

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

PUMPKIN SOUP **GF & VEGAN**

Pumpkin | Carrot | Onion | Coconut Milk | Maple Syrup | Spices

TURKEY CHILI **DF + GF**

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

ZUCCHINI POTATO **GF**

Zucchini | Potato | Butter | Herbs | Spices

SPROUT-MADE SPREADS

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

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

SQUASH HUMMUS **GF + DF + VEGAN**

PIMENTO CHEESE

BEET HUMMUS **GF + DF**

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

SPROUT-MADE PEANUT BUTTERS & ALMOND BUTTERS!

EASTON - ST. MICHAELS - ANNAPOLIS
open everyday



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**

Overnight Oatbowl 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

CRANBERRY OAT BOWL **GF + DF + V**

Toasted Coconut | Cranberry | Pecans | Oats | Almond Milk | Pea Protein

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**

cranberry + coconut **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!

...AND DRINKS

CHEF-CRAFTED & BOTTLED in EASTON!

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

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.

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ESTABLISHED 2016
EASTON, MARYLAND

BREAK the FAST

- QUINOA EGG MUFFINS** GF Quinoa | Carrots | Spinach | Sharp Cheddar | Roasted Red Pepper | Egg
- TURKEY SAUSAGE QUINOA EGG MUFFINS** GF Quinoa | Turkey Sausage | Sharp Cheddar | Onion | Egg
- PHILLY STEAK & EGG BOWL** GF Sharp Cheddar | Caramelized Onions | Roasted Potato Hash w/ Sprout-made Hot Sauce
- SEASONAL CHEF SPECIAL FRENCH TOAST** Sprout-made bread | Yogurt | Maple Syrup
- VEGGIE EGG SCRAMBLE** GF Egg | Cheddar | Bell Pepper | Onion | Roasted Sweet Potato Kale Hash w/ Sprout Hot Sauce
- HANGOVER HASH** GF Chorizo | Egg | Cheddar | Roasted Potato | Chili Beans | Salsa Verde

Açaí BOWLS

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
- PEANUT BUTTER JELLY TIME!** DF Banana | Strawberry | Blueberry | 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
- SMOKED SALMON & GREENS** GF Hot Smoked Salmon | Red Onion | Cucumber | Blueberries | Lentils | Dill & Caper Yogurt Dressing
- 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 | Yogurt Poppy Dressing
- SOUTHWEST TURKEY TACO SALAD** GF Spiced Turkey | Chili Beans | Black Beans | Roasted Corn | Sharp Cheddar Tomato | Lime Crema
- BLACK & BLUE** GF Peppered Steak | Balsamic Onion | Toasted Pecans | Cranberries | Aged Blue Cheese Dressing
- THE TERRAPIN SALAD** GF Herb Roasted Chicken | Fresh Mint | Apricot | Feta | Toasted Almonds | Mint & Lemon Vinaigrette

world famous WRAPS

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

- THAI CHICKEN CRUNCH WRAP** DF Sweet Chili Sesame Chicken | Mint Cabbage Slaw | Peanut Dressing
- TUSCAN WRAP** Cashew Pesto Chicken | Arugula | Carrot | Sun dried Tomato Vinaigrette
- PORK BAHN MI WRAP** DF 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

SMALL PLATES

- LOADED POTATO SALAD** Red Potato | Bacon | Sour Cream | Green Onion
- CHICKEN SALAD** GF+DF Raisins | Apple | Light Mayonnaise | Toasted Almonds
- BBQ PULLED PORK BOWL** GF+DF Braised Pork | Red Cabbage | Tomato | Chipotle Peppers | Honey | Brown Sugar | Garlic
- BUFFALO CHICKEN SALAD** GF Greek Yogurt | Blue Cheese | Red Onion | Cilantro | Celery | Hot Sauce | Fresh Lime | Honey
- CHICKEN CURRY SALAD** Turmeric | Honey | Celery | Dates | Yogurt



ENTRÉES

- FALAFEL MEZZE BOWL** VEGAN+GF Baked Falafels | Tabbouleh Kale Salad | Almonds | Cilantro Tahini Dressing
- PEANUT CRUSTED SALMON** GF+DF Carrot Cabbage Slaw | Rice Noodles | Lime Hoisin Sauce
- JERK SALMON** DF+GF Spiced Roasted Salmon | Dirty Rice | Caribbean Slaw | Pineapple Salsa
- DRUNKEN NOODLE** GF+DF Rice Noodles | Braised Steak | Thai Chili | White Cabbage | Mushroom
- PERUVIAN CHICKEN** GF+DF Spiced Bean Salad | Sticky Rice | Green Mojo Sauce
- HONEY POT CHICKEN** GF+DF Honey | Ginger | Garlic | Bok Choy | Carrot | Jasmine Rice
- KOREAN BBQ PORK** GF+DF Spicy Sauteed Style Kimchi | Sticky Rice | GF Soy Sauce | Cucumber | Chili | Sesame BBQ Sauce
- BEEF & EGG ROLL BOWL** GF+DF Jasmine Rice | Carrot | Cabbage | Egg | Kung Pao
- HERB ROASTED CHICKEN** GF+DF Brown Rice Pilaf | Tri-Color Carrot | Honey Roasted BBQ Sauce
- PAD THAI** GF+DF Rice Noodles | Bok Choy | Red Bell Pepper | Peanut Chili Coconut Crumble | Egg
- MEATLOAF** GF+DF Everything Spiced Garlic Mashed Potato | Roasted Green Beans
- TURKEY MEATBALLS** Garlic Couscous | Roasted Veggies | Sprout-made Basil Marinara | Parmesan

- BLACK BEAN VEGAN BURGER** GF+VEGAN Coconut Sweet Potato Mash | Oats | Black Bean | Cilantro | Tahini

NEW ADDITION THIS MONTH

- BEEF TERIYAKI BENTO BOWL** GF+DF Chip Beef | Jasmine Rice | Peppered Cabbage

Why keep things the same! We cook every day, different food, keeping your taste buds happy. What you see is a glimpse of what we rotate thru our kitchen.

ORANGE = Available ALWAYS.