

VEGETARIAN RESTAURANT



Sunflower

Dinner Menu



Sunflower

The sunflower which is named for the sun that provides us with life and energy. It is a flower that symbolizes warmth, health and good nature. Sunflower continually face the sun, absorbing the light's nourishment which is passed on in the form of sunflower seeds. Once the sunflower blossoms, however, it no longer follows the sun-the unselfish sunflower only takes as much as it needs.

Sunflower Vegetarian Restaurant wishes to follow the example of the spirit of sunflower. With these ideas in mind, we take great pride in introducing more and more people to vegetarianism, and thus, help to avert such disasters of the Earth as war, flood, drought and disease.

In gratitude for these precious gifts from our earth, we should try to preserve our nature and ensure that others will be able to share with in the fortune. Ironically, the Earth is being destroyed by the wisest of all creatures: human beings. Our sense of nature tells us that if we try to conserve and to prevent waste, such as killing fewer animals, we can maintain the balance that so critically affects of peace and harmony we enjoy in our lives.

These ideas also differentiate Sunflower from other vegetarian restaurants because we emphasize taste as well health values. Sunflower is a 100% vegetarian restaurant with many dishes that look and taste like real meat, poultry and seafood. Our menu features Japanese, Chinese and Continental style dishes; however our preparations are as far removed from traditional foods because we constantly strive to maintain the highest qualities in health, taste and conservation.

Many selective items are imported directly from their original sources in order to ingredients and vegetable substitutes for "mock" meat, poultry and seafood. Everything is natural flavor enhances (i.e., kelp powder, kombu, sea salt, gomashio, organic brown rice syrup, fresh nature root vegetables etc.) are used in our dishes.

We hope that every dish you have on Sunflower will convince you that are not only doing something great for you own body, but also for our world.

How wonderful to slow down and be peaceful,
How wonderful to eat with friends,
How wonderful to share this time of peace and gratitude.

*"O' Heavenly Father,
We thank thee for food, and remember the hungry,
We thank thee for health, and remember the sick,
We thank thee for friends, and remember the friendless,
We thank thee for freedom, and remember the enslaved,
May these remembrances stir us to service,
That thy gifts to us may be used for others, Amen."*

**Abigail Van Buren (Dear Abby)*

BEVERAGES

Fresh Squeezed Carrot Juice	4.25
Fresh Squeezed Orange Juice	4.25
Organic Hot Tea	2.00
<i>(1) Green Tea (2) Green Tea w. Toasted Brown Rice (3) Jasmine Green Tea (4) Bancha Tea (toasted green tea) (5) Kukicha (twig tea)</i>	
Caffeine-Free Tea	2.00
<i>(1) Mu(16 herbs) Tea (2) Earl Grey Tea (3) Ginger Tea (4) Burdock Tea</i>	
Organic Soy Extra Vanilla Milk	3.00
Organic Naturally Almond Milk <i>(Low Fat)</i>	3.00
Jujube & Longan Fruit Crystal Drink <i>(hot or cold)</i>	3.00
Lemonade	2.00
Organic Homemade Iced Tea	2.00
Soda	2.00
<i>Coke, Diet Coke, Root Beer, Sprite, Ginger ale</i>	
Evian	3.00
Dasani	2.50
Grain Coffee (Macro)	<i>Per Cup</i> 2.00



TASTY MORSELS

Teriyaki Mock Sesame Eel (4) <i>Baked homemade mock eel in teriyaki sauce, topped with sesame seeds and Japanese pickled ginger.</i>	5.00
Green Edamame Soybeans (Cold)	4.00
Spring Rolls (Fried) (2) <i>Green cabbage, carrots, shiitake & wood ear mushrooms.</i>	4.00
Steamed Moo Shu Rolls (2) <i>Yuba (marinated tofu skin), wood ear mushrooms, shiitake mushrooms, carrots and green cabbage.</i>	4.50
Cold Basil Roll (Wheat free) (2) <i>Jicama, carrots, lettuce, dry spiced tofu, marinated yuba and basil wrapped in rice pepper.</i>	4.00
Fried "Chick'n" <i>Made with marinated soy protein, sea salt and black pepper.</i>	6.00
Steamed or Pan Fried Dumplings (4) <i>With napa cabbage, spiced tofu, shiitake mushrooms, bean thread noodles and yuba.</i>	4.50
Spiced Seasoned Veggie Drumstick (2)	4.00
Yummy Homemade Daikon (Radish) cake (3)	4.50
 Spicy Organic Spinach Wonton in Red Sauce (6)	5.00
 Savory Coconut Spicy Veggie-Shrimp (5)	6.00

SOUP (MADE TO ORDER)

Miso Soup <i>Fresh mushrooms, daikon and organic tofu.</i>	3.00
Wakame Soup <i>Japanese seaweed w. fresh enoki mushrooms (13) & shredded ginger roots in vegetable stock.</i>	3.00
Lily Flower Soup <i>Lily flower, bamboo shoots, dried mushrooms & shredded ginger roots.</i>	3.00
Organic Spinach Wonton Soup	3.50
Mini Sukiyaki <i>Organic tofu, fresh mushrooms, daikon, shirataki, Carrots, napa cabbage, bean thread noodles, kombu & watercress served in Japanese hot pot.</i>	8.00
Bamboo Fungus Soup <i>Fresh enoki mushrooms, green peas, organic tofu & shredded ginger roots.</i>	4.00
 Thai Tom Yum (spicy & sour) Soup <i>Fresh white mushrooms, organic tofu, baby corn, bamboo shoots, tomatoes, and snow peas in Thai spicy & sour in lemon grass soup.</i>	3.50
 Hot Hot Shabu Shabu <i>Yuba (tofu skin), organic tofu, bean sprouts, bean thread noodles, dried mushrooms chunks, broccoli & baby bok choy in hot spicy soup.</i>	9.00

• Food allergies?

Please ask about any dish before ordering.

 spicy  non-vegan

SALADS

Japanese Hiyashi Seaweed Salad	4.00
Grilled Vegetable Salad <i>Grilled flavored organic tofu, eggplant, zucchini, yellow squash on mixed greens.</i>	8.00
Seaweed Salad <i>Japanese akatosaka, aotosaka and hiyashi on mixed greens.</i>	8.00
Jicama, Orange, Goji Berries & Avocado Salad	7.50
House Salad	5.00
With Organic Sunflower Seeds	6.00
With Avocado	7.00
! Multicolored Salad <i>(vegan optional)</i> <i>Strips of vegi-patty, vegi-bacon, jicama, tomatoes, dried cranberry, pumpkin seeds, sliced almonds and mixed greens</i> <i>Choice of homemade dressings (Oil free):</i> <i>(1) Japanese style ginger; (2) Miso lemon;</i> <i>(3) Spiced peanut, (4) House Dressing (less oil)</i>	9.00

NOODLES

1. Udon (thick wheat noodles) Penne (wheat pasta)
 2. Jinenjo Soba (buckwheat noodles with wild Japanese yam)
 3. Tofu Noodles (gluten-free, no cholesterol, no sugar)
- *** Udon, Tofu Noodles or Soba substitution available for an extra \$1.00

Mizuni Sansai Noodles <i>(Udon or soba)</i> <i>Sauteed soy protein, wood ear mushrooms, Japanese parsley, bracken & vegetables, tossed w/seacress (green nori flake-gomashio).</i>	9.00
Mizuni Sansai Noodles in Soup <i>(Udon or soba)</i> <i>As above, simmered in savory miso-tahini soup.</i>	9.00
Rice Noodles in Curry Soup <i>(or Tofu Noodles)</i> <i>With wheat gluten, napa cabbage, carrots, bean sprouts and soy protein.</i>	9.00
Noodles with Wonton in Soup <i>With Chinese noodles, shiitake mushrooms, yuba, baby bok choy and carrots.</i>	9.00
Bolognese Sun-Dried Tomato-Mushrooms Herb Over Penne <i>(or Rice Noodles)</i> <i>Simmered with shiitake mushrooms, white button mushrooms, fresh tomatoes, celery, zucchini, yellow squash and herbs.</i>	8.50
Colorful Vegetables Lo Mein <i>(or Rice Noodles)</i> <i>Sauteed with Chinese noodles, soy protein, bean sprouts, carrots, napa cabbage, wood ear mushrooms and shiitake mushrooms.</i>	8.50
 Grilled Veggie Patty over Noodle in Thai Tom Yum <i>(spicy & sour) Soup</i> <i>Chinese noodles, napa cabbage, bean sprout, baby corn, shiitake mushrooms and bamboo shoots. (vegan optional)</i>	9.50

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SANDWICHES CIABATTA BREAD

(Served on ciabatta bread garnished with lettuce, tomatoes, jicama and mixed greens on the side.)

1. Avocado & Jicama Sandwich 6.50
- ! 2. Vegi Burger Sandwich *(vegan optional)* 7.00
3. Orange Chick'n Chunks Sandwich 7.00
4. Chick'n Patty 7.00
5. Organic Tempeh (5 grains) Sandwich 7.00
6. Grilled Organic Tofu & Vegetables Sandwich 7.50

(Asparagus, eggplant, zucchini, yellow squash & red pepper)

Extra avocado; dairy cheese; vegan rice cheese each for an extra \$1.00

SUSHI

1. Zen Roll 5.50
Avocado & cucumber.
2. Rainbow Roll (9 pieces) 5.50
Carrots, pickled daikon, inani and cucumber.
3. Inani Sushi(Marinated Tofu Skin) (4 pieces) 4.50
Stuffed w/brown rice, sesame seeds, crispy bean curd, seacress & shiso condiment (edamame soy beans on the side.)
4. One Mouth Happiness 9.00
3 piece of sushi 1 & 2 & 3 hiyashi seaweed & edamame soy beans.



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RICE (Choice of brown or white rice)

- Japanese Maze Rice** 9.50
Marinated burdock, carrots, shiitake mushrooms, konnyaku, chick peas, bamboo shoots, kombu and mizuni sansai mixed with brown rice, garnished with green nori flake-gomashio.
- Shiny Rice** 9.00
Jicama, sliced soy protein, shiitake mushrooms, carrots, baby corn & spinach served over rice.
- Hawaiian Style Rice** 9.00
With pineapple, red bell pepper, zucchini, roasted soy protein in tomato sauce.
-  **Sunflower Curry Fried Rice** 9.00
With vegi-bacon, celery, baby corn, carrots, organic sunflower seeds and zucchini.
- Vegetable Fried Rice** 8.50
With soy protein, wood ear mushrooms, green peas, carrots, chick peas & organic green cabbage.
-  **Thai Tom Yum Paste (spicy and sour) Fried Rice** 9.50
Edamame (green soy beans), Thai Basil, sweet corn, carrots, soy protein, iceberg lettuce, organic chick peas and shiitake mushrooms.
-  **Rice Bowl (vegan optional)** 9.50
Napa cabbage, carrots, snow peas, bean thread noodles and grilled veggie patty.



SAVORY ENTREES (Served with brown or white rice)

- Kale & Burdock Deluxe** 10.00
With organic tofu, wheat gluten and organic chick peas in ginger sauce.
- Eggplant Medley** 9.50
Sauteed with minced soy protein, tomato, sun-dried tomato, mushrooms, baby corn and zucchini.
- Golden Nugget** 10.00
Marinated yuba (bean crud skin) wrapped with shredded shiitake mushrooms, soy protein and bamboo shoots in house brown sauce. Garnished with sautéed napa cabbage, broccoli, bean thread noodles and carrots.
-  **Wheat Gluten with Fermented Black Bean Sauce** 9.50
With organic tofu, carrots, zucchini and yellow squash.
- Macrobiotic Root Vegetables and Greens** 9.75
Sauteed fresh jicama, carrots, burdock, ginger root, snow peas, daikon & Chinese wolfberry on a bed of steamed watercress & tossed w. seacress (green nori flake).
- Macrobiotic Tofu** 9.50
Organic soft tofu, lily flower, wakame, carrots, burdock, Chinese wolfberry, goji berries & broccoli in light ginger sauce, Tossed w. sesame seeds.
-  **Organic Ma Po Tofu** 10.00
With diced soy protein, green soy beans, shiitake mushrooms and sweet corn in special hot & spicy sauce.
- Zen of Greens** 9.50
Kale, watercress, snow pea, broccoli and baby bok choy in light ginger & veggie-oyster sauce.

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SUNFLOWER SPECIALTIES (Served with brown or white rice)

! Eggplant Lover	13.00
<i>Golden brown battered eggplant stuffed w/cheese, soy protein & sun-dried tomato & nuts pesto in sweet & sour sauce, garnished with red bell pepper, green soy bean, fresh mushrooms & carrots.</i>	
! Popeye's Favorite	12.00
<i>Homemade fresh potato pie mixed w/spinach, soy protein & vegi-bacon in house black pepper sauce.</i>	
Asparagus Roll	12.00
<i>Baked stuffed wheat gluten roll with vegi-ham, asparagus in house special sauce and (dairy) cheese or rice cheese.</i>	
Sunflower Forest	12.00
<i>Layers of fried bean thread noodles, minced shiitake mushrooms, celery, soy protein, vegi-ham, water chestnuts, carrots, sunflower seeds and baby corn, wrapped with lettuce.</i>	
! General Tso's Surprise	12.00
<i>Chunks of soy protein in hot kung-pao sauce, garnished with steamed broccoli and carrots.</i>	
! Vegan General Tso's Magic	12.50
<i>Chunks of vegan soy protein in hot kung-pao sauce, garnished with steamed broccoli and carrots.</i>	
Sweet and Sour Sensation	12.00
<i>Soy protein with chunks of pineapple, zucchini and carrots in a delightful sweet and sour sauce.</i>	
! Curry Supreme	12.00
<i>Chunks of soy protein stewed w/broccoli, potatoes, mushrooms, carrots & green peas in a special Japanese curry sauce.</i>	
! As-You-Wish Garden	12.00
<i>Layers of gently pan fried noodles, topped with fresh mushrooms, snow peas, carrots and soy protein in a basil and ginger sauce.</i>	
! Sunflower's Satisfaction	12.00
<i>Sauteed special monkey mushrooms, snow peas, soy protein and chick peas in a mildly hot & sweet orange sauce with red chili, garnished with Shanghai cabbage and red bell peppers.</i>	
! Songbird	12.00
<i>Sauteed chunks of wheat gluten, soy protein, shiratake and celery in a hot kung-pao flavored sauce, tossed w/steamed watercress and peanuts.</i>	
Adventure of Organic Tempeh Land	12.50
<i>Organic marinated tempeh (five grains) sautéed with red pepper, snow peas, asparagus, baby corn and white mushrooms in Thai style curry sauce.</i>	
Orange Imagination	12.50
<i>Soy protein marinated in orange juice, fresh orange chunks, snow peas and Thai basil, garnished with pumpkin seeds and steamed broccolis.</i>	
Macro Plate	12.50
<i>Steamed kabocha, root vegetables and kale, burdock, organic tofu over steamed mixed grain rice. Curry sauce on the side.</i>	
Raw World	12.00
<i>Japanese style akatosaka, aotosaka, jicama, tomato, organic sunflower seeds, avocado, pumpkin seeds, dried blueberries, dried cranberries and daikon on a bed of mixed greens.</i>	
! Amazing Mushrooms Palate	12.50
<i>Fresh enoki mushrooms, white mushrooms, shiitake mushrooms, monkey mushrooms, shiratake, edamame and ginger in Thai basil BBQ sauce.</i>	



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! spicy ! non-vegan



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SIDE ORDERS

1. Brown Rice or white rice	1.50
<i>Extra bowl</i>	
2. Steamed Root Vegetable	6.00
<i>Jicama, carrots, burdock</i>	
3. Steamed Green Vegetable	4.50
<i>Kale, watercress or broccoli</i>	
4. Mixed Grain Rice	3.00
<i>Pearl barley, ozuki beans, green peas, brown rice, wild rice and black beans.</i>	
5. Organic Marinated Tempeh	6.00
<i>(five grain) (6 pieces)</i>	
6. Steamed Organic Tofu or Soy Protein or Noodles	5.00

VEGAN DESSERTS

Avocado & Lemon Pie	4.00
Organic Lemon Tofu "Cheese" Pie	4.00
<i>Tahini, pumpkin seeds and cashews</i>	
Organic Pumpkin Tofu Pie	4.00
Organic Almond & Blueberry Jelly Pie	4.50
Organic Almond & Blueberry Jelly <i>(Yukan)</i>	5.00
Chocolate Cake with mousse and glaze	5.00
<i>(contain unsweetened chocolate & cocoa)</i>	



Dessert ingredients contain organic tofu, organic brown rice syrup, organic apple juice, organic cranberry juice and organic low fat almond milk.

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GOURMET GLOSSARY

1. AGAR AGAR

Made from seaweed is a strong natural jelling agent made from seaweed. It is soothing to the digestive tract, AIDS regularity and also good for constipation.

2. AZUKI BEANS

Helps to strengthen the kidneys, also good to regulated and smooth bowel movements and regulate menstrual activity.

3. BANCHA TEA (TOASTED GREEN TEA)

Contains little caffeine, it has a stabilizing effect and stimulates digestion.

4. BARLEY MALT SYRUP

Contains some complex carbohydrates and has less impact on the body's metabolism than most refined sweets.

5. BEAN THREAD NOODLES

Noodles made from starch of green mung beans.

6. BLUE AGAVE

Is a natural sweetener extracted from the heart of the blue agave plant. It is produced at a low temperature (less than 118 f) and has a full sweet flavor with subtle molasses tones. Agave is a low glycemic index (GI) sweetener, so it is slowly absorbed into the body preventing spikes in blood sugar. It is 1-1/4 times sweeter than sugar, so you need less.

7. BROWN RICE

Every rice seed has a structure that is formed of a stiff outer layer called 'HUSK', an inner brown layer that is called bran and a white colored seed under the bran. It is widely believed that brown rice helps control blood pressure and also reduces wide fluctuations in blood sugar. The high fiber content of brown rice has a good effect on controlling cholesterol and cholesterol control is of prime importance in keeping away heart disease.

8. BUCKWHEAT

Is actually the fruit of a plant, related to sorrel and rhubarb. It is high in vitamin v, E&C as well as protein. Compared to other "grains" buckwheat is a source of quality protein since it contains eight essential amino of minerals, especially magnesium, which helps regulated blood sugar levels & promote healthy blood pressure.

9. BURDOCK

The burdock plant's long, slender taproot has a pleasant, crunchy texture and earthy flavor. Highly regarded by ancient practitioners of oriental medicine, burdock was thought of as a strengthening food-medicine, and was commonly eaten as a blood purifier. It was prescribed to hasten recovery from sickness as well as for relief from arthritis and diseases of the skin. In addition to its healing qualities, burdock is a good source of b vitamins, magnesium, potassium and fiber. It is often recommended as part of a diet to counter the damaging effects of excessive sugar and drug use.

10. CANOLA OIL

A neutral-flavored, all-purpose cooking oil, very low in saturated fats, and contains polyunsaturated and monounsaturated fats.

11. CHICKPEAS

Also called garbanzo beans, these light-brown beans have a nutty flavor.

12. GOJI BERRY

Improves vision, helps prevent liver and kidney deficiency, headaches, lumbago and cancer.

13. CHNESE JUJUBE

Rich in vitamin C and D, it is an effective tonic to the spleen and stomach, contains nutrients, and works as a sedative for indications of "empty" spleen/stomach, general energy deficiency fatigue and hysteria.

14. DAIKON

A long, white radish with a sweet, pungent flavor, it is helpful for digestion and detoxifies animal proteins, and also protects against carcinogens.

15. DRIED BAMBOO FUNGUS

The "king" of the dried delicacies from the mountains, expensive & nutritious, rich in protein & carbohydrates, only the expensive feasts have the bamboo fungus.

16. ENOKI MUSHROOMS

Fragile, flower-like mushrooms grown in small cluster, mild in flavor and slightly crunchy.

17. FERMENTED BLACK SOYBEAN

Good for the lungs & stomach, carminative, sedative, antipyretic, for indications of colds, fevers and headaches due to "wind-heat" injury - oppressions in chest and insomnia.

18. FLAXSEED

Known as linseeds in Europe, flaxseeds are prized by health-conscious eaters everywhere owing to their abundant omega-3 content. For best digestion, flaxseeds should be ground before using. In addition to sprinkling them on cereals, salads, casseroles and desserts you can use ground flaxseeds in baking to boost the nutritional content of these foods. Flaxseeds combined with water in a blender become quite viscous and can be used to replace eggs in many recipe.

19. GINGER

One of the world's 10 favorite spices, surpassing any modern drug in therapeutic scope without harmful side effects, helping to prevent heart attacks, reducing fever and pain, improving digestion, fighting cancers, is a powerful antioxidant.

20. GREEN TEA WITH TOASTED BROWN RICE

An excellent drink for everyone, especially in the summer as it helps to normalize the body temperature, good for constipation, diarrhea and chronic headaches.

21. GOMASHIO

With sesame seeds & unrefined white sea salt, can relieve tiredness, will strengthen the nervous system, establishes a stable & correct balance of yin and yang elements in the body, thereby increasing natural immunity.

22. HEMP SEED

These seeds have the highest amount of essential fatty acids of any plant and provide plenty of protein. They can be purchased hulled for better digestibility. Like other seeds, hemp seeds can be added to baked goods or sprinkled on cereals, desserts and salads. Hemp oil, as well as a cheese alternative made with hemp is available in natural food stores.

23. JICAMA

Tropical root vegetable that looks like a sand ball; white inside and has a crispy, similar to that of water chestnuts; mild flavored, can be added to nearly anything to provide a juicy, fresh and crunchy texture.

24. JINENJO (DIOSCOREA OPPOSITA)

A mountain yam (root), used for indications of "empty" spleen and stomach, lack of appetite, fatigue, diarrhea, leucorrhea, chronic coughs, nocturnal emissions, spermatorrhea, frequent and scanty urination.

25. KABOCHA

Replenishes and invigorates the spleen and stomach, relieves inflammation and pains, removes all toxic substances and destroys intestinal parasites; applicable to patients with both essential hypertension and diabetes.

26. KELP NOODLES (RAW)

They look like bean thread noodles and are a sea vegetable in the form of an easy to eat raw noodles. Made with mineral-rich sea kelp, sodium alginate (sodium salt extracted from a brown seaweed) and water. Kelp noodles are fat-free, gluten free and very low in carbohydrates and calories. Their healthful content provides a rich source of trace minerals including calcium and iron.

27. KOMBU

Has also been thought to increase longevity; intelligence and clear thinking rich in essential minerals, scientific research has discovered that it is effective in helping to prevent a variety of cancers.

28. KONNYAKU

A traditional Japanese food made from yam flour; zero calories, contains lots of calcium and iron, also good for "empty" bowels stomach.

29. KUKICHA (TWIG TEA)

Naturally low in caffeine, a good daily drink for people suffering from nephritis, bladder infections, heart disease, indigestion and general fatigue.

30. LILY BULB

It's rich in protein, calcium and iron. Antitussive and expectorant in Chinese natural way medicine use. Raw, it tasters crisp and sweet, can be used in the fruit and vegetables salad.

31. LONGAN FRUIT

Affinity: heart and spleen Effects: cardiogenic: sedative: tonic to blood: digestive Indications: Heart and spleen deficiency: absent-mindedness: Insomnia: heart palpitations: weakness, fatigue due to blood deficiency.

32. MACRO CAFÉ (GRAIN COFFEE)

A non-stimulating, caffeine-free coffee substitute made from roasted grains, beans and roots such as barley roasted rye, and dandelion roots.

33. MACROBIOTICS

An approach to balanced living based on a balanced diet, moderate exercise, harmony with the environment, and an understanding of the philosophic principles of Yin and Yang.

34. MISO

A salty paste made from cooked, aged soybeans and rice, rich in minerals and vitamins, including B-12, promotes an alkaline environment in the body to enhance resistance to disease causing organisms.

35. MONKEY MUSHROOM

Also called hedgehog Hydnum Mushroom, every 100 grams 26.3g protein, 4.2g fat, 50g carbohydrates, affects arteriosclerosis, cholesterol, stomach, and prevents cancer.

36. MU 16 HERBS TEA

A combination of 16 plants and wild herbs, good for relieving tiredness and can be reheated. It is a balanced tonic that both energizes and soothes the body. It strengthens both the stomach and reproductive organs. Men can reap additional strength and vitality from drinking mu tea.

37. NAPA CABBAGE

Also called Chinese cabbage, a variety of cabbage similar to bok choy but smaller in size, light green in color with crinkled leaves.

38. NORI

Paper-thin, crispy sheets of pressed sea vegetables, used for Japanese sushi, rolled around rice or crumbled as a garnish, rich in protein, calcium, vitamins, iron and minerals.

39. PINE NUTS

Produced by evaporating unpolluted sea water free of additives and anti-caking agents, convulsion, moisturizing the lung and lubrication the intestinal tract; it should be avoided by those who are troubled w. loose stools, spermatorrhea or phlegm dampness.

40. SEA SALT

Produced by evaporating unpolluted sea water free of additives and anti-caking agents, containing trace elements not found in the processed regular table salt.

41. SEACRESS

A tasty herb from the sea which is a natural flavor enhancer, like colorful herbs from kitchen garden, it has its own sensitive & unique flavor; will bring new highlights to salads, soups, sauces, & vegetables, adding authentic taste to any dish.

42. WHEAT GLUTEN

A chewy, high-protein food made from boiled or baked marinated wheat gluten.

43. SESAME SEEDS

For cases of stomach/intestinal troubles, menstrual irregularities, eyesight problems, can also increase production of breast milk and darken the hair.

44. SHIITAKE MUSHROOM

A rich, woody mushroom with an umbrella-shaped brown cap used in traditional Chinese and Japanese cuisine, a powerful immune booster. These mushrooms are effective in helping the body to discharge excess salt and animal fats. Amino acid in shiitake helps speed up the processing of cholesterol in the liver.

45. SHIRATAKI

A yam noodle, made from yam flour and purified water (as is konnyaku), also good for "empty" bowels and stomach.

46. SHISO (PERILLA)

Shiso leaves are rich in chlorophyll, vitamins A, B2 and C; and also in calcium, iron and phosphorus; also certain linoleic acids, which have the ability to dissolve cholesterol; medicinal effects include calming the nervous system, stimulating sweat secretion, diuretic properties, activating the digestive system, helpful in cases of common colds and coughing.

47. SOY PROTEIN

A fibrous-textured soy product made from extruded soy flour.

AS A HIGH-QUALITY PROTEIN SOURCE, SOY PROTEIN OFFERS THESE IMPORTANT BENEFITS:

- HELP MANAGE HUNGER VIA SATIEFY EFFECT
- SUSTAINS ENERGY CEVELS
- SUPPORTS HEALTHY GROWTH AND DEVELOPMENT
- BUILIDS AND MAINTAINS LEAN MUSCLE MASS AND SOY PROTEIN IS THE ONLY PROTEIN SOURCE SUPPORTED BY A FOOD AND DRUG ADMINISTRATION (FDA) APPROVED HEALTH CLAIM, RECOGNIZING ITS BENEFITS IN REDUCING CARD VASCULAR DISEASE RISK.

48. SUNFLOWER SEED

Efficiencies and indications: reinforces the spleen and moisturizes the intestinal tract, arresting dysentery; treats boils. They are rich in omege-6 essential fatty acids, necessary for the health of skin and hair, and are a good source of protein, calcium, iron and magnesium, which may help reduce the severity of asthma, lower high blood pressure, build bones and prevent migraine headaches.

49. TAHINI

A thick paste that is an elaborated from sesame seeds and benefits the digestion of facts and helps avoid accumulation of fat deposits in the organism.

50. TEMPEH

Yellow-brown cakes of compressed, culture-inoculated, fermented whole soya beans. A soft white coating, similar to that which covers cheese like brie or camembert, forms over the cakes, holding the grains together, the texture of Tempeh is soft-crunchy, & nutritionally Tempeh is high in easily-assimilated proteins & low in cholesterol... Tempeh is particularly popular in Indonesian cuisine. Obtain Tempeh from the chilled food compartment of Asian & health food stores. Tempeh can be kept for several weeks in the refrigerator & freezes well.

51. TOFU

White, easily digestible curd made from cooked soybean milk, high in protein, comes in soft, firm and extra-firm styles.

52. TOFU NOODLES (GLUTEN-FREE, NO CHOLESTEROL, NO SUGAR AND VEGAN)

Ingredients: filtered water, tofu, yam flour per serving /4 oz. Only 20 calories, 3G carbs and 2gfiber

53. UME PLUM VINEGAR

Kaiseki is the traditional art and spirit of Japanese high cuisine. Kaiseki select Ume Plum Vinegar is a naturally fermented vinegar produced during the traditional salt-pickling of Japanese Ume Plums. A refreshingly zesty seasoning, it adds a new dimension to simple vegetable dishes or greens.

54. WAKAME

Sea vegetable with rich vitamin B-12, an alkalizing agent, an iodine source and a blood purifier.

55. WASABI

Know as Japanese horseradish because of its spicy flavor mostly available as a dried pale green powder in small tins, often used to season sushi or its dipping sauce, also substitute for horseradish in recipes.

56. WOOD EAR MUSHROOM

Rich in protein, carbohydrates, iron (185mg), and fiber, good for "empty" stomach and blood circulation.

57. YANG

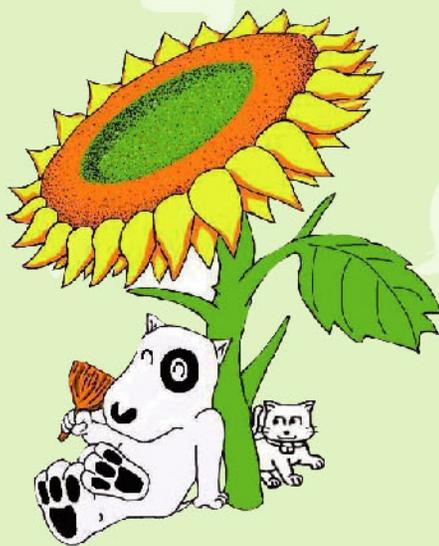
In macrobotics, energy or movement which has a centripetal (or inward) direction; one of the two antagonistic-yet complementary-forces that together describe all phenomena, it is traditionally symbolized by a triangle.

58. YIN

In macrobotics, energy or movement which has a centrifugal (or outward) direction, resulting in expansion; one of the two antagonistic-yet complementary-forces that together describe all phenomena, it is traditionally symbolized by an inverted triangle.

59. YUBA

Thin films made of heating soymilk, also called bean curd sheets or bean curd skin.



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