

## GRAB-N-GO SALADS

### **SOUTHWESTERN \$7**

Romaine, Black Bean and Corn Salsa, Tomatoes, Onions, and Housemade Tortilla Strips

### **CAESAR \$6**

Romaine, Parmesan, and Housemade Croutons

### **CHEF SALAD \$7.40**

Romaine, Bacon, Diced Tomato, Cucumber, and Shredded Monterey Jack Cheddar

### **GARDEN SALAD \$6**

Romaine, Diced Tomato, Cucumber, Bell Peppers, Sunflower Seeds

### **CHOICE OF DRESSINGS:**

Ranch, Caesar, Creamy Balsamic Vinaigrette, Chipotle Ranch, Honey Mustard

**\*Add Diced Chicken - \$2.75**

## SPECIALTY ITEMS

Southwestern Rice Bowl with Brown Rice and Black Beans Topped with Diced Chicken, Grilled Onions and Bell Peppers, Diced Tomatoes, and Chipotle Ranch \$7.40

**Combo Up! \$10.95**

Chicken Quesadilla with Peppers, Onions, Mushrooms, and Monterey Jack Cheese \$7.40

**Combo Up! \$10.95**

Chicken Tenders (4) with Choice of Sauce \$7.40

**Combo Up! \$10.95**



Check out our catering menus online at [sunflowereatery.com](http://sunflowereatery.com)

## SANDWICHES/ WRAPS

Chicken Salad Sandwich with Lettuce and Tomato on Sourdough (Contains Nuts) \$6.47

**Combo Up! \$10**

Turkey Club with Bacon, Lettuce, Tomato, Swiss, Pickles, and Mayo on Toasted Sourdough \$7.40

**Combo Up! \$10.95**

Chicken Tender Wrap with Shredded Lettuce, Diced Tomatoes, Shredded Monterey Jack Cheddar, and choice of dressing \$7.97

**Combo Up! \$11.50**

Grilled Cheese with Cheddar, Swiss, Bacon, and Tomato \$6.47

**Combo Up! \$10**

Ham and Cheddar with Lettuce, Tomato, Pickles, and Mayo \$6.99

**Combo Up! \$10.50**

B.L.T. on Sourdough \$6.47

**Combo Up! \$10**

Grilled Chicken Sandwich with Bacon, Cheddar, Lettuce, Tomato, and Honey Chipotle Aioli on toasted housemade Brioche Bun \$7.97

**Combo Up! \$11.50**

2 Braveheart Black Angus Patties with Lettuce, Tomato, Onion, and our Classic Sauce on housemade Brioche Bun \$7.97

Add Cheese or Bacon for \$.75 each

**Combo Up! \$11.50**

## SIDES

- Soup of the Day Cup \$3.50
- Tomato Basil Cup \$3.50
- Soup Bowl \$4.50
- Fries \$2
- Zapp's Bagged Chips \$1.50

Don't forget to check out our **Baked Goods!**

## BREAKFAST

Breakfast served from 7 AM - 10:30 AM

### BREAKFAST SANDWICH \$4.99

#### Choose:

- English muffin or wrap (Bagel for +\$1.50)
- Bacon, Sausage, or Ham
- Cheddar, American, or Swiss Cheese
- Scrambled Egg\*

### OMELET/SCRAMBLE\* \$3.99

Choose between a 3 egg omelet or scramble. Choose add-ins below for \$.50 each. Add an additional scrambled egg for \$1.50\*

### BREAKFAST POTATO BOWL \$5.49

Choose up to 4 add-ins. Each additional add-in for \$.50. Add a scrambled egg for \$1.50\*

### ADLUH MILLS GRITS BOWL \$2.75

Choose add-ins below for \$.50 each. Add a scrambled egg for \$1.50\*

#### Add-ins

- Bacon
- Sausage
- Ham
- Cheese (*Monterey Jack Cheddar, American, or Swiss*)
- Onions
- Bell Peppers
- Tomatoes
- Sautéed Mushrooms

BAGELS \$2.10

GRITS \$2.75

BREAKFAST POTATOES \$2

## DRINKS

METHODICAL COFFEE \$2.25

COKE FOUNTAIN MACHINE \$1.50  
(1 FREE REFILL)

SWEET & UNSWEET TEA \$1.50  
(1 FREE REFILL)

ORANGE JUICE/LEMONADE \$2.35

BOTTLED WATER \$1.75

BODY ARMOR \$3.23



-BREAKFAST-

-LUNCH-

-BAKED GOODS-

-CATERING-

**MONDAY-FRIDAY**

**7 AM - 2PM**

*Skip the Line and Order Online*  
[www.sunflowereatery.com](http://www.sunflowereatery.com)

Get delivery!

