



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

Med. Serves 20 people

Large Serves 30 people

Vegetable Platter with Vegan Dip:

Fresh Sliced Vegetables with Choice of: Ranch, Southwest Dip, Greek Dip, Sweet Chili Pineapple Dip, Garlic Aioli or Sriracha Aioli

Small.... \$23 (1 – 12 oz. dip)

Med.... \$38 (1 – 16 oz. dip)

Large.... \$53 (2 – 16 oz. dips)

(add Roasted Portobello Mushrooms \$7.00)

(additional dip: 8 oz. \$4.00, 16 oz. \$7.00)

Hummus Platter:

Fresh Veggies & Pita with choice of Hummus: Traditional, Sriracha, Roasted Red Pepper or Chipotle

Small.... \$25 (1 - 16 oz. flavor)

Med.... \$45 (2 - 12 oz. flavor)

Large.... \$65 (2 - 16 oz. flavors)

(additional hummus: 8 oz. 4.00, 16 oz. \$7.00)

Southwest Dip Platter:

Choose from: Guacamole, Pico de Gallo, Black Bean & Corn Salsa or Vegan Southwest Dip with Veggie Sticks & Organic Tortilla Chips

Small.... \$25 (2 – 8 oz dips)

Med.... \$45 (2 – 12 oz dips)

Large.... \$65 (2 – 16 oz dips)

(additional dip : 8 oz. \$5.00, 16 oz. \$9.00)

Gourmet Vegan Dip Platter:

Choose from Vegan: Spinach Artichoke Dip, Roasted Red Pepper Dip, or “Crab-Less” Dip Served with Veggie Sticks & Choice of: Pita, Organic Tortilla Chips or Gluten-Free Crackers

Small.... \$30 (1 – 16 oz. dip)

Med.... \$52 (2 – 12 oz. dip)

Large.... \$74 (2 – 16 oz. dips)

(additional dip: 8 oz. \$6.00, 16 oz. \$10.00)

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)

Med.... \$55 (Choice of 2 flavors)

Large.... \$75 (Choice of 2 flavors)

Mock “Crab” Cakes:

Delicious Mini Vegan Mock-Crab Cakes served with Spicy Remoulade Sauce

Small.... \$35, Med.... \$59, Large.... \$79

Veggie Burger Sliders:

Mini Veggie Burgers with Sundried Tomato Spread & Garlic Aioli on Vegetarian Slider Buns

Small.... \$30, Med.... \$55, Large.... \$75

Vegan BBQ Sliders:

Vegan BBQ with Asian Slaw & BBQ Sauce on a Vegetarian Slider Bun

Small.... \$30, Med.... \$55, Large.... \$75

Buffalo Tempeh:

Roasted Tempeh tossed in Buffalo Sauce, Served with Celery Sticks, Carrot Sticks & Vegan Ranch

Small.... \$25, Med.... \$45, Large.... \$65

(add 20 slices of flat bread \$5)

Fresh Fruit Platter:

Delicious fresh sliced seasonal fruit. Add Creamy Vegan Coconut Dip for \$6.00 (16oz)

Small.... \$25, Med.... \$45, Large.... \$65

Mini Dessert Platter:

Mini Assortment of Vegan Chocolate Mousse, Vegan Cookie Dough Parfaits & No-Bake Cookies

Small.... \$25, Med.... \$45, Large.... \$65

Individual Boxed Lunches:

(8 Person Minimum)

3 Sides Boxed Lunch:

3 of our Popular Side Items with Bottle of Water, No-Bake Cookie & Utensils
Per Person.... \$9.99

Entree Boxed Lunch:

Wrap or Entree Salad with 1 Side Item, Bottle of Water, No-Bake Cookie & Utensils
Per Person.... \$12.99

Green Salads:

Raw Kale Salad, Southwest Chopped 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*

Lettuce Wrap Platter:

Crisp lettuce leaves with choice of one filling, 2 toppings & 1 sauce (all served cold)

Choose One Filling:

Curried Chickpeas
Buffalo Tempeh
Black Bean & Corn Salad
Hummus
Mini Sunflower Veggie Burger Patties

Choose Two Toppings:

Garlic Mushrooms, Sautéed Onions, Red Onions, Cucumbers, Shredded Carrots, Bell Peppers, Jalapenos, Diced Tomatoes

Choose One Sauce:

BBQ Sauce, Garlic or Sriracha Aioli, Sweet Chili Pineapple Sauce, Vegan Ranch, Vegan Southwest Dressing, Lemon Dijon Vinaigrette

Serves 10 ...\$36, Serves 20\$72, Serves 30 ...\$108

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

Sunflower Veggie Burgers:

Served with Sundried Tomato Spread, Garlic Aioli, Lettuce, Tomato & Red Onion & Choice of: Flat Bread or Whole Wheat Buns

Serves 6 ... \$27, Serves 12 ... \$54, Serves 24 ... \$108

Vegan BBQ:

Choice of Soy or Tempeh BBQ Served with BBQ Sauce & Asian Slaw Topping.

Serves 12 - 14.... \$54

Serves 24 - 28.... \$108

(add 10 Whole Wheat Buns \$5)

Popular Entrées:

Lasagna, Enchiladas, Black Bean Quinoa Bake, Thai Ginger Tofu, Crab Cakes, Sweet & Sour Tofu, Spicy Thai Yellow Curry, Pad Thai Quinoa Bake or Indian Ginger Coconut Curry.

Serves 10\$45, Serves 20\$89

Hot Side Dishes:

Sunflower Rice, Quinoa, Southern Greens, Sesame Kale, Smoky Beans, Sweet Potato Casserole or Caramelized Apples

Serves 12 - 15....\$25

Serves 25 - 30....\$50

Cold Side Dishes:

Pad Thai Salad, Asian Slaw, Curried Chickpea Salad, Potato Salad, Broccoli Salad, Fruit Salad, Black Bean & Corn Salsa, Kale Salad

Small \$25 (serves 10-12)

Med. \$45 (serves 20-25)

Large \$85 (serves 50-60)

Taco Bar:

Our Taco Day Favorites served in Corn Tortillas Choose from:

House Vegan BBQ or Tempeh BBQ Tacos served with Asian Slaw & Garlic Aioli

Spicy Buffalo Tempeh Tacos served with Creamy Vegan Ranch Slaw

Sweet Potato & Black Bean Tacos served with a Creamy Smoky Slaw

Serves 10 ...\$55, Serves 20 ...\$110

Build-Your-Own-Bowl (BYOB):

Layer up a meal-in-a-bowl, choose your grain, green, entrée & a sauce

Choose your grain:

Sunflower Rice or Quinoa

Choose your Green:

Sesame Kale or Southern Collard Greens

Choose your Main:

Thai Ginger Tofu

Vegan BBQ

Smoky Beans

Roasted Portobello Mushrooms

Choose your Sauce:

Garlic Aioli

Sriracha Aioli

BBQ Sauce

Sweet Chili Pineapple Compote

Thai Ginger Sauce

Serves 10\$95, Serves 20\$185

Beverages:

Booch (Kombucha) Gallon.... \$27.99

Un-Sweet Tea Gallon.... \$5.99

Agave-Sweet Tea Gallon.... \$8.99

San Pellegrino Fruit Flavor Cans.... \$2.50

Bottle of Water.... \$1.50

Wide Selection of Other Beverages Available!