

Features



LATICIA'S MUSHROOMS ON TOAST \$14

Mushrooms sauteed in black garlic butter, herbed ricotta and house sourdough

BEEF BRISKET BUN (BBB) \$15

Slow-cooked pulled brisket, marinated bell peppers and 2 secret sauces on a housemade corn sourdough bun

CLASSIC BACON + EGGS \$17

2 fried eggs, thick cut bacon, roasted vegetable hash, hollandaise, pumpkin seed romesco + crispy fried potatoes

FOCACCIA TOAST \$16

Local prosciuttino, fresh mozzarella and pumpkin seed spicy pesto on toasted Sprout focaccia

POMEGRANATE AND WHITE CHOCOLATE GANACHE WAFFLES \$17

Housemade waffles, creamy white chocolate ganache, citrus syrup and pomegranate



Seasonal Coffee Selections

Available in Sprout + Slowside 9am - 3pm

ESPRESSO \$5.00

Featuring, light + bright single origin espressos, from some of our favourite producers and roasters all around the world.

ESPRESSO WITH MILK \$6.00

6oz

Our feature espresso with steamed organic milk.

Oat milk available + \$.50

POUR OVER \$6.25

Brewed on our state of the art Seraphim brewers, this technique mimics a hand-brew coffee.

We aim to highlight the more delicate flavours and subtle aromas, for a nuanced cup every time.

Talk to a barista about their favourites and we'll find something tasty for you to try!



Toast +

TOAST AND...

2 pieces of our fresh baked sourdough bread, with a side of butter, and your choice of spread:

- Orange marmalade
- Blueberry honey jam
- Honey
- Cream cheese

- Raspberry rose jam
- Strawberry balsamic jam
- Mumgry peanut butter

\$6

AVOCADO TOAST

\$12

ask for vegan

Smashed avocado on our signature sourdough bread, topped with feta and microgreens

BAKED BEANS ON TOAST

\$11 / 7

ask for vegan

New Zealand style baked beans, on buttered sourdough, topped with pickled red onion and green onion

SPROUT GRANOLA

\$9 / 4.5

ask for vegan

House made granola + vegan coconut yogurt, honey drizzle and seasonal fruit

SAUSAGE + TOMATO TOAST

\$14

Smoked pork sausage, roasted balsamic tomatoes and cream cheese on house sourdough

BACON + EGGS

\$13

2 fried eggs and thick cut bacon on buttered house sourdough

Bulk it up with sides or add-ons!

JUST EGG BREAKFAST SANDWICH

\$10

Sunshine Valley Farms broken yolk egg, roasted garlic aioli.

VEGETARIAN BREAKFAST SANDWICH *vegan optional*

\$12

Sunshine Valley Farms broken yolk egg, Wise Earth Farms sprouted bean + vegetable patty, roasted garlic aioli

HAM + EGG BREAKFAST SANDWICH

\$12

Sunshine Valley Farms broken yolk egg, crispy black forest ham, roasted garlic aioli

PORK SAUSAGE or BACON BREAKFAST SANDWICH

\$13

Sunshine Valley Farms broken yolk egg, roasted garlic aioli

* see the sides + add-ons on the next page to make your breakfast sandwich pop

Sides

SIDE BAKED BEANS

\$7

New Zealand homestyle baked beans + a slice of buttered sourdough

SIDE SOUP

\$6

A half order of soup served with sourdough + butter

SIDE SALAD

\$6.50

A half order of our fresh Garden Salad

SIDE CRISPY POTATO

\$6

A side of the crispiest little potatoes, served with ketchup

Fried Egg

\$2.75

free range sunshine valley farms egg

Pork Sausage Patty

\$6

our own, house-made pork sausage patty

Thick Cut Bacon

\$6

3 slices of thick cut bacon



Sandwiches +

<p>THE GARDENER \$12 <i>vegan</i></p> <p>Sweet peppers, tomato, pickled red onion, cucumber, greens, magic green sauce, housemade hummus</p>	<p>THE PLOUGHMAN \$13</p> <p>Okanagan fruit chutney, mustard, cheddar, salami, shallot</p>	<p>THE BUTCHER \$13</p> <p>Black forest ham, tomato, lettuce, pickled red onion, jalapeno monterey-jack, mustard, mayo</p>
<p>MONTREAL SMOKED MEAT SANDWICH \$15</p> <p>Roasted smoked beef brisket, dill pickles, aioli, tangy mustard served on house sourdough</p>	<p>CRISPY POTATO BOWL \$10</p> <p>Crispy fried potato, green onion, house made ketchup</p> <p>See add-ons to make it your own!</p>	<p>GRILLED CHEESE \$12</p> <p>Aged cheddar + Jalapeno Monterey Jack cheese on Sprout sourdough served with house ketchup</p>
<p>VEGAN SOUP \$10</p> <p>What weird and wonderful creation will it be today? Served with sourdough.</p>	<p>MEAT SOUP \$10</p> <p>Rotating deliciousness with meat. Served with sourdough and butter.</p>	<p>GARDEN SALAD \$11</p> <p>Green garden salad with fresh, seasonal okanagan produce. Served with sourdough and butter.</p>

Sides + Add-Ons

add to any dish or build your own breakfast sandwich!

<p>SIDE BAKED BEANS \$7</p> <p>New Zealand homestyle baked beans + a slice of buttered sourdough</p>	<p>SIDE SOUP \$6</p> <p>A half order of soup served with sourdough + butter</p>	<p>SIDE SALAD \$6.50</p> <p>A half order of our fresh Garden Salad</p>	<p>SIDE CRISPY POTATO \$6</p> <p>A side of the crispiest little potatoes, served with ketchup</p>
<p>Fried Egg \$2.75</p> <p>free range sunshine valley farms egg</p>	<p>Pork Sausage Patty \$6</p> <p>our own, house-made pork sausage patty</p>	<p>Thick Cut Bacon \$6</p> <p>3 slices of thick cut bacon</p>	
<p>avocado \$2.50</p> <p>house aioli \$1.00</p> <p>pickled jalapeno \$0.75</p> <p>feta cheese \$2.00</p>	<p>aged cheddar \$2.00</p> <p>tomato \$0.75</p> <p>chili garlic salt \$0.50</p> <p>jalapeno monterey jack cheese</p>	<p>house ketchup \$1.00</p> <p>sprouts \$1.00</p> <p>lettuce \$0.75</p> <p>jalapeno monterey jack cheese \$2.00</p>	<p>house hot sauce \$1.00</p> <p>pickled onions \$0.75</p> <p>sauce romesco \$1.00</p>



Coffee

visit slowside for rotating seasonal coffee features

DRIP COFFEE	\$3.00	ESPRESSO	\$4.00	LONG BLACK	\$4.00	AMERICANO	\$4.00
MACCHIATO	\$4.50	FLAT WHITE	\$5.00	CORTADO	\$4.75	CAPPUCCINO	\$5.00
LATTE	\$5.25	MOCHA	\$5.50	HOT CHOCOLATE	\$5.00	MATCHA LATTE	\$5.25
CHAI LATTE	\$5.25	LONDON FOG	\$5.25	ORGANIC TEA	\$3.50		
KIDS HOT CHOCO	\$2.50	KIDS FLUFFY	\$1.00				
Sub Oat Milk	\$1.25	Sub Soy Milk	\$1.00	Sub Almond Milk	\$1.25	Add Vanilla Syrup	\$0.75
						Brown Sugar Syrup	\$0.75

Iced

COLD BREW ICED TEA \$6 / \$5

Seasonally brewed in house during the summer months.

ICED AMERICANO	\$4.50	ICED LATTE	\$6.00	ICED MOCHA	\$6.50
ICED CHAI	\$6.00	ICED MATCHA	\$6.00	LONDON FOG	\$6.00
KIDS CHOCO MILK	\$3.00				

Boozy Classics

BOOZY COFFEE \$9 / 11
1oz / 2oz

A single or double shot of Irish Cream Liqueur in our Guatemalan house drip.

CLASSIC CAESAR \$9 / 11
1oz / 2oz

Vodka or gin, clamato, tabasco, worcestershire and spicy pickled beans.

SPROUT SHAFT \$11
1.5oz

Double shot espresso with vodka, Kahlua, Irish Cream liqueur and a splash of milk.

Beer | Wine | Cider

See our drink menu for a selection of local beer, cider + Okanagan Valley natural wines

Beer | Wine | Cider

BEER

VICE + VIRTUE 'IMPOSTER' LAGER 4% abv. 355ml	8
SUPERFLUX COLOUR & SHAPE HAZY IPA 6.5% abv. 473ml	11
SUPERFLUX FEATHERGREEN IPA 6% abv. 473ml	11

CIDER

CREEK & GULLY 'FLORA' ORGANIC APPLE 6.9% abv. 355ml	8
BROKEN LADDDER APPLE & HOPS 6% abv. 355ml	8
CREEK & GULLY PLUM CIDER 8.5% abv. 750ml.	25

NATURAL WINE

	GLS BTL
white	
MARCUS ANSEMS CHARDONNAY 2022	17 65
orange	
LITTLE FARM PIED DE CUVE 2021	12 46
red	
KEENAN + ZOE WHOLE BERRY PINOT NOIR 2022.	13 50

Glass : 6oz | Bottle : 750ml