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[www.va-fairhopehealthfoods.com](http://www.va-fairhopehealthfoods.com)  
[www.facebook.com/sunflowercafefairhope](https://www.facebook.com/sunflowercafefairhope)

The Sunflower Cafe brings a fusion of ethnic and local cuisine to the Eastern Shore and Mobile, incorporating local, natural, and organic ingredients, resulting in a delicious and unique dining experience. This experience is fostered by our passion for wholesome cuisine, made fresh to order, and our accommodating service, all provided within a relaxed atmosphere. Because we make everything from scratch, we know what is in each dish, so we are able to cater to special diets. Please inform your server of your needs and we will do our best to accommodate you.  
Thank you, and enjoy!

#### Fairhope Location Hours:

##### Lunch

Monday - Sunday 10:30 - 3:00

#### Mobile Location Hours:

##### Lunch

Monday - Saturday 10:30 - 3:00

## STARTERS

### Hummus

Our freshly made original or daily hummus,  
served with grilled pita *-or-* chips / 10

### Spinach and Artichoke Dip

Creamy dip made with fresh spinach and chunks of artichoke hearts,  
garnished with mozzarella and served with blue corn tortilla chips / 10

### Black Bean Dip

A Mexican spiced dip, topped with green onions, diced tomato and fresh  
avocado, served warm with blue corn tortilla chips / 10

### Spinach Artichoke Pizza

Whole wheat or white pita bread topped with homemade spinach and artichoke dip,  
roma tomatoes, red onions, and mozzarella cheese / 10

### Crab Cakes

Hand picked crab claw meat with onions, celery, and panko bread crumbs  
served on a bed of greens with homemade rémoulade / market price

### Pita Trio

Freshly made hummus, baba ghanoush,  
and tabouli served with grilled pita triangles *-or-* chips / 12

## SALADS

Add to any salad for an additional charge:

sautéed chicken, tofu, *-or-* tempeh / 4 chicken salad / 5 grilled blackened chicken / 5 ahi tuna / 7  
tuna salad / 7½ roasted turkey breast / 4 tofurkey / 4 blackened shrimp / 7 avocado / 3

### Caesar Salad

Mixed greens served with our homemade dressing and croutons topped with romano cheese  
half / 5 full / 10

### Sunflower Salad

Spring mix, roma tomatoes, chickpeas, cucumbers, green onions, carrots, mixed sprouts  
and sunflower seeds with our vegan yogurt Greek dressing

half / 6½ full / 13

Salads continued on next page

## SALADS

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sautéed chicken, tofu, ~~or~~ tempeh / 4 chicken salad / 5 grilled blackened chicken / 5 ahi tuna / 7 tuna salad / 7½ roasted turkey breast / 4 tofurkey / 4 blackened shrimp / 7 avocado / 3

### Taco Salad

Mixed greens, tomatoes, green onions, blue corn chips and black bean dip with our homemade cilantro lime dressing  
half / 6½ full / 13

### Thai Peanut Salad

Gluten-free ponzu noodles, tomatoes, peanuts and green onions, all atop a bed of mixed greens with our homemade Thai peanut dressing  
half / 6 full / 12

### Mandarin Salad

Mandarin oranges, roma tomatoes, red onions, and candied almonds on a bed of mixed greens with our house orange pepper vinaigrette  
half / 6 full / 12

### Greek Salad

Mixed greens, tomatoes, pepperoncini peppers, olive tapenade, red onions, grilled veggies, and feta cheese with a homemade vegan Greek yogurt dressing  
half / 8 full / 16

### Soups

Daily soups made from scratch with the finest organic ingredients  
Cup / 6 Bowl / 8

### Soup And Salad Combo

Choose a smaller version of any salad and a cup of our made from scratch soups / 13

## WRAPS

All wraps served with your choice of any two sides

### Jamaican Jerk Wrap

Jerked tofu, tempeh, ~~or~~ free-range chicken, spring mix, tomatoes, and a smokey pineapple sauce rolled into a grilled spinach wrap / 15

### Falafel Wrap

Our traditional Middle Eastern chickpea patty in a warm wrap topped with lettuce, tomatoes, and homemade cucumber tzatziki sauce / 13

### Turkey Club Wrap

Free-range turkey, turkey bacon, lettuce, tomatoes, vegenaïse, creole mustard, and mozzarella cheese rolled into a grilled wrap / 16

Wraps continued on next page

## WRAPS

All wraps served with your choice of any two sides

### Thai Wrap

Ponzu tofu, tempeh, ~~or~~ free-range chicken, spring mix, green onions, roma tomatoes, and spicy peanut sauce rolled into a grilled wrap / 16

### Greek Veggie Wrap

Marinated veggies, feta cheese, baba ghanoush, olive tapenade, lettuce, and tomatoes, topped with a Greek vinaigrette rolled into a grilled spinach wrap / 16

### Mediterranean Turkey Wrap

Free-range turkey ~~or~~ tofurkey, hummus, feta cheese, olive tapenade, spring mix, and Greek vinaigrette rolled into a grilled wrap / 16

### Chipotle Black Bean Burrito

Chipotle aioli, black bean dip, rice, avocado, and tomatoes all wrapped into a pan-fried spinach wrap / 13½

## SANDWICHES

All sandwiches served with your choice of any two sides  
Substitute gluten-free ~~or~~ low carb bread / 2

### Cranberry-Apple Turkey Sandwich

Granny Smith apples, free-range turkey, ~~or~~ tofurkey, cranberry mayo, and lettuce served on our fresh homemade foccacia bread / 11

### Chicken Salad Sandwich

Freshly made chicken salad with lettuce and roma tomatoes served on our made-from-scratch foccacia bread / 14

### Reuben

Free-range turkey, tofurkey, ~~or~~ tempeh, Swiss cheese, homemade thousand island dressing, and "Bubbies" sauerkraut on freshly made foccacia bread / 14½

### Turkey Avocado Melt

A hot sandwich with free-range turkey ~~or~~ tofurkey, pesto aioli, tomatoes, sprouts, avocado, and Swiss cheese on our freshly baked bread / 15¼

### Tuna Salad Sandwich

Dolphin-friendly yellow fin tuna with toasted walnuts, green onions, celery, and capers, served on our freshly made foccacia bread / 16¼

## SIDES

Wraps and sandwiches come with your choice of two sides, or / 3 per side

### Chips and daily salsa

Non-GMO, organic blue corn tortilla chips served with our salsa of the day

### Side salad with dressing of the day

Mixed organic greens with carrots and sprouts tossed in our made-from-scratch dressing of the day

### Tabouli

Quinoa salad with parsley, tomatoes, green onions, and cucumbers

### Baba Ghanoush

A traditional Middle Eastern roasted eggplant dip  
Served with pita *-or-* chips

### Hummus

A traditional chickpea dip  
Served with pita *-or-* chips

### Hummus of the Day

Our unique spin on our traditional garbazo bean dip  
Served with pita *-or-* chips

### Daily Side

Always fresh, ever changing, ask your server what the daily side is today

## STIR FRY

All stir fries have your choice of chicken, tofu, *-or-* tempeh  
Shrimp may be substituted for an additional / 3  
Served regular *-or-* spicy add cashews / 2  
Substitute rice for zero carb kelp noodles / 3

### Lemongrass Stir Fry

Seasonal veggies, garlic, ginger, and whole grain brown rice tossed in a homemade sweet heat lemongrass sauce, garnished with cilantro / 14

### Thai Curry Stir Fry

Seasonal veggies, whole grain brown rice, ginger, and garlic tossed in our original curry coconut sauce / 14

### Sesame Ginger Stir Fry

Seasonal veggies, whole grain brown rice, ginger, and garlic tossed in our own made-from-scratch toasted sesame ginger sauce and sprinkled with sesame seeds / 14

## DRINKS

Iced Tea // Green ~~or~~ Daily herbal / 3

Hot Tea / 3

Blue Sky Soda / 2½

Virgil's Soda / 2½

Coffee / 3

Beer / 6

Wine / 7½ glass / 30 bottle

Mimosa / 13

Organic orange juice splashed into a glass of Sparkling wine made from organic grapes

Wasabi Bloody Mary / 8

A spicy twist to the classic bloody mary

Margarita / 8

Organic lime juice, orange juice, and agave in the perfect combination.  
Served on the rocks

## DESSERTS

Chocolate Gateau  

Our famous made-from-scratch, rich flourless chocolate cake served  
drizzled with homemade raspberry sauce / 6

Key Lime Pie  

Homemade with 100% Key West lime juice and baked in  
a gluten-free crust / 6

Daily Desserts

Sometimes vegan, sometimes gluten-free, but always delicious. Ask your  
server what our daily desserts are today / 6



Please inform your server of any special dietary needs you have, so we can try to help you in your decision.  
Many of our dishes can be altered to fit special diets. While we are happy to split a dish for our guests to share,  
there will be a / 6 charge added. For parties of 6 or more, there will be a 18% gratuity added to your check.  
There will be a / 2 charge added for substitution of gluten-free bread or pizza crust

 Vegetarian  Vegan  Lactose-Free option  Gluten-Free Option  Wheat-Free Option  
please inform your server about any special dietary needs you may have.