

# Sprouts

## Salads

Vegetarian

Low-carb

Gluten-free



S-01 **Simple Garden Salad** 4,500  
Tomato and shredded carrots over a bed of greens. Ginger Carrot Dressing.

S-02 **Crispy Noodle Salad** 5,000  
Shredded carrots, scallions, sesame seeds, cucumber, corn, red cabbage, and crispy noodles over a bed of greens. Spicy Thai Peanut Dressing.



S-03 **Sesame Tofu Salad** 5,500  
Tofu, shredded carrots, scallions, capsicum, tomato, and sesame seeds over a bed of greens. Ginger Carrot Dressing.



S-04 **Smashed Chickpea Salad** 6,000  
Sprouts's Smashed Chickpea blend, tomato, cucumber, red cabbage, and Sprouts's Fermented Veggie Mix over a bed of greens. Lemon Vinaigrette.



S-05 **Tofu Quinoa Salad** 6,500  
Quinoa, tofu, red cabbage, shredded carrots, edamame, sesame seeds, scallions, and chili peppers over a bed of greens. Ginger Carrot Dressing.



S-06 **Gado Gado Salad** 6,500  
Tofu, hard-boiled free-range chicken egg, Shan potatoes, shredded carrots, tomato, cucumber, coriander, red chili peppers, and green cabbage. Spicy Thai Peanut Dressing.



S-07 **Pomelo Yellow Salad** 6,500  
Shredded chicken, green beans, tomato, corn, shredded carrots, and red cabbage over a bed of greens. Sesame Ginger Dressing.



S-08 **Greek Salad** 7,000  
Feta, black olives, capsicum, cucumber, onion, and tomato over a bed of greens. Red Wine Vinaigrette.



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S-09

### Pumpkin Patch Salad

7,000

Roasted pumpkin, feta cheese, chickpeas, shredded carrots, and pumpkin seeds over a bed of greens. Honey Mustard Dressing.



S-10

### BLT Salad

7,000

Crumbled bacon, tomato, and croutons over a bed of greens. Garlic Basil Vinaigrette.



S-11

### Hoisin Pork Salad

7,000

Pulled pork, snow peas, coriander, scallions, crushed peanuts, red cabbage, and Sprouts's Fermented Veggie Mix over a bed of greens. Hoisin Dressing.



S-12

### Delicious Detox Salad

7,500

Broccoli, shredded carrots, coriander, slivered almonds, scallions, red cabbage, guacamole, and chili peppers over a bed of greens. Garlic Basil Vinaigrette.



S-13

### Chicken Fajita Salad

8,000

Shredded chicken, black beans, cheddar cheese, onions, capsicum, corn, and tomato over a bed of greens. Lemon Vinaigrette.



S-14

### Superfood Salad

8,000

Quinoa, broccoli, carrots, hard-boiled free-range chicken egg, chia seeds, and red cabbage over a bed of greens. Garlic Basil Vinaigrette.



S-15

### Holy Guacamole

8,500

Shredded Chicken, guacamole, cheddar cheese, capsicum, corn, and tomato over a bed of greens. Lemon Vinaigrette.



S-16

### Cubano Salad

9,500

Pulled pork, bacon crumbles, cheddar cheese, Sprouts's Fermented Veggies Mix, and croutons over a bed of greens. Honey Mustard Dressing.



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## Panini Sandwiches



P-01	<b>Smashed Chickpea Panini</b> Focaccia bread, Sprouts's Smashed Chickpea blend, shredded carrots, tomato, lettuce, Sprouts's Fermented Veggies Mix.	6,000
P-02	<b>Caprese Pesto Panini</b> Focaccia bread, Basil Pesto, mozzarella, tomato.	6,500
P-03	<b>Hummus + Fermented Veggies Panini</b> Focaccia bread, Sprouts's Hummus, Sprouts's Fermented Veggies Mix.	6,500
P-04	<b>Tuna Sandwich</b> Focaccia bread, tuna, mayo, cucumber, shredded carrots, pickle.	6,500
P-05	<b>Baba Ganouj + Veggies Panini</b> Focaccia bread, Sprouts's Baba Ganouj, tomato, cucumber, shedded carrots, red capsicum.	6,500
P-06	<b>Tangy Grilled Cheese</b> Focaccia bread, cheddar, pesto, Sprouts's Fermented Veggie Mix. Tomato soup for dipping.	6,500
P-07	<b>BLT</b> Focaccia bread, bacon, lettuce, tomato, mayonnaise.	7,000
P-08	<b>Hoisin Pork Panini</b> Focaccia bread, pulled pork, Hoisin sauce, pickle.	7,500
P-09	<b>Tangy Chicken Cheddar Panini</b> Focaccia bread, shredded chicken, cheddar, mustard, tomato, pickle. Tomato soup for dipping.	7,500
P-10	<b>Breakfast Panini</b> Focaccia bread, scrambled eggs, bacon, cheddar.	7,500
P-11	<b>Chicken Pesto Mozzarella Panini</b> Focaccia bread, shredded chicken, Basil Pesto, mozzarella.	7,500
P-12	<b>Pesto Pork Panini</b> Focaccia bread, Basil Pesto, pulled pork, mozzarella.	8,000
P-13	<b>Chicken Cheddar Guac</b> Focaccia bread, shredded chicken, cheddar, guacamole.	8,000
P-14	<b>Cubano with Bacon</b> Focaccia bread, pulled pork, bacon, pickle, cheddar, mustard.	9,000

\*\*Add a small cup of tomato soup for dipping.....1,000



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## Rice Bowls

served with brown rice, unless otherwise noted

\*substitute for quinoa.....1,500

\*substitute for cauliflower "rice".....2,000



R-01

### Vegan Quinoa Bowl (served with quinoa)

6,500

Quinoa, roasted pumpkin, shredded carrots, broccoli, green beans, beetroot pesto.



R-02

### Spicy Sesame Chicken Rice Bowl

6,500

Brown rice, shredded chicken, broccoli, peanuts, chili peppers, capsicum, sesame seeds, cucumber. Ginger Carrot Dressing



R-03

### Smashed Chickpea Rice Bowl

6,500

Brown rice, Sprouts's Smashed Chickpea blend, tomato, Sprouts's Fermented Veggies Mix, shredded carrots.



R-04

### Baba Ganouj + Veggie Rice Bowl

6,500

Brown rice, Sprouts's Baba Ganouj, cucumber, tomato, shredded carrots, red capsicum.



R-05

### Tofu Peanut Butter Rice Bowl

6,500

Brown rice, tofu, sesame seeds, broccoli, tomato, coconut/peanut butter sauce.



R-06

### Hearty Veggie Rice Bowl

7,000

Brown rice, broccoli, roasted pumpkin, edamame, beetroot, sweet potato, coconut/peanut butter sauce.



R-07

### Detox Bowl (served with cauliflower "rice")

7,500

Cauliflower "rice," chickpeas, beetroot, green beans, edamame, broccoli. Ginger Carrot Dressing.



R-08

### Pesto Chicken Quinoa Bowl (served with quinoa)

8,000

Quinoa, shredded chicken, tomato, shredded carrots. Garlic Basil Vinaigrette.



R-09

### Veggie Burrito Bowl

8,000

Brown rice, black beans, guacamole, onions, capsicum, dollop of yogurt.



R-10

### Chicken Burrito Bowl

9,000

Brown rice, shredded chicken, black beans, guacamole, onions, capsicum, dollop of yogurt.



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## Breakfast



B-01

### Fruit, Granola, Yogurt

Seasonal fruit, Sprouts's Granola, Yogurt.

5,000



B-02

### Peanut Butter, Banana, Honey on Toast

Sprouts's All Natural Peanut Butter, sliced banana, honey, with a dusting of cocoa powder atop toast.

6,000



B-03

### Smashed Avocado on Toast

Avocado, cherry tomatoes, and coriander atop toast. Free-range fried egg on top.

7,500



B-04

### Breakfast Panini

Focaccia bread, free-range scrambled eggs, bacon, cheddar.

7,500



B-05

### Egg Whites Omelette

Free-range egg whites, feta, spinach, tomato.

6,000



B-06

### Bacon Cheddar Scallion Omelette

Free-range eggs, bacon, cheddar, and scallions.

7,000



B-07

### Mexican Omelette

Free-range eggs, black beans, corn, tomato, chili pepper, cheddar cheese, scallions, with a dollop of yogurt on top.

6,500

## Soups



Soup-01

### Vegetarian Chilli

4,000



Soup-02

### Tomato Soup

4,000



Soup-03

### Pumpkin Coconut Soup

4,000







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## —PANTRY—

### Desserts, Dips, Spreads, and more...










#### Desserts

		SP-01 <b>Homemade Granola (150 g)</b> Oats, cashews, pumpkin seeds, olive oil, cinnamon, and honey.	6,000
		SP-02 <b>Energy Bite Dessert Balls - Coconut (10 pieces)</b> Dates, almonds, desiccated coconut.	5,500

#### Spreads, Sauces, and Dips

		SP-03 <b>Hummus (355g)</b>	8,000	
			SP-04 <b>Baba Ganouj (350g)</b>	7,000
			SP-05 <b>All-Natural Peanut Butter (380g)</b> 100% peanuts. No sugar added.	8,500
			SP-06 <b>Basil Pesto (200g)</b> Basil, parmesan cheese, cashews, olive oil, garlic.	7,500
			SP-07 <b>Beetroot Pesto (200g)</b> Beetroot, cashews, olive oil, garlic.	6,500

#### Lacto-fermented Veggies

			SP-08 <b>Cauliflower &amp; Carrot</b>	4,000
			SP-09 <b>Pickled Cucumber</b>	4,000
			SP-10 <b>Radish &amp; Cabbage</b>	4,000