



6719 Frank Lloyd Wright Avenue. Middleton, WI 53562. (608) 826-6YUM. beansproutscafe.com

Yummy, good-for-you food at work!

Lunch

Your choice of sandwich, plus salad or soup: \$7
(Choice of bread or tortilla)

- Grilled Chicken & Pesto
- Roasted Veggies & Hummus
- Turkey & Avocado
- Asian Sesame Chicken
- Fresh Mozzarella, Tomatoes, Spinach, & Roasted Garlic Spread
- Mango-Chicken Salad with Wilted Spinach
- Turkey, Roasted Peppers, & Tarragon Pesto

Mixed Greens with Fresh Veggies

Dressings:

- Sesame Balsamic
- Ranch
- Tarragon Pesto Vinaigrette

Soups

- Gazpacho
- Potato & Dill Chowder
- Honey-Chile Roasted Carrot Bisque

Sides \$1.50 each

- Pita Chips & Hummus
- Seasonal Fruit
- Cucumber-Tomato Salad
- Lemon Garlic Couscous
- Baked Tortilla Chips with Tropical Salsa

Desserts

Cookies: \$1.50 each

- Chocolate Chip
- Apple Oatmeal
- Brownie Bites

Cake: \$2.50 each

- Ginger Carrot Cake
- Summer Berry Shortcake
- Flourless Chocolate Cake

Breakfast

 (Please order 24 hours in advance)

• Bean Sprouts Breakfast Wrap

(Egg, turkey bacon, tomatoes, cheese): \$4.25

- Ratatouille Scrambled Egg Wrap: \$4
- Assorted Baked Goods: \$1.50 each

- Seasonal Fruit Plate: market price
- Berry Yogurt Parfait: \$2.75
- Bean Sprouts Granola: \$3.50
- With fresh fruit add \$.75

Drinks

- Bottled Water: \$1.50
- Soda: \$1.50
- Juice: \$1.50
- Bottled Teas: \$1.75
- Organic Coffee: \$1.75
- Organic Hot Tea: \$1.50

TO ORDER: 608.826.6986

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We accept all major credit cards.

\$50 minimum for delivery.

Delivery charge based on location.