROSÉ</div> <div>Sonoma Valley</div>	11	24	37
<div>MAUI SAUVIGNON BLANC</div> <div>Nz</div>	10	23	36

FRUIT SMOOTHIES

- COCOA-BANANA NUT

organic flax seed, organic coconut oil, organic peanut butter, organic cocoa powder, banana, almond milk

9.
- GREEN DREAM

spinach, banana, mango, orange juice, organic greek yogurt

8.
- SONOMA SUNRISE

banana, peach, mango, orange juice, organic greek yogurt

8.
- VERY BERRY

strawberries, blueberries, organic apple juice

8.

COLD BEVERAGES

- COLD BREW “NITRO” COFFEE

4.75
- FRESH & ORGANIC JUICES

orange | apple | lemonade

4.
- ORGANIC COW & NUT MILK

whole | nonfat | almond

3.
- BOTTLED WATER STILL OR SPARKLING

4.
- ORGANIC BLACK ICED TEA

3.50
- ORGANIC ARNOLD PALMER

4.
- REVIVE KOMBUCHA

4.25
- MEXICAN COKE

3.25

HOT BEVERAGES

- DRIP COFFEE

3.50
- MOCHA

4.75
- LATTE

4.25
- CAPPUCCINO

3.75
- ESPRESSO

3.50
- CHAI LATTE

4.25

make it dirty, add espresso
- HOT CUP OF TEA

english breakfast | earl grey | sencha green | verbena mint

3.50
- HOT CHOCOLATE

3.75
- BAG OF SFC COFFEE

roasted and blended specially for us by Acre Coffee

16.

PRIVATE AFFAIRS

Our restaurant is open to the public 7 days a week from 7am -4pm. Reservations are not available during regular business hours

However, Private Dining and Event Reservations are available after-hours from: 5:30pm-9:00pm.

For more information, email us at: [info@sonomasunflower.com](mailto:info@sonomasunflower.com)

A FEW OF OUR FRIENDS AND PARTNERS

BROKAW RANCH | SONOMA ORGANICS | BRANNONS SUGARHOUSE | BE-WELL FARMS | K&J FARMS | CHANAMÉ WINES

SONOMA HARVEST | VELLA CHEESE | GIOIA CHEESE | RED BIRD BAKERY | LAURA CHENEL | ACRE | CLOVER SONOMA ORGANIC

ROSIE ORGANIC | EVOLUTION COLD PRESSED JUICES | & MANY MORE

ON THE HISTORIC PLAZA, 421 FIRST ST. WEST, SONOMA, CA 95476 707.996.6645