



Sprout

Salads:

Sprout Salad
sunflower sprouts, pea shoots,
butter lettuce, pumpkin & sunflower
seeds, pickled red onion, sherry vinaigrette

Green Salad
mixed greens, frisee, dried cherries &
cranberries, sunflower seeds, banana
chips, orange vinaigrette

Kale Salad
chopped kale, avocado, sprouted wild rice,
mung beans, tomatoes, and cayenne

Soups:

Daily Selection
Cup
Bowl

Entrees:

Falafel in Pita
chickpea croquettes, red pepper hummus,
cucumber, lettuce, tomato, red onion, tahini sauce

Jamaican Jerk Tempeh
forbidden black rice, sauteed greens,
coconut plantain sauce, fruit salsa

Raw Wrap
card, peas shoots, sprouts, carrots, basil
almond pate, cashew ricotta

Blackened Tofu & Veggie Sandwich
blackened tofu, shredded carrot, sprouts, red onion,
avocado, cucumber, tomato, provolone, red pepper
hummus, multigrain bread

