

sproutS menu

pressed sandwiches \$10.60

served with house salad, kettle cooked chips or daily soup

add \$2 for gluten free bread

grilled chicken breast (halal)

chicken & basil pesto

focaccia bread, roasted red peppers, goat cheese, basil pesto

chicken & roasted artichoke spread

multigrain bread, grilled zucchini, swiss cheese, roasted artichoke spread

chicken & roasted hummus spread

focaccia bread, avocado, havarti cheese, roasted hummus spread

chicken & sundried tomato pesto

multigrain bread, grilled portobello mushrooms, provolone cheese, sundried tomato pesto

roasted turkey breast

turkey & grilled portobello mushrooms

multigrain bread, grilled portobello mushrooms, havarti cheese, basil pesto

turkey & hass avocado

multigrain bread, avocado, goat cheese, sundried tomato pesto

grilled sirloin steak

steak & havarti cheese

focaccia bread, caramelized onions, havarti cheese, sundried tomato pesto

steak & provolone cheese

focaccia bread, grilled portobello, provolone cheese, roasted artichoke spread

albacore tuna

tuna & hass avocado

multigrain bread, avocado, swiss cheese, roasted artichoke spread

vegetarian

roasted red peppers & basil pesto

multigrain bread, roasted red peppers, avocado, caramelized onions, goat cheese, basil pesto

grilled portobello mushrooms & roasted artichoke spread

focaccia bread, grilled portobello mushrooms, grilled zucchini, caramelized onions, provolone cheese, roasted artichoke spread

grilled zucchini & roasted hummus spread

multigrain bread, grilled zucchini, avocado, caramelized onions, swiss cheese, roasted hummus spread

daily soups

soup cup \$2.5

soup bowl \$5

-red thai curry chicken with rice

-tomato & roasted red pepper
(gluten free)

-harvest vegetable medley
(gluten free & dairy free)

beverages

bottled water \$1.50

pop \$1.50

sparkling water \$2

flow water \$2.5

iced tea \$2.5

juice \$2.5

sprouts *menu*

whole wheat wraps \$10.60

served with house salad, kettle cooked chips or daily soup

OR

fresh salads \$11.40

served with multigrain roll

substitute tofu to make any wrap or salad vegetarian

grilled chicken breast (halal)

chicken & chipotle dressing

romaine hearts, black beans, corn, tortilla chips, monterey jack cheese

chicken & cucumber wasabi dressing

baby spinach, carrots, cucumbers, toasted sunflower seeds, avocado

chicken & light balsamic vinaigrette

romaine hearts, cherry tomatoes, corn, avocado, goat cheese

chicken & light sesame thai vinaigrette

spring mix, bell peppers, mandarins, spring onions,
toasted sunflower seeds

chicken & greek vinaigrette

romaine hearts, black olives, cherry tomatoes, cucumbers, feta cheese

chicken & caesar dressing

romaine hearts, bacon, herb croutons, parmesan cheese

roasted turkey breast

turkey & light balsamic vinaigrette

baby spinach, strawberries, toasted sunflower seeds, spring onions,
goat cheese

grilled sirloin steak

steak & barbeque ranch dressing

spring mix, bell peppers, herb croutons, spring onions,
monterey jack cheese

steak & honey dijon dressing

romaine hearts, carrots, cherry tomatoes, cucumbers, avocado

albacore tuna

tuna & light balsamic vinaigrette

spring mix, bell peppers, carrots, spring onions, avocado

vegetarian

baby spinach & light poppyseed dressing

baby spinach, avocado, mandarins, strawberries, toasted sunflower seeds,
goat cheese

grilled tofu & light balsamic vinaigrette

spring mix, tofu, black beans, cherry tomatoes, spring onions, avocado

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<http://sproutsrestaurant.com>