



- \$1.50 Milk ← white or chocolate
- \$2.00 Soy milk ←
- \$1.50 Tea-rrific ← Served iced or hot
- \$1.75 Organic fair trade coffee ↷
- sm \$1.50 Sparkle juice spritzer
- lg \$2.50
- \$1.75 Jazzy Juices
Apple, Orange, Pineapple, or Grape
- \$1.00 Hot Cocoa
- \$3.50 Smoothies
 - Purple Gurple
Blueberries, raspberries, grape juice and yogurt
 - Pink Patootie
Strawberries, banana, pineapple juice, and yogurt
 - The Fla-Mango
Mango, raspberries, and pineapple juice

Bakery case treats
Prices vary

Birthday cakes
48 hours advance notice please

Tea for Two-sday \$8/person
"Tea" and three courses of tiny treats
Every Tuesday, all day!



beansprouts

healthy food, happy tummies



birthday parties!
cooking classes!

yum yum menu

visit
6719 Frank Lloyd Wright Ave.
Middleton, WI 53562

call
608 826 6YUM (986)

see
www.beansproutscafe.com

eat

Choose one main dish and one side dish.

main dishes

sandwiches

PB Puzzler 
PB&J with natural peanut butter

Cheddarella Chomper 
Goopy grilled cheese

Slo-Mo Sandwich
Turkey & cheddar "snail" on whole-wheat tortilla

Bruschetta Chicken Sandwich
Grilled chicken, mozzarella, tomato, and pesto

Chicken Apple Pita Pocket

wraps

Rolled in whole-wheat tortillas

- Turkey, avocado, & tomato*
- Chicken & fresh veggies with sweet balsamic
- Spinach with Gruyère cheese and hummus* 
- Mediterranean vegetable medley 

warm and yummy

Lickety Strips*
Baked Parmesan chicken strips served with homemade marinara sauce

Wheat 'Za* 
Pizza on a wheat crust
● Cheese, turkey pepperoni, or veggie

kid size \$5.25
adult size \$7.95
big daddy size \$9.50

* shhh!...pureed veggies hidden inside
 vegetarian dish
substitute gluten-free bread: \$1

Bunchkin Burgers* 
Bite-size turkey or veggie-tofu burger
Add cheese: \$.50

Hi Dahl! 
Savory vegetable dahl served with whole-wheat pita slices and hummus

pasta
Add grilled chicken: \$2

Noodle-Dee-DOO* 
Whole-wheat macaroni blended with natural cheddar cheese

Noodle-Dee-DEE* 
Whole-wheat twirly pasta with homemade marinara sauce

salads
Mozzarella, basil, & tomato 
Grilled chicken with seasonal greens

sides

Banana Octopus
Edamame
Grape Kabob
Roasted Sweet Potatoes
Sub a side of soup or salad: \$2

family meals

Eat in or take out!
Call us from the curb & we'll bring it out to you!

The Noodler

- Noodle-Dee-DOO or Noodle-Dee-DEE and
- Lickety Strips

'Za-'Za-Zing

- Choice of pizza and
- Bunchkin Burgers

Wrap Star

- Choice of wrap and
- Hi Dahl!

big (serves 2-3) \$18 ● bigger (serves 4-6) \$28 ● biggest (serves 6-8) \$38
each comes with choice of two sides

\$3.50 Hummus with Broccoli Trees and Pita Wedges

\$3.50 Fruit Salsa with Baked Cinnamon Chips

\$3.50 Peanut Butter Basket with Veggie Dippers

\$2.50 Vanilla Cinnamon Snack Mix \$4

\$12 Playdate Platter (all of the above) \$3

snack

Soup of the Day
Side Salad

baby bites
Bean Sprouts' organic baby food \$2.50

Easy Cheesy
Cauliflower & broccoli in a Gruyère cheese sauce

Tropical Twist
Juicy organic peach & mango

Baby Dahl
Savory dahl with organic chicken

Seasonal Baby Food

Teeny Trio Sampler
(choose 3) \$3.50

Pea Diddy
Organic sweet peas

Sam I Yam
Pureed organic sweet potatoes with rosemary