

Overnight Oatbowls Chia Puddings

STRAWBERRY HIBISCUS CHIA PUDDING **GF+DF**

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

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

Blueberries | Chia | Almond Milk | Honey | Almond Butter

CHOCOLATE PB OAT BOWL **GF**

Cacao Nibs | Peanuts | Chocolate | Oats | Almond Milk | Chocolate Protein

APPLE OAT BOWL **GF+DF+V**

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

BLUEBERRY OAT BOWL **GF+DF+V**

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

The Bakery

BROWNIES + COOKIES

the Pink Floyd
lemon brownie
dark chocolate brownie **GF**
coconut + carrot cookie **DF+V**
breakfast cookie **GF**
& **BAKERS CHOICE COOKIES!**

LOW SUGAR OAT BAKES

skinny brownie **GF**
banana + chocolate **GF**
peanut butter + pumpkin **GF**

GRANOLA

apple + honey + quinoa **GF+DF**
blueberry + apricot + almond **GF+DF**
dark chocolate + peanut butter **GF**
& **SEASONAL GRANOLA!**

SMASH BARS

coffee BUZZ bites **GF**
peanut butter + chocolate **GF**
cranberry + coconut **GF+DF**
the ESKIMO **GF+DF+V**
MACA bites **GF+DF+V**
mint + chocolate protein bites **GF**
& **THE UNICORN FRUIT BAR!**

MUFFIN TOPS + MORE

coffee walnut **GF**
banana + chocolate
peanut butter + pumpkin
tropical coconut + rum
blueberry + chia
double chocolate
vanilla almond biscotti

bread. scratch-made. sprout-made. organic.

SOURDOUGH - SEASONAL SOURDOUGH

CHALLAH - MONKEY BREAD - DRUNKEN MONKEY

CRANBERRY APPLE WALNUT - CINNAMON RAISIN SWIRL

GARLIC & HERB - SEASONAL MULTI GRAIN - BABKA

GLUTEN-FREE RUSTIC LOAF + COFFEE CAKE & loads more!!

LOCAL. ORGANIC. SPROUT-MADE.

CAFE & ONLINE

EASTON & SAINT MICHAELS

OPEN EVERYDAY!

www.EATSPROUT.com

SPROUT-MADE SPREADS

EVERYTHING SPICE HUMMUS **GF+DF+V**

Chickpeas | Tahini | Sesame Seeds | Poppy Seeds | Garlic

SQUASH HUMMUS **GF+DF+V**

Organic Roasted Squash | Tahini | Garlic | Lemon

ZA'ATAR HUMMUS **GF+DF+V**

Chickpeas | Tahini | Za'atar | Garlic

BEET HUMMUS **GF+DF**

Beet | Tahini | Chickpeas | Garlic | Honey | Lemon

ROMESCO **GF+DF+V**

Roasted Red Pepper | Cashews | Red Wine Vinegar | Smoked Paprika

SEASONAL APPLE BUTTER & PUMPKIN PEANUT BUTTER

and ALL YOUR FAVORITE NUT BUTTERS!

...AND DRINKS

CHEF-CRAFTED & BOTTLED right here in EASTON!!

NEW → LEMONADE & MINT

must try

Fresh mint & lemon!

VITALITY

turmeric | Honey | Ginger | Cayenne | Fresh Lemon Juice

CHERRY LIMEADE

Cherry | Agave | Fresh Lime Juice

STRAWBERRY HIBISCUS LEMONADE

Strawberry | Agave | Fresh Lemon Juice | Hibiscus

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

...COLD BREW TEA + COLD BREW COFFEE... & MORE!

FROM THE TAP

LOCAL KOMBUCHA + NITRO COFFEE

Locally Roasted COFFEE & Organic TEA BAR

You name it, we'll make it!

THE FREEZE

BERRIES WITH BENEFITS - strawberries - raspberries - beets

GOTCHA MATCHA - matcha - avocado - pineapple - mango

PEEL N' PICK - banana - hibiscus - strawberries

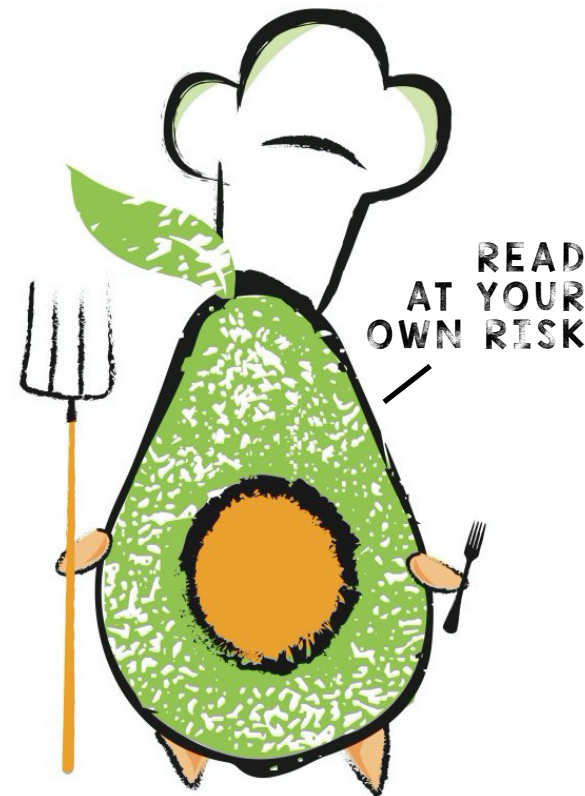
VAMOS A LA MANGO - maca - mango - pineapple

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

PEACH-COLADA - coconut - peach - pineapple

MENU

JUNE 2021



sprout.

Break-the-Fast

TURKEY | MUSHROOM | EGG SCRAMBLE **GF**

Sharp Cheddar | Caramelized Onions | Roasted Rosemary Potato Hash w/ Sprout Hot Sauce

SEASONAL BERRY FRENCH TOAST

Sprout-made Challah | Berries | Milk | Cinnamon | Maple Syrup | Walnuts | Egg | Yogurt

QUINOA EGG MUFFINS **GF**

Quinoa | Carrots | Spinach | Sharp Cheddar | Roasted Red Pepper | Egg

Açai Bowl

made to order with organic açai & organic almond milk.
Scratch-made & NO sugar added, EVER!

BERRY ME BABY **GF+DF**

Banana | Strawberry | Blueberry | Raw Honey | Sprout-made Granola

WOW CACAO **GF**

Banana | Strawberry | Raw Cacao Nibs | Chocolate | Coconut | Toasted Almonds

WE SOURCE FROM PARTNERS AND GROWERS WE KNOW AND TRUST,
USING **local** AND **organic** INGREDIENTS, GOING TO GREAT
LENGTHS SUPPORTING THOSE WHO ARE DOING THE RIGHT THING.

Bowl-of-Greens

THE APPLE TREE **GF**

Apples | Dried Cranberries | Feta Cheese | Pecans | Greens | Yogurt Poppy Dressing

THE TERRAPIN **GF**

Herb Roasted Chicken | Fresh Mint | Apricot | Feta | Toasted Almonds | Mint & Lemon Vinaigrette

POWER SALAD **GF**

Tuscan Kale | Shredded Carrot | Red Onion | Cranberry | Tri-Colored Quinoa | Toasted Pecans | Yogurt | Fresh Lemon Juice

Society can't afford
not to **think and eat**
SUSTAINABLY

ORDER. EAT. THRIVE.

Soup

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

THAI SWEET POTATO & CARROT **V+GF+DF**

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

SEASONAL GAZPACHO **GF+DF**

With & Without MARYLAND BLUE CRAB | Roasted Corn | Tomato

CUCUMBER MELON GAZPACHO **V+GF**

Lime | Mint | Jalapeno | Cilantro

HOT & SOUR **GF**

TOFU | Mushroom | Egg | Garlic | Chili

ZUCCHINI **GF**

Zucchini | Potato | Onion | Parsley | Garlic

BROCCOLI & JACK CHEDDAR **GF**

Broccoli | Carrot | Jack Cheddar | Sharp Cheddar | Nutmeg | Onion | Garlic

RAMEN BOWL **V+GF**

Shiitake Mushroom | Rice Noodles | Bok Choy | carrot | Red Bell Pepper | Red Cabbage | Pickled Chilies

ENTRÉES

BLACK BEAN BURGER **VEGAN+GF+DF**

Coconut Sweet Potato Mash | Flax | Oats | Cilantro | Tahini | Garlic

FALAFEL MEZZE BOWL **VEGAN+GF+DF**

Baked Falafels | Cauliflower Couscous | Almonds | Cilantro Tahini Dressing

GYRO CHICKEN MEZZE BOWL **GF**

Quinoa | Olive Tapenade | Feta | Spinach | Cucumber | Pickled Red Onion | Yogurt Tahini Dressing

PEANUT SALMON **GF+DF**

Carrot Cabbage Slaw | Rice Noodles | Lime Hoisin Sauce

PERUVIAN CHICKEN BOWL **GF+DF**

Spiced Bean Salad | Sticky Rice | Green Mojo Sauce

TURKEY SLOPPY JOE **GF+DF**

Brown Rice Pilaf | Roasted Veggies

BEEF EGG ROLL BOWL **GF+DF**

Rice Noodles | Carrot | Cabbage | Egg | Kung Pao

LAMB BOLOGNESE

Penne | Carrot | Mushroom | Parmesan | Pickled Banana peppers

HERB ROASTED CHICKEN GARDEN BOWL **GF**

Quinoa | Carrot | Zucchini | Celery | Spinach | Beets | Feta | Almonds | White Wine Vinaigrette

Small Plates + Wraps

CHICKEN SALAD **GF+DF**

Raisins | Apple | Light Mayonnaise | Toasted Almonds

BUFFALO CHICKEN SALAD **GF**

Greek Yogurt | Blue Cheese | Red Onion | Cilantro | Celery | Hot Sauce | Fresh Lime

THE OINK BOWL **GF+DF**

Braised Pork | Red Cabbage | Tomato | Cinnamon | Chipotle Peppers | Honey | Brown Sugar | Garlic

CHICKEN CURRY

Turmeric | Honey | Celery | Dates | Mint | Yogurt

THE ROOTY BOWL **V+DF**

Farro | Lentils | Cauliflower | Carrot | Banana Peppers | Zucchini | Sprout-made Squash Hummus

CHICKEN CAESAR WRAP

Herb Roasted Chicken | Carrot | Onion | Parmesan | Dill Caesar Dressing

BAHN-MI WRAP

Five Spice Pork | Cilantro Mint Slaw | Yum-Yum Sauce | Pickles

HUMMUS WRAP **V+DF**

Zucchini | Cucumber | Red Onion | Arugula | Red Pepper | Tomato | Hummus Vinaigrette Dressing

- HOME DELIVERY -
- CURBSIDE PICK UP -
EVERYDAY!
VISIT OUR WEBSITE FOR DETAILS

