

Seasonal Features



ROTATING FEATURE MENU AVAILABLE 7 DAYS

Check in-store for our monthly feature menu of outstanding local produce prepared with care by Chef James McKenzie and the Sprout kitchen team.



Seasonal Coffee Selections

Available in Sprout + Slowside 9am - 3pm

| ESPRESSO | \$5.00 | POUR OVER (choice of 2) | \$6.25 | LOW-CAF | + \$2.00 |
|---|--------|---|--------|--|----------|
| Featuring, light + bright single origin espressos from some of our favourite producers and roasters all around the world. | | 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. | | We always carry a naturally low-caffeine varietal from our friends Neon Coffee Roasters in Kelowna. A great decaf alternative - low caffeine means low bitterness and tonnes of juicy sweet flavour notes ... without the buzz. | |

*Talk to a barista about their favourites and we'll find something tasty for you to try!
Espresso is available straight, with organic milk or with oat milk { + \$1.00 }*

Features



Toast +



Sandwiches +



Coffee & Drinks

Coffee / Beer / Cocktails





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
- Housemade grape jelly

\$6

AVOCADO TOAST

ask for vegan

\$12

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

BAKED BEANS ON TOAST

ask for Vegan

\$11 / 7

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

SPROUT GRANOLA

ask fo vegan

\$9 / 4.5

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

SOUP

usually vegan

\$10

What weird and wonderful creation will it be today? Served with sourdough and butter.

GARDEN SALAD

\$11

Green garden salad with fresh, seasonal okanagan produce. Served with sourdough and butter.

CRISPY POTATO BOWL

\$10

Crispy fried potato, green onion, house made ketchup. Make it your own with the add-ons below!

Sides + Add-Ons

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

Cheese Custard \$2.50

rich + gooey egg yolk based aged cheddar custard

Cheese \$2

your choice of feta, aged cheddar or jalapeno monterey jack

avocado \$2.50

house aioli \$1.00

pickled jalapeno \$0.75

diced bacon bits \$2.50

tomato \$0.75

chili garlic salt \$0.50

house ketchup \$1.00

sprouts \$1.00

lettuce \$0.75

house hot sauce \$1.00

pickled onions \$0.75

Toast +



Sandwiches +



Coffee & Drinks

Coffee / Beer / Cocktails





Sandwiches +

| | | |
|---|---|---|
| <p>THE GARDENER \$12 <i>vegan</i></p> <p>Sweet peppers, tomato, pickled red onion, cucumber, greens, magic green sauce, 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>VEGETARIAN BREAKFAST SANDWICH <i>vegan optional</i> \$12</p> <p>Sunshine Valley Farms broken yolk egg, Wise Earth Farms sprouted bean + vegetable patty, roasted garlic aioli.</p> | <p>HAM & EGG BREAKFAST SANDWICH \$12</p> <p>Sunshine Valley Farms broken yolk egg, crispy black forest ham, roasted garlic aioli.</p> | <p>PORK SAUSAGE or BACON BREAKFAST SANDWICH \$13</p> <p>Sunshine Valley Farms broken yolk egg, roasted garlic aioli.</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>Cheese Custard \$2.50</p> <p>rich + gooey egg yolk based aged cheddar custard</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>cheddar cheese \$2.00</p> <p>tomato \$0.76</p> <p>chili garlic salt \$0.50</p> | <p>house ketchup \$1.00</p> <p>sprouts \$1.00</p> <p>lettuce \$0.75</p> | <p>house hot sauce \$1.00</p> <p>pickled onions \$0.75</p> |

Sandwiches +



Coffee & Drinks

Coffee / Beer / Cocktails





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 | \$4.75 | CORTADO | \$5.00 | 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 \$6
ICED TEA \$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 | | | | |

Beer

| | | | |
|-------------------------------|-------------------------------------|---------------------------------|-------------------------|
| ALAHAMBRA \$8 RESERVA 1925 | FOUR WINDS \$8 FEATHERWEIGHT IPA | YELLOW DOG \$8 CHASE MY TAIL | SOMA \$8 APPLE CIDER |
| Cerveza / 330mL / 6.4% | IPA / 355mL / 4.5% | Pale Ale / 355mL / 5.2% | Cider / 355mL / 6.1% |

Boozy Classics

| | | |
|--|--|---|
| BOOZY COFFEE \$9 / 11 <i>1oz / 2oz</i> | CLASSIC CAESAR \$9 / 11 <i>1oz / 2oz</i> | SPROUT SHAFT \$11 <i>1.5oz</i> |
| A single or double shot of Irish Cream Liqueur in our Guatemalan house drip. | Vodka, clamato, tabasco, and worcestershire. | Double shot espresso with vodka, Kahlua, Irish Cream liquor and a splash of milk. |

