

Breakfast at Sunflowers

"GOOD MORNING AND WELCOME TO SUNFLOWERS!"

Eggs Any Style

We'll fix 'em how you like 'em! Two eggs any style prepared to order Served with hash brown potatoes choice of toast with preserves and bacon strips or sausage links.

Build Your Own Omelet

A one or two egg omelet prepared with any combination of ingredients featuring diced ham, diced onions, green peppers, Cheddar cheese, mushrooms or bacon bits. Accompanied by hash browns and a choice of toast and preserves.

Eggs Benedict

A SUNFLOWERS traditional favorite! Smoked ham on a toasted English muffin half topped with a poached egg and sauce Béarnaise.

Hillside Waffle with Wild Berries

A fluffy Belgian beauty prepared with fresh seasonal berries topped with a dollop of sugar free whipped cream. Presented with your choice of bacon, or sausage links.

The Morning Songbird

Fresh seasonal fruits artfully arranged to display nature's beautiful pallet of sunrise colors! Garnished with a splash of fruited yogurt and fresh baked muffin. It'll have you singing like the morning songbird!

Illinois Ham Steak and Eggs

Hand carved smoked ham steak griddle cooked and presented with two farm fresh eggs cooked to order. Accompanied with hash browns and your choice of toast and preserves.

French Toast

Texas toast dipped in our special mixture of eggs, nutmeg, cinnamon and vanilla and griddle cooked. Presented with your choice of bacon, or sausage links.

Breakfast Mix and Match

Raisin Toast	Fresh Fruit Cup	Hot or Cold Cereal	Oatmeal
Sausage Links	Hash Brown	Half a Grapefruit	Fresh Muffin
	Crisp Bacon Strips	Grilled Ham Steak	

Beverages

Coffee	Decaffeinated	Milk	Ice Tea	Herbal Tea	Apple Juice
	Orange Juice	Lemonade		Cranberry Juice	

Sunflowers

Soups, Salads & Sandwiches for the Soul...

Soup of the Earth

Prepared fresh every morning. Always different and delightful!

Illinois Tomato and Sweet Pepper Soup

Ripe tomatoes and sweet peppers simmered with fresh herbs and cream.

Trash Can Salad – Regular or Fruit

It may sound like garbage but it's far from ready to be set out on the curb! You will receive your own personal trash receptacle layered with the best 7-layer salad you could ever dream of! Or try our new version with seasonal fruits, crunchy granola and light mixed berry yogurt! We toss it tableside and pick up the refuse when you're done!

Strawberry Fields Forever

Delightful baby spinach leaves lovingly tossed in our sesame-ginger dressing with roasted pine nuts and fresh field strawberries bursting with sweetness! Accompanied by a fresh baked muffin.

SUNFLOWERS Quiche Lorraine

Our signature quiche is prepared from scratch "deep dish" style every morning with pasteurized eggs, fresh grated Swiss cheese, smoked bacon, light cream, and fresh herbs. "Many say this dish originated in Lorraine, France, but we're just trying to score points with the boss by naming our food after her"!

SUNFLOWERS Chicken or Tuna Salad

Your choice of house-made chicken or tuna salad lovingly placed on your choice of bread. Add fresh spinach for something different.

Shaved Turkey Reuben Panini

Still yummy but more healthy! Shaved whole turkey breast piled high on marble rye with fresh kraut and classic dressing prepared on our Panini grill.

Join the Club!

And what a very special club it is! This traditional favorite makes the SUNFLOWERS seen with layers farm raised turkey breast, smoked bacon, carved ham and cheese joined by our Hillside lettuce, tomatoes and our newest member of the club...California avocado. Remember, membership has its privileges!

The Angus Burger

Hand made from 100% Certified Angus Beef and grilled to your liking. Top it with your favorite cheese and crisp bacon if you wish! Served with chips on a toasted bun.

Sunflowers

And Everything Else...

The SUNFLOWERS Stir-Fry

There is no denying we love SUNFLOWERS and toasted sunflower seeds are the star of this dish! We take tender stir-fry vegetables and savory herbs to the skillet for a quick sear with sunflower oil and light plum sauce. Lovingly spooned over a fluff of brown rice and topped with a petite filet of wild caught Alaskan salmon. Garnished with toasted sunflower seeds.

The “BIG CHEESE”

Texas toast griddle cooked with melted American and Swiss cheeses and complimented with crisp bacon and sliced tomato.

SUNFLOWERS Barbecue Ribs

Fork tender baby back ribs basted with our house made barbecue sauce. Presented with your choice of vegetable and potato.

Broiled Seafood Platter

The bounty of the seas! A delightful sampling of Alaskan salmon, gulf shrimp and deep water scallops prepared oven broiled and served with plenty of fresh lemon. Presented with your choice of vegetable and potato.

Grilled Filet Mignon

A beautiful Certified Angus filet mignon prepared to your liking and served your choice of vegetable and potato.

SUNFLOWERS Chicken Quesadilla

Toasted sun-dried tomato tortillas loaded with grilled chicken, baby spinach leaves, julienne of sweet peppers and onions, fire roasted corn and melted Jack and cheddar cheeses. Presented with light sour cream and tangy salsa.

Country Pot Roast

Slow simmered chunks of beef and tender stew vegetables in a rich home-made sauce. Served with whipped potatoes and your choice of vegetables.

“The “SUNFLOWERS” Special”

Prepared fresh for you everyday in our SUNFLOWERS kitchen!

ALL SUNFLOWERS OFFERINGS INCLUDE BEVERAGES, SOUP, SALAD BAR AND DESSERT
ALL SANDWICHES ARE SERVED WITH CHIPS