

## GREEN SALADS

CLASSIC KALE SALAD, SOUTHWEST SALAD,  
GARDEN SALAD, GREEK SALAD, BUFFALO TEMPEH SALAD,  
CURRIED CHICKPEA & KALE SALAD

STARTER SALAD PORTION:    ENTRÉE SIZED PORTION:  
SERVES 20 \$45                    SERVES 8 - 12 \$45  
SERVES 40 \$85                    SERVES 20 - 24 \$85

## SUNFLOWER VEGGIE BURGERS

SERVED WITH SUNDRIED TOMATO SPREAD, GARLIC AIOLI,  
LETTUCE, TOMATO, RED ONION & CHOICE OF FLATBREAD  
OR WHOLE WHEAT BUNS

SERVES 6 \$27, SERVES 12 \$54, SERVES 24 \$108

## VEGAN BBQ

CHOICE OF TRADITIONAL BBQ OR TEMPEH BBQ, SERVED  
WITH BBQ SAUCE & ASIAN SLAW TOPPING

SERVES 12 - 14 \$54, SERVES 24 - 28 \$108  
ADD 12 WHOLE WHEAT BUNS \$6.00

## POPULAR ENTRÉES

(LIMITED AVAILABILITY, ONE WEEK NOTICE PREFERRED)

LASAGNA, BLACK BEAN QUINOA BAKE, THAI GINGER TOFU,  
MOCK CRAB CAKES, SPICY THAI YELLOW CURRY,  
PAD THAI QUINOA BAKE

SERVES 10 \$45, SERVES 20 \$89



## HOT SIDE DISHES

SUNFLOWER RICE, QUINOA, COLLARD GREENS,  
SESAME KALE, SMOKY BEANS, SWEET POTATO CASSEROLE  
OR CARAMELIZED APPLES

## COLD SIDE DISHES

PAD THAI SALAD, ASIAN SLAW, CURRIED CHICKPEA SALAD,  
POTATO SALAD, BROCCOLI SALAD, FRUIT SALAD,  
BLACK BEAN & CORN SALSA

SMALL \$25 (SERVES 10-12)  
MEDIUM \$45 (SERVES 20-25)  
LARGE \$85 (SERVES 50-60)

# Sunflower

Vegetarian Cafe

## CATERING MENU

615-457-2568

SUNFLOWERCAFECATERING@GMAIL.COM

\*MINIMUM OF 48 HOURS NOTICE REQUESTED FOR ALL CATERING ORDERS

## PLATTER SIZES & SERVINGS:

SMALL SERVES 10 PEOPLE  
MEDIUM SERVES 20 PEOPLE  
LARGE SERVES 30 PEOPLE

## ENTREE BOXED LUNCH

( 8 PERSON MINIMUM )

WRAP OR ENTREE SALAD WITH 1 SIDE ITEM, BOTTLE OF WATER,  
NO-BAKE COOKIE & UTENSILS

PER PERSON \$12.99



## BEVERAGES

BOOCH (KOMBUCHA) GALLON... \$27.99  
UNSWEET TEA GALLON... \$5.99  
AGAVE-SWEET TEA GALLON... \$8.99  
BOTTLE OF WATER... \$1.50

WIDE SELECTION OF OTHER BEVERAGES AVAILABLE!





### VEGETABLE PLATTER WITH DIP

FRESH SLICED VEGETABLES WITH CHOICE OF SOUTHWEST DIP, SWEET CHILE PINEAPPLE DIP, RANCH, GARLIC AIOLI OR SRIRACHA AIOLI

SMALL \$23 (1 - 12 OZ DIP)

MEDIUM \$38 (1 - 16 OZ DIP)

LARGE \$53 (2 - 16 OZ DIPS)

ADDITIONAL DIP: 12 OZ-\$5.00 16 OZ-\$7.00

### HUMMUS PLATTER

FRESH VEGGIES & PITA WITH CHOICE OF HUMMUS: TRADITIONAL, SRIRACHA, ROASTED RED PEPPER, BLACK BEAN OR CHIPOTLE

SMALL \$25 (1 - 16 OZ FLAVOR)

MEDIUM \$45 (2 - 12 OZ FLAVORS)

LARGE \$65 (2 - 16 OZ FLAVORS)

ADDITIONAL HUMMUS: 12 OZ-\$5.00 16 OZ-\$7.00

### GOURMET DIP PLATTER

CHOOSE FROM:

SPINACH ARTICHOKE DIP OR ROASTED RED PEPPER DIP, SERVED WITH VEGGIE STICKS & CHOICE OF: PITA, ORGANIC TORTILLA CHIPS OR GLUTEN-FREE CRACKERS

SMALL \$30 (1 - 16 OZ DIP)

MEDIUM \$52 (1 - 24 OZ DIP)

LARGE \$74 (2 - 16 OZ DIPS)

ADDITIONAL DIP: 12 OZ-\$8.00 16 OZ-\$10.00

### SOUTHWEST DIP PLATTER

CHOOSE FROM:

GUACAMOLE, PICO DE GALLO, BLACK BEAN & CORN SALSA OR SOUTHWEST DIP WITH VEGGIE STICKS & ORGANIC TORTILLA CHIPS

SMALL \$25 (2 - 8 OZ DIPS)

MEDIUM \$45 (2 - 12 OZ DIPS)

LARGE \$65 (2 - 16 OZ DIPS)

ADDITIONAL DIP: 8 OZ-\$5.00 16 OZ-\$9.00

ADD QUESO: 16 OZ-\$9.00

## PLATTER SIZES & SERVINGS:

SMALL SERVES 10 PEOPLE

MEDIUM SERVES 20 PEOPLE

LARGE SERVES 30 PEOPLE

### SANDWICH WRAP PLATTER

CHOOSE FROM TRADITIONAL STYLE VEGGIE BURGER, ROASTED PORTOBELLO MUSHROOM, CURRIED CHICKPEA, HUMMUS, SMOKY BEAN & RICE, BUFFALO TEMPEH OR VEGAN BBQ

SERVES 10 \$45, SERVES 20 \$85, SERVES 30 \$125

### FRESH FRUIT PLATTER

DELICIOUS FRESH SLICED FRUIT. ADD CREAMY VEGAN COCONUT DIP FOR \$6.00 (16OZ)

SMALL \$25, MEDIUM \$45, LARGE \$65

### MINI DESSERT PLATTER

ASSORTMENT OF MINI-SIZED CHOCOLATE MOUSSE, COOKIE DOUGH PARFAIT & NO-BAKE COOKIES. OTHER DESSERT OPTIONS AVAILABLE. PLEASE INQUIRE

SMALL \$25, MEDIUM \$45, LARGE \$65



### PINWHEEL WRAPS

BITE-SIZED PINWHEELS FILLED WITH CHOICE OF: SUNFLOWER VEGGIE BURGER, HUMMUS, CURRIED CHICKPEA SALAD, BUFFALO TEMPEH, VEGAN BBQ OR ROASTED PORTOBELLO MUSHROOMS

SMALL \$30 (CHOICE OF 1 FLAVOR)

MEDIUM \$55 (CHOICE OF 2 FLAVORS)

LARGE \$75 (CHOICE OF 2 FLAVORS)

### MOCK "CRAB" CAKES

(LIMITED AVAILABILITY)

DELICIOUS MINI MOCK "CRAB" CAKES SERVED WITH SPICY REMOULADE SAUCE

SMALL \$35, MEDIUM \$59, LARGE \$79

### VEGGIE BURGER SLIDERS

MINI VEGGIE BURGERS WITH SUNDRIED TOMATO SPREAD & GARLIC AIOLI ON SLIDER BUNS

SMALL \$30, MEDIUM \$55, LARGE \$75

### BBQ SLIDERS

VEGAN BBQ WITH ASIAN SLAW & BBQ SAUCE ON SLIDER BUNS

SMALL \$30, MEDIUM \$55, LARGE \$75

### BUFFALO TEMPEH SLIDERS

SPICY BUFFALO TEMPEH WITH RANCH SLAW ON SLIDER BUNS

SMALL \$30, MEDIUM \$55, LARGE \$75

**\*ALL ITEMS VEGAN**