

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

BUTTERY VEGAN **VEGAN + GF + DF**

Butternut Squash | Carrot | Lentils | Celery
Sweet Potato | Tomato | Basil

ZUCCHINI POTATO **GF**

Zucchini | Potato | Butter | Herbs | Spices

CHICKEN & RICE **DF + GF**

Chicken | Rice | Celery | Carrot | Onion | Oregano | Thyme

SEASONAL GAZPACHO!
Tomato Andaluz
&
Cucumber Melon

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**

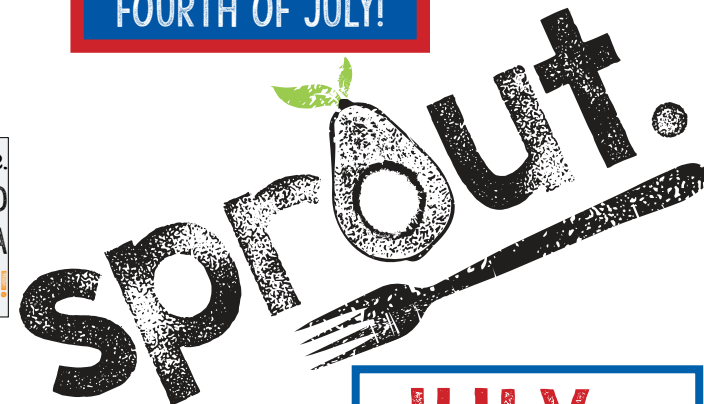
ROASTED RED PEPPER ROMESCO **GF + DF + VEGAN**

SPROUT-MADE PEANUT BUTTERS & ALMOND BUTTERS!

2024

EASTON - ST. MICHAELS - ANNAPOLIS - STATE HOUSE
open everyday

**PIES FOR THE
FOURTH OF JULY!**



JULY 2024

scratch-made, artisanal
BREAD

Our bread selection changes daily. Check out our website for weekly bread schedule.

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

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!

BROWNIES + COOKIES

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

LEMON BROWNIES!!

STRAWBERRY BROWNIES!!

Apple Cider BROWNIES!!

dark chocolate brownie **GF**

coconut carrot cookie **DF + VEGAN**

breakfast cookie **GF**

& BAKERS CHOICE COOKIES!

LOW SUGAR OAT BAKES

skinny brownie **GF**

banana + chocolate **GF**

peanut butter + pumpkin **GF**

SMASH BARS

coffee BUZZ bites **GF**

peanut butter + chocolate **GF**

PB Chocolate BARK! **GF**

the ESKIMO **GF + DF + VEGAN**

MACA bites **GF + DF + VEGAN**

mint + chocolate protein bites **GF**

GRANOLA

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

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

dark chocolate + peanut butter **GF**

SEASONAL GRANOLA!

...AND DRINKS

CHEF-CRAFTED & HAND BOTTLED IN HOUSE!

UPTOWN LEMONADE (LOW SUGAR)

lightly sweetened | fresh lemon | honey

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

HANGOVER HASH GF Chorizo | Egg | Cheddar | Roasted Potato | Chili Beans | Salsa Verde

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 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-YEAH! VEGAN+GF+DF Tuscan Kale | Radicchio | Flax | Pistachio | Pumpkin Seed | Mint | Parsley | Tahini | Lemon | Agave | Garlic

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 | Roasted Onion | Yogurt Poppy Dressing

World famous WRAPS

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

CHICKEN CAESAR WRAP Herb Roasted Chicken | Carrot | Caesar Sauce | Mixed Greens

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

HUMMUS WRAP V+DF Zucchini | Cucumber | Red Onion | Spinach | 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

ROOTY GRAIN BOWL VEGAN+GF+DF Farro | Lentils | Cauliflower | Carrot | Banana Peppers | Sprout-Made Squash Hummus | Zucchini

BBQ PULLED PORK BOWL GF+DF Braised Pork | Red Cabbage | Tomato | Chipotle Peppers | Honey | Brown Sugar | Garlic

CARROT CAVIAR VEGAN+GF+DF Shredded Carrot | Dijon | Raisin | Red Wine Vinegar | Green Onion | Salt

BEAN SALAD
Black Beans | Kidney Beans | Bell Pepper | Onion

POPPYSEED COLESLAW
White Cabbage | Carrot | Poppyseed | Apple Cider Vinegar | Sour Cream

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

PERUVIAN CHICKEN BOWL GF+DF

Spiced Bean Salad | Sticky Rice | Green Mojo Sauce

FALAFEL MEZZE BOWL VEGAN+GF

Baked Falafels | Tabbouleh Kale Salad | Apricots | Cilantro Tahini Dressing

HERB CRUSTED SALMON GF

Brown Rice Pilaf | Roasted Carrot | Dill | Garlic | Dijon

ROASTED SQUASH BURGER VEGAN+DF

Roasted Squash | Quinoa | Zucchini | Dill Tahini Beet Slaw | Roasted Red Pepper Romesco Spread

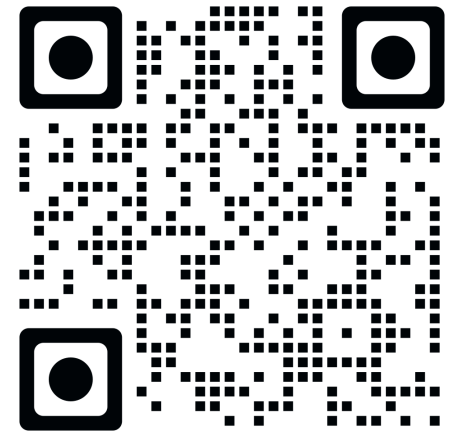
BEEF & EGG ROLL BOWL GF+DF

Jasmine Rice | Carrot | Cabbage | Egg | Kung Pao

THE TERRAPIN SALAD GF Herb Roasted Chicken | Fresh Mint |

Apricot | Feta | Toasted Almonds | Mint & Lemon Vinaigrette

SCAN FOR ALL THINGS FOOD!



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

NEW ADDITION THIS MONTH

SCRATCH-MADE APPLE PIE FOR THE FOURTH OF JULY!

CHEESEBURGER PIE, SESAME BURGER BUNS, APPLE CIDER BROWNIES, JALAPENO SOURDOUGH!