

SOUP

Our selection of soups change daily. Here is a fancy list of a few of the tasty options...

HOT & SOUR GF+DF

BUTTERY VEGAN VEGAN+GF+DF

Butternut Squash | Carrot | Lentils | Celery
Sweet Potato | Tomato | Basil

SWEET POTATO & CURRY GF

Garlic | Ginger | Coconut | Carrot | Sweet Potato

CHICKEN & RICE DF+GF

Chicken | Rice | Celery | Carrot | Onion | Oregano | Thyme

We have many more soup options, including frozen & seasonal. just ask your friendly barista!

SPROUT-MADE SPREADS

BEET HUMMUS GF+DF

SQUASH HUMMUS GF+DF+VEGAN

EVERYTHING SPICED HUMMUS GF+DF+VEGAN

ROASTED RED PEPPER ROMESCO GF+DF+VEGAN

ZA'ATAR SPICED CAULIFLOWER HUMMUS GF+DF+VEGAN

SPROUT-MADE PEANUT BUTTER & ALMOND BUTTER



BREAD

Artisanal Sprout Bread. Made Daily. Check our website for our weekly bread schedule.

TRADITIONAL SOURDOUGH - ZA'ATAR SPICED CHALLAH- ROASTED SCALLION SOURDOUGH

JALAPENO & CHEDDAR SOURDOUGH - DILL PICKLE SOURDOUGH - CRANBERRY APPLE WALNUT -

CHOCOLATE BON BON - GLUTEN-FREE & DAIRY-FREE COFFEE CAKE - GLUTEN-FREE RUSTIC BREAD & more!

Overnight Outbowls 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

TIRAMISU CHIA PUDDING DF

Vanilla Biscotti Crumble, Cold Brew, Maple, Chia, Coconut.

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!

BROWNIES + COOKIES

*PROTEIN Cookies!!! *GF

LEMON BROWNIES!!

CHAI 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

Harvest Granola GF+DF

SEASONAL PUMPKIN GRANOLA!

SMASH BARS

coffee BUZZ bites GF

peanut butter + chocolate GF

PB Chocolate BARK! GF

POLAR BAR GF+DF+VEGAN

MACA bites GF+DF+VEGAN

LOW SUGAR OAT BAKES

skinny brownie GF

banana + chocolate GF

peanut butter + pumpkin GF

MUFFINS & SCONES

Blueberry, Chocolate Chip GF

Jalapeno Cheddar, Cherry,

Berry Chia GF+DF+VEGAN

...AND DRINKS

CHEF-CRAFTED & HAND BOTTLED in HOUSE!

UPTOWN LEMONADE (LOW SUGAR)

lightly sweetened | fresh lemon | honey

MINT LEMONADE

Fresh mint & lemon!

VITALITY

Turmeric | Honey | Ginger | Cayenne | Fresh Lemon Juice

MATCHA GREEN TEA LEMONADE

Matcha | Fresh Lemon Juice | Agave

STRAWBERRY HIBISCUS LEMONADE

Strawberry | Agave | Fresh Lemon Juice | Hibiscus

VIETNAMESE COLD BREW COFFEE

Cold Brew Coffee | Honey | Milk

BEET LEMONADE

Beet | Fresh Lemon Juice | Agave

CHERRY LIMEADE

Cherry | Fresh Lime Juice | Agave

CHAI HARD! - sprout made chai | banana | toasted walnut

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

BETHESDA GLOW - spirulina | banana | blueberry

***protein add on is available for all smoothies**

& CRAFT ESPRESSO DRINKS
AVAILABLE AT ALL CAFES!

FREEZE
aka...smoothie

EASTON - ST. MICHAELS - ANNAPOLIS - STATE HOUSE - BETHESDA

open everyday

the sprout.
eatsprout.com

OCTOBER 2026

NEW
LiL' Pumpkin
Sliders!

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.

WWW.EATSPROUT.COM
ESTABLISHED 2016
EASTON, MARYLAND

BREAKFAST

- QUINOA, EGG & VEGETABLE MUFFINS** GF Quinoa | Carrots | Spinach | Sharp Cheddar | Roasted Red Pepper | Egg
- TURKEY SAUSAGE QUINOA EGG MUFFINS** GF Quinoa | Turkey Sausage | Sharp Cheddar | Onion | Egg
- SEASONAL CHEF SPECIAL FRENCH TOAST** Sprout-made bread | Yogurt | Maple Syrup
- BACON & ROASTED SCALION EGG SCRAMBLE** GF Sharp Cheddar | Roasted Potato | w/ Sprout-made Hot Sauce
- HAPPY VEGAN TOFU SCRAMBLE** VEGAN + GF Roasted Sweet Potato Hash | Sprout-Made Romesco

HOT EGG SLIDERS

Scratch-Made Challah Buns!

- NEW - Philly Steak & Egg -
- Egg & Cheese -
- Egg & Turkey Sausage -
- Egg White & Mushroom -

DON'T FORGET WE HAVE A FULL MENU OF ACAI BOWLS, OVERNITE OATS, PARFAITS AND A FULL ESPRESSO BAR!

ACAI BOWLS

Our bowls are scratch-made to order and the base is: organic açai, organic almond milk, organic banana & strawberry. Scratch-made & NO sugar added, EVER!

BERRY ME BABY GF + DF TOPPED WITH: Fresh Banana Slices | Fresh Blueberry | Raw Honey | Sprout-made Granola

WOW CACAO GF TOPPED WITH: Fresh Banana Slices | Raw Cacao Nibs | Chocolate | Coconut | Toasted Almonds

BOWL of GREENS

- GREEK SALAD** VEGAN + GF Chickpeas | Red Onion | Cucumber | Tomato | Bell Peppers | Zucchini | Olive | Sprout-made Hummus Dressing
- APPLE TREE SALAD** GF Apples | Dried Cranberries | Feta Cheese | Pecans | Greens | Roasted Onion | Yogurt Poppy Dressing
- WHAT THE FIG!** GF Chicken | Roasted Squash | Figs | Caramelized Onion | Walnuts | Feta | Maple Balsamic Dressing
- TABBOULEH POWER SALAD** VEGAN Bulgur | Apricot | Radicchio | Walnuts | Mint | Lemon | Parsley | Agave | Green Onion
- KALE-YEAH!** VEGAN + GF + DF Tuscan Kale | Radicchio | Flax | Pistachio | Pumpkin Seed | Mint | Parsley | Tahini | Lemon | Agave | Garlic
- ROOTY GRAIN BOWL** VEGAN + GF + DF Farro | Lentils | Carrot | Banana Peppers | Sprout-Made Squash Hummus | Zucchini

world famous WRAPS

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

- THAI CHICKEN CRUNCH WRAP** DF Sweet Chili Sesame Chicken | Mint Cabbage Slaw | Peanut Dressing
- PORK BAHN MI WRAP** DF Five Spice Pork | Cilantro Mint Slaw | Yum-Yum Sauce | Pickles
- BUFFALO CHICKEN WRAP** Herb Roasted Chicken | Carrot | Onion | Garlic | Aged Blue Cheese Dressing | Mixed Greens
- HUMMUS WRAP** V + DF Zucchini | Cucumber | Red Onion | Spinach | Red Pepper | Tomato | Hummus Vinaigrette Dressing

SMALL PLATES

- VEGAN GREEK CHICKPEA SALAD** VEGAN + GF Chickpeas | Cucumber | Zucchini | Olive | Red Bell Pepper | Tomato | Garlic
- BBQ PULLED PORK BOWL** GF + DF Braised Pork | Red Cabbage | Tomato | Chipotle Peppers | Honey | Brown Sugar | Garlic
- DIJON & DILL CHICKEN SALAD** GF + DF Dill | Celery | Honey | Dijon | Cranberry | Garlic | Green Onion
- CUCUMBER CHILI NIBBLES** VEGAN + GF + DF Chilled Cucumber | Mint | Cilantro | Sambal | Sesame
- CHICKEN SALAD** GF + DF Raisins | Apple | Light Mayonnaise | Toasted Almonds
- CHICKEN CURRY SALAD** GF Turmeric | Honey | Celery | Dates | Yogurt

BEAN SALAD

VEGAN + GF + DF Black Beans | Kidney Beans | Bell Pepper | Onion

NEW ADDITION THIS MONTH

PHILLY EGG SLIDER! - TIRAMISU CHIA PUDDING - BUFFALO WRAP
PUMPKIN GRANOLA - CHAI MAPLE BROWNIE

ENTREES

WHY KEEP THINGS THE SAME?!

WE COOK EVERYDAY, DIFFERENT FOOD, KEEPING YOUR TASTE BUDS HAPPY. BELOW ARE OUR FIXED ENTREES FOR THE MONTH. KEEP AN EYE OUT FOR CHEFS NEWEST CREATIONS AND SPECIALS.

HONEY POT CHICKEN

GF + DF Braised Honey Chicken | Ginger | Garlic | Bok Choy | Carrot | Jasmine Rice

HERB CRUSTED SALMON

GF Brown Rice Pilaf | Roasted Carrot | Dill | Garlic | Dijon

PERUVIAN CHICKEN BOWL

GF Peruvian Rub Chicken | Garlic Buttered Rice & Beans | Mojo | Lime

MORRACAN LAMB MEATBALLS

Couscous | Garlic | Mint | Sprout-made Harissa | Pickled Banana Peppers

PAD THAI

GF + DF Rice Noodles | Bok Choy | Red Bell Pepper | Peanut | Chili | Coconut

GREEK TURKEY MEZZE

GF + DF Lean Ground Turkey | Roasted veggie Quinoa Salad | Pickled Onion | Olive Tapenade | Greek Vinaigrette

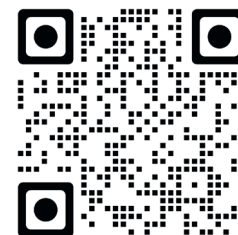
TERIYAKI BEEF BENTO BOWL

GF + DF Sautéed Beef | Jasmine Rice | White Cabbage | Ginger | Sesame

VEGAN

At our cafés, we serve up small-batch, vegan entrees that change every week — Peep our website, scroll our socials, or just ask one of our friendly baristas (they're basically walking menus).

CATERING!
from our kitchen to
your celebration!



CATERING, WEEKLY BREAD SCHEDULE,
FULL MENU, ONLINE ORDERING & FAQ'S.