

# Lunch

11.30am – 2.45pm

## Rainbow Chicken Salad gf, df, n 19.95

Shredded Poached Chicken with Slaw, Coriander, Almonds, Seeds, Miso Dressing

## **NEW** Nourish Bowl gf, v, df 18.95

Roasted Pumpkin, Cauliflower & Broccoli Steamed Kale, Roasted Chickpeas Poached Egg, Green Dressing

Grilled Chicken **5** Avocado **4**

## **NEW** Falafel Bowl gf, v 18.95

Falafel, Quinoa Tabbouli, Marinated Feta & Olives,

Roasted Eggplant & Capsicum, Beetroot Hummus, Tahini

Grilled Chicken **5** Avocado **4**

## **NEW** Beef Tacos gf 19.95

Served on soft 100% Corn Tortillas, with Guacamole, Yoghurt,

Bean & Corn Salad

**Vegetarian option**

Mushroom & Bean Chilli

## Green Bowl gf, df, v, n 18.95

Quinoa, Green Vegetables, Pesto, Egg Poached Chicken **5** Avocado **4**

## Miso Trout Bowl gf, df 22.95

Smoked Trout, Brown Rice, Kale, Avocado Miso Dressing

## Chilli Chicken Fried Rice gf, df 18.95

Brown Rice, Chicken, Chilli, Tamari, Ginger, Egg

Steamed Veg **4** Avocado **4**

## Sprout Fritters gf, v 18.95

Kale, Feta, Mint & Green Chilli Fritters Yoghurt Dressing

Tomato & Cucumber

Avocado **4**, Poached Egg **4**

Grilled or Poached Chicken **5**

## Sweet Potato Chunks v, gf 7.95

with Aioli

## Pumpkin Burger v 18.95

Roast Eggplant, Roast Capsicum, Avocado, Beetroot Hummus, Spinach

## **Sprout's Original & Best**

### Grilled Chicken Burger n 18.95

Coleslaw, Avocado, Tomato, Onion

Burgers served on Panini Roll

or

Gluten Free / Spouted Bread **4**

### **ADD SIDES TO ANY DISH**

Grilled or Poached Chicken or Bacon **5**

Avocado, Egg, Falafel, Halloumi **4**

Smoked Trout **8**

### **KIDS - Under 12's**

#### Lunch Box 12.95

Cheese Toastie, Apple Popper, Lollipop Popcorn or Corn Chips,

#### Toasted Grilled Chicken Sandwich 7.95

Chicken, Cheese, Mayo, Lettuce

#### Beef Taco v, gf 4.95

One Beef Taco with Guacamole & Cheese

*In an effort to maintain our high standards, some ingredient substitutions may not be possible.*

*However you are welcome to add sides to any of our dishes.*

*Please ask our wait staff and they will do their utmost to accommodate your needs.*

*gf – gluten free, df – dairy free, v – vegetarian, vg – vegan, n – contains nuts*

*Our kitchen uses nut, gluten, dairy and egg products. We therefore cannot guarantee against any cross contamination of allergens.*

*Public Holiday Surcharge 10%*