

SUNFLOWER Cafe & Bar

fuel FOR THE
SELF-PROPELLED

EARLY available until 11:30am

EGG SANDWICH*9

egg / American cheese / aioli / arugula / toasted
ciabatta +bacon \$2, +sausage \$3, +steak \$5

 +avocado \$1.5, +pickled red onion \$.5

B&G.....10

biscuit / sausage gravy +fried egg \$2

CLASSIC BREAKFAST.....12

two eggs / breakfast potatoes / toast / jam /
choice of bacon or sausage



favorite!

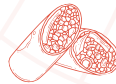
ALL DAY

AVOCADO TOAST*.....9

pickled red onion / local micro greens / chili flakes /
toasted sourdough + fried egg \$2

BOTTLE CAGE BREAKFAST BURRITO*.....12

avo oil flour tortilla / egg / black bean / potato /
monterey jack / salsa / choice of bacon or spinach



BLT.....12

BAGEL & LOX10

NY-style bagel / thinly shaved cured salmon /
cream cheese / capers / red onion / lemon

BAGEL + CREAM CHEESE .. 5

YOGURT PARFAIT .. 5



**treat your office with
bagel + coffee
catering!**

book an event with us!

We have several spaces that are perfect for holding
meetings, corporate workshops, networking events, and
parties for special occasions.

Email events@sunfloweroutdoorandbike.com

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, OR EGGS MAY INCREASE YOUR
RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE MEDICAL CONDITIONS

smoothies 

Chocolate pb banana protein shake 9

chocolate plant-based protein /
banana / peanut butter / oat milk
Sub SKRATCH RECOVERY
(4:1 carbs to protein) + .5

Horchata chai Protein 9

horchata plant-based protein /
banana / chai / oat milk

Cafe date 9

dates / banana / almond butter /
toasted coconut / oat milk

Sunny green 8.5

spinach / kale / avocado /
mango / banana / peach

Strawberry Banana 8

sweet tangy strawberry /
perfectly ripe banana

Blueberry lavender 8

blueberry / peach / lavender
banana / oat milk

enhancers:

espresso shot 3

chocolate recovery 1.5
(4 carbs: 1 protein)

vegan plant-based protein 1
(chocolate, vanilla, strawberry,
or horchata)

almond or peanut butter 1

COFFEE & ESPRESSO



OUR COFFEE IS SPECIALLY ROASTED AND ETHICALLY SOURCED FOR US BY OUR FRIENDS AT REPETITION COFFEE IN EAST LAWRENCE

- DRIP 2.75/3
- ESPRESSO 3
- AMERICANO 3.5
- CAPPUCCINO 4
- CORTADO 4
- FLAT WHITE 4
- LATTE 4.6/5
- MOCHA 5.5/6.5
- COLD BREW 4/5

MILK OPTIONS: OAT, ALMOND, COCONUT, WHOLE, SKIM, CHOCOLATE, HALF AND HALF

SWEET TREATS

- STEAMER 2.8 / 4.5
steamed milk with choice of flavor
- HOT CHOCOLATE 2.8 / 4.5

SYRUP OPTIONS: VANILLA, CARAMEL, LAVENDER, BROWN SUGAR CINNAMON, AND OTHER SEASONAL OPTIONS AVAILABLE

SODA +

- CREAM SODA ... 4.5
- BOTTLED SODAS ... 4.5
- MEXICAN COKE / JARRITOS

Seasonal
Faves

- PEPPERMINT MATCHA
- CARDAMOM ROSE LATTE
- IPSENTO LATTE
- COCONUT MILK / HONEY / CAYENNE

TEA

- CHAI ... 6/8
black tea flavored with spices
- MATCHA LATTE ... 6/8
Japanese green / honey-sweetened milk
- LAWRENCE FOG ... 5
Hugo grey tea / steamed milk / lavender
- HUGO GREY ... 3
black: grapefruit pith / peat / vibrant
- RAINIER MINT ... 3
mint: wintergreen / menthol / brisk
- JASMINE BAI HAO ... 3
green: white flowers / riesling / soft
- ICED HIBISCUS ... 3
- ICED BLACK ... 3



evolving since 1972
a Lawrence, Kansas staple

LATER

AVAILABLE AFTER
11:30am



shareable bites

SMOKED TOFU BITES 10

ginger soy dipping sauce

VEGGIE PLATE 11

raw veg / tzatziki / romesco /
spicy roasted red pepper feta dip / pita

SOFT PRETZEL BITES 10

house mustard & queso

FRY PLATE 8

sweet potato or regular fries /
house fry sauce / ketchup

ROASTED SPROUTS & CARROTS 11

balsamic glaze / romesco / pita /
wilted spinach / sunflower seeds /
dried cranberry

LOADED NACHOS 12

queso / black beans / pickled
red onion / jalapeño / guacamole /
sour cream / salsa

Happy
Hour
4pm-6pm
Daily

+ chx / tofu / falafel \$4 + burger patty \$6

KALE CAESAR SALAD 11

red onion / croutons / cherry tomato /
parmesan / caesar

HEARTY SALAD 13

kale / spinach / dried cranberries / granola /
fresh berries / raspberry vinaigrette

HANDHELDS

sides: fries, kettle chips, or sub a side salad (+2)
sub local GF bread (+1)

BIKE SHOP BURGER 15

6oz beef patty / American /
local lettuce / tomato / pickles / red
onion / toasted bun

BBQ'D PORK 16

kimchi / avocado / green onion / marbled rye

STEAK SANDWICH 17

romesco / caramelized onion / arugula
provolone / garlic aioli / ciabatta

FALAFEL BURGER 15

tzatziki / greens / tomato / marinated
cucumbers / onion / toasted bun

CURRY CHICKEN SALAD 14

greens / tomato / toasted multigrain

GRILLED CHEESE 10

melty cheese blend / sourdough

***BLT, Avocado Toast, and
Bottle Cage Burrito
available all day!**

BOWLS

SHIITAKE SPICY RICE 16

smoked tofu / avocado / kimchi / cashews / miso
sub steak for tofu \$2

GREEK BOWL 16

marinated cucumber / bell pepper / cherry tomato
red onion / tzatziki / spinach / herbed rice
with falafel or chicken; sub steak \$2