

SUNFLOWER - TAP MENU



SALADS

Ask for TAP amount of dressing on the side sugar free if possible / reduced fat dressing on side

All salads: veggies are free

- Sunflower Salad -(Leave out the sunflower seeds) Counts as veggies and a fat.
- Israeli Salad Counts as veggies and a fat
- Tel aviv feta- Counts as protein and veggies- Ask for the feta cheese on the side and use half the portion.
- Shuk salad - Ask for feta on the side and use half portion- Counts as protein and veggies
- Cherry Salad-Feta and light dressing on the side and use half portion Counts as protein and veggies

Jumping Thai Salad -leave out sesame seeds and pecans , dressing on the side and use 2 Tablespoons - Count ½ salad as a free.

SOUP

- Vegetable soup

SIDE ORDER

Grilled vegetables (Count as free)- PAM

Steamed vegetables (Count as free)

Baked potato with steamed broccoli (*Count as: starch + vegetables*)

BRUNCH

***Counts as full meal

OMELETTES - Ask for TAP Omelettes(3-4 egg whites + 1 oz. or one slice of cheese , served with israeli salad and 1-2 slices whole wheat roll) -

- Vegetable Omelette
- Home Style Omelette
- Mushroom and Onion Omelette

FISH

*** Counts as full meal (Approx 6 oz. of Fish) served with Broccoli and Baked potatoe

- Isaac Tuna Steak
- Grilled Tilapia
- Sunflower Salmon Steak

FRESH SQUEEZED NATURAL JUICES

***8 OZ.

- Apple Juice - count as: one fruit
- Carrot Juice - count 1 cup free
- Orange Juice - count 1 cup as a fruit
- Grapefruit Juice -count one cup as a fruit
- Limonana- Ask for sugar free - Counts as free with splenda