

Break-the-Fast

PHILLY STEAK & EGG BOWL 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 BERRY GF+DF

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

WOW CACAO GF

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

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

TURKEY CHILI GF+DF

...everything!

GET WELL SOON V+DF

Barley | Carrot | Onion | Zucchini | Chickpeas | Celery | Tomato | Fresh Herbs

HOT & SOUR GF

TOFU | Shiitake Mushroom | Egg | Garlic | Chili

ZUCCHINI GF

Zucchini | Potato | Onion | Parsley

BROCCOLI & JACK CHEDDAR GF

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

RAMEN BOWL V+GF

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

Small Plates + Wraps

CHICKEN SALAD GF+DF

Raisins | Apple | Light Mayonnaise | Toasted Almonds

BUFFALO CHICKEN SALAD GF

Fat-free 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 | Toasted Pecans | Celery | Dates | Mint | Yogurt

THE ROOTY BOWL V+DF

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

GYRO WRAP

Tzatziki Grilled Chicken | Pickled red onion | Cucumber | Arugula | Tahini | Dill

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

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

SWEET POTATO & KALE VEGAN

Tuscan Kale | Sweet Potato | Cranberries | Barley | Toasted Pecans Apple Cider & Maple Vinaigrette

POWER SALAD GF

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

ENTRÉES

BUTTERNUT SQUASH RISOTTO V+DF

Butternut Squash | Barley | Mushroom | Lemon | Onion | Sage

THAI PEANUT CHICKEN CRUNCH BOWL GF+DF

Millet | Red Cabbage Slaw | Carrot | Peanut Sesame Dressing

MEATLOAF

Everything Spiced Potato Mash | Roasted Veggies | Honey Glazed

DRUNKEN BEEF & NOODLES GF+DF

Rice Noodles | Braised Steak | Thai Chili | White Cabbage | Mushroom

FALAFEL MEZZE BOWL VEGAN+GF+DF

Baked Falafels | Cauliflower Couscous | Almonds | Cilantro Tahini Dressing

CHICKEN CACCIATORE GF+DF

Basil Marinara | Brown Rice Pilaf | Pickled Banana Peppers

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

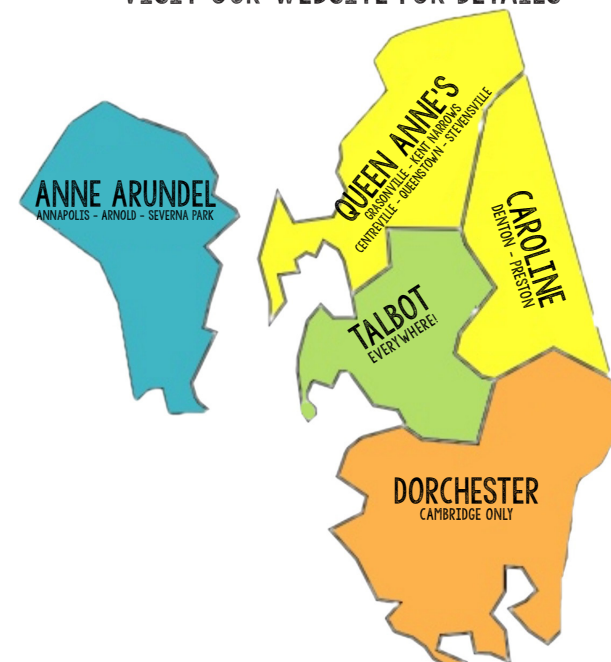
TURKEY SLOPPY JOE GF+DF

Brown Rice Pilaf | Roasted Veggies

- HOME DELIVERY -
- CURBSIDE PICK UP -

EVERYDAY!

VISIT OUR WEBSITE FOR DETAILS



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

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

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

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

CHOCOLATE PB OAT BOWL **GF**

Cacao Nibs | Peanuts | Chocolate | Oats | Almond Milk | Chocolate 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 BARI!

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!
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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 | Garlic

SEASONAL APPLE BUTTER & PUMPKIN PEANUT BUTTER
and ALL YOUR FAVORITE NUT BUTTERS!

...AND DRINKS

CHEF-CRAFTED & BOTTLED right here in EASTON!
VITALITY

Turmeric | Honey | Ginger | Cayenne | Fresh Lemon Juice

CHERRY LIMEADE

Cherry | Agave | Fresh Lime Juice

STRAWBERRY HIBISCUS LEMONADE

Strawberry | Agave | Fresh Lemon Juice | Hibiscus

APPLE CIDER

Apple Butter | Orange | Cinnamon | Toasted Cardamom

MATCHA GREEN TEA LEMONADE

Matcha | Fresh Lemon Juice | Agave

BEET LEMONADE

Beet | Fresh Lemon Juice | Agave

...COLD BREW TEA + COLD BREW COFFEE + VIETNAMESE COFFEE

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



READ
AT YOUR
OWN RISK



MARCH 2021

sprout.
fork