

## SOUP

Our selection of soups change daily. Here is a fancy list of a few of the tasty options...

### SWEET POTATO | COCONUT | CURRY **VEGAN + GF + DF**

Sweet Potato | Carrot | Coconut Milk | Ginger | Red Lentils | Lime

### HOT & SOUR **GF + DF + VEGAN**

Tofu | Egg | Shiitaki Mushroom | Chili | Garlic

### TURKEY CHILI **DF + GF**

Turkey | Kidney Bean | Black Bean | Tomato | Onion | Garlic | Spices

### ZUCCHINI POTATO **GF**

Zucchini | Potato | Butter | Herbs | Spices

## SPROUT-MADE SPREADS

### EVERYTHING SPICE HUMMUS **GF + DF + VEGAN**

### ZA'ATAR SPICE HUMMUS **GF + DF + VEGAN**

### SQUASH HUMMUS **GF + DF + VEGAN**

### ROASTED CAULIFLOWER HUMMUS **GF + DF + VEGAN**

### BEET HUMMUS **GF + DF**

### PIMENTO CHEESE

### ROASTED RED PEPPER ROMESCO **GF + DF + VEGAN**

# 2024

EASTON - ST. MICHAELS - ANNAPOLIS - STATE HOUSE

**open everyday**

**NEW PROTEIN SMOOTHIES  
& NITRO COFFEES!**



**APRIL 2024**

scratch-made, artisanal.  
**BREAD**

our bread selection changes daily. stop in anytime!

SOURDOUGH - CHALLAH - RYE - MULTI GRAIN - GARLIC & HERB - MONKEY BREAD  
CRANBERRY APPLE WALNUT - CINNAMON RAISIN SWIRL - ENGLISH MUFFIN BREAD - BABKA  
GLUTEN-FREE & DAIRY-FREE COFFEE CAKE - **GLUTEN-FREE RUSTIC BREAD & more!**

## Overnight Oatbowls Chia Puddings & Parfaits

### STRAWBERRY HIBISCUS CHIA PUDDING **GF + DF**

Strawberry | Chia | Almond Milk | Coconut Whip Cream | Hibiscus | Pecans

### BLUEBERRY & ALMOND CHIA PUDDING **GF + DF**

Blueberries | Chia | Almond Milk | Honey | Almond Butter

### TURMERIC & GOJI BERRY CHIA PUDDING **GF + DF + VEGAN**

Goji Berry | Chia | Almond Milk | Maple Syrup | Ginger | Turmeric | Cinnamon

### BLUEBERRY PIE OAT BOWL **GF + DF + VEGAN**

Blueberries | Chia | Toasted Almond | Oats | Almond Milk | Pea Protein

### APPLE OAT BOWL **GF + DF + VEGAN**

Apple | Raisins | Walnut | Cinnamon | Oats | Almond Milk | Pea Protein

### SEASONAL YOGURT PARFAITS!

#### SMASH BARS

coffee BUZZ bites **GF**

peanut butter + chocolate **GF**

blueberry + acai **GF**

the ESKIMO **GF + DF + VEGAN**

MACA bites **GF + DF + VEGAN**

mint + chocolate protein bites **GF**

**& THE UNICORN FRUIT BARI!**

#### BROWNIES + COOKIES

\* PROTEIN Cookies!!! \* **GF**

LEMON BROWNIES!!

STRAWBERRY BROWNIES!!

dark chocolate brownie **GF**

coconut carrot cookie **DF + VEGAN**

breakfast cookie **GF**

**& BAKERS CHOICE COOKIES!**

#### GRANOLA

apple + honey + quinoa **GF + DF**

blueberry + apricot + almond **GF + DF**

dark chocolate + peanut butter **GF**

**SEASONAL GRANOLA!**

#### LOW SUGAR OAT BAKES

skinny brownie **GF**

banana + chocolate **GF**

peanut butter + pumpkin **GF**

## ...AND DRINKS

CHEF-CRAFTED & HAND BOTTLED IN HOUSE!

### UPTOWN LEMONADE (LOW SUGAR)

lightly sweetened | fresh Lemon

### MINT LEMONADE

Fresh mint & lemon!

### CHERRY LIMEADE

Cherry | Agave | Fresh Lime Juice

### STRAWBERRY HIBISCUS LEMONADE

Strawberry | Agave | Fresh Lemon Juice | Hibiscus

### VITALITY

Turmeric | Honey | Ginger | Cayenne | Fresh Lemon Juice

### VIETNAMESE COLD BREW COFFEE

Cold Brew Coffee | Honey | Milk

### MATCHA GREEN TEA LEMONADE

Matcha | Fresh Lemon Juice | Agave

### BEET LEMONADE

Beet | Fresh Lemon Juice | Agave

### BERRIES WITH BENEFITS - strawberries | raspberries | beets

### GOTCHA MATCHA - matcha | avocado | pineapple | mango

### PEEL N' PICK - banana | hibiscus | strawberries

### KALE'D IT! - banana | kale | wheat grass | spirulina | avocado | apple

### VAMOS A LA MANGO - maca | mango | pineapple

### DIRTY BANANA - banana | raw cacao nibs | peanut butter | chocolate

### PEACH-COLADA - coconut | peach | pineapple

**\*\*\*protein add on is available for all smoothies\*\***

**& CRAFT ESPRESSO DRINKS  
AVAILABLE AT ALL CAFES!**

**FREEZE  
aka...smoothie**

WE SCRATCH COOK, BAKE &  
BOTTLE EVERYTHING, EVERYDAY.  
YES, WE ARE VERY BUSY AND HAPPY  
FOODIES IN A KITCHEN PROVIDING  
**Ready-to-Go Food.**  
SOURCING LOCAL AND ORGANIC  
INGREDIENTS FROM GREAT FARMERS  
USING 100% COMPOSTABLE PACKAGING.

WWW.EATSPROUT.COM  
ESTABLISHED 2016  
EASTON, MARYLAND

**BREAKFAST**

**QUINOA, EGG & VEGETABLE MUFFINS** GF Quinoa | Carrots | Spinach | Sharp Cheddar | Roasted Red Pepper | Egg

**TURKEY SAUSAGE QUINOA EGG MUFFINS** GF Quinoa | Turkey Sausage | Sharp Cheddar | Onion | Egg

**SEASONAL CHEF SPECIAL FRENCH TOAST** Sprout-made bread | Yogurt | Maple Syrup

**PHILLY STEAK & EGG BOWL** GF Sirloin | Sharp Cheddar | Caramelized Onions | Roasted Potatoh w/ Sprout-made Hot Sauce

**DON'T FORGET WE HAVE A FULL MENU OF ACAI BOWLS, OVERNITE OATS, PARFAITS AND A FULL ESPRESSO BAR!**

**ACAI BOWLS**

Our bowls are made to order and the base is: organic açai, organic almond milk, organic banana & strawberry. Scratch-made & NO sugar added, EVER!

**BERRY ME BABY** GF+DF **TOPPED WITH:** Fresh Banana Slices | Fresh Blueberry | Raw Honey | Sprout-made Granola

**WOW CACAO** GF **TOPPED WITH:** Fresh Banana Slices | Raw Cacao Nibs | Chocolate | Coconut | Toasted Almonds

**PEANUT BUTTER JELLY TIME!** DF **TOPPED WITH:** Fresh Banana Slices | Fresh Blueberry | Strawberry Puree | Sprout-made Peanut Butter | Vanilla Almond Biscotti

**BOWL of GREENS**

**THE HARVEST BOWL** VEGAN+DF Tuscan Kale | Sweet Potato | Cranberries | Barley | Toasted Pecans | Apple Cider & Maple Vinaigrette

**KALE POWER SALAD** GF Tuscan Kale | Carrot | Red Onion | Cranberry | Tri-Colored Quinoa | Toasted Pecans | Yogurt | Lemon

**TABBOULEH POWER SALAD** VEGAN Bulgur | Apricot | Radicchio | Walnuts | Mint | Lemon | Parsley | Agave | Green Onion

**GREEK SALAD** VEGAN+GF Chickpeas | Red Onion | Cucumber | Tomato | Bell Peppers | Zucchini | Olive | Sprout-made Hummus Dressing

**THE APPLE TREE** GF Apples | Dried Cranberries | Feta Cheese | Pecans | Greens | Onion | Yogurt | Poppy Dressing

**WHAT THE FIG!** GF Chicken | Roasted Squash | Figs | Caramelized Onion | Walnuts | Feta | Maple Balsamic Dressing

**world famous WRAPS**

our wraps are made with flour tortillas, scratch made dressing & best served chilled.

**THAI CHICKEN CRUNCH WRAP** DF Sweet Chili Sesame Chicken | Mint Cabbage Slaw | Peanut Dressing

**HUMMUS WRAP** V+DF Zucchini | Cucumber | Red Onion | Arugula | Red Pepper | Tomato | Hummus Vinaigrette Dressing

**SMALL PLATES**

**VEGAN GREEK CHICKPEA SALAD** VEGAN+GF+DF Chickpeas | Cucumber | Zucchini | Olive | Red Bell Pepper | Tomato | Garlic

**CHICKEN SALAD** GF+DF Raisins | Apple | Light Mayonnaise | Toasted Almonds

**LOADED POTATO SALAD** Red Potato | Bacon | Sour Cream | Green Onion

**CHICKEN CURRY SALAD** GF Turmeric | Honey | Celery | Dates | Yogurt

**BUFFALO CHICKEN SALAD** GF Greek Yogurt | Blue Cheese | Red Onion | Cilantro | Celery | Hot Sauce | Fresh Lime | Honey

**NEW ADDITION THIS MONTH**

**DOWN SOUTH PORK BOWL, SCRATCH-MADE NITRO COFFEE,**

**BLUEBERRY ACAI SMASH BARS & PROTEIN ADDITIONS FOR YOUR FAVORITE SMOOTHIES!**

**ENTRÉES**

**WHY KEEP THINGS THE SAME?!**

**WE COOK EVERYDAY, DIFFERENT FOOD, KEEPING YOUR TASTE BUDS HAPPY. BELOW ARE OUR FIXED ENTRÉES FOR THE MONTH. KEEP AN EYE OUT FOR CHEFS NEWEST CREATIONS AND SPECIALS.**

**HONEY POT CHICKEN** GF+DF

Honey | Ginger | Garlic | Bok Choy | Carrot | Jasmine Rice

**PAD THAI** GF+DF

Rice Noodles | Bok Choy | Red Bell Pepper | Peanut Chili Coconut

**CHICKEN CACCIATORE** GF

Basil Marinara | Brown Rice Pilaf | Pickled Banana Peppers | Roasted Veggies

**PANANG VEGETABLE CURRY** VEGAN+GF+DF

Coconut Curry | Cauliflower | Sweet Potato | Jasmine Rice | Mango Chutney

**BLACK BEAN VEGAN BURGER** GF+VEGAN

Coconut Sweet Potato Mash | Oats | Black Bean | Cilantro | Tahini

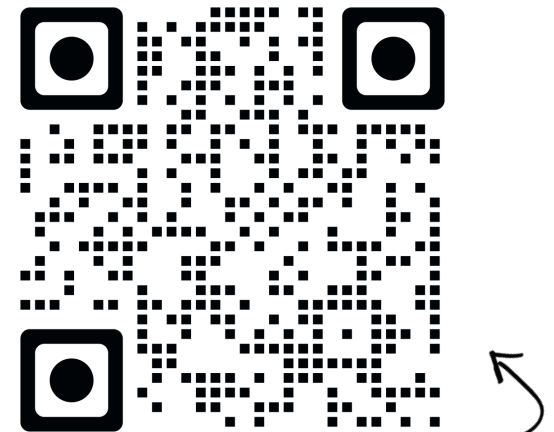
**ROASTED SALMON QUINOA CAKES** GF+DF

Mint Tabbouleh Kale Salad | Romesco Spread

**DOWN SOUTH PORK BOWL** GF+DF

Pork Shoulder | Quinoa Hash | Pickles | Cabbage Slaw | Alabama White

**SCAN FOR ALL THINGS FOOD!**



**NUTRITION, WEEKLY BREAD SCHEDULE, FULL MENU, ONLINE ORDERING & FAQ'S.**