

Thirsty

Coffee	12oz	16oz	20oz
Organic Brewed Coffee	\$1.99	\$2.29	\$2.49
Café Au Lait	\$2.39	\$2.79	\$2.99
Cold Press Coffee	\$2.49	\$2.79	\$3.09
Big Bad Wolf (Coffee with espresso)	\$2.69	\$2.99	\$3.19
Espresso	12oz	16oz	20oz
Latte	\$3.39	\$3.79	\$4.19
Café Mocha	\$4.09	\$4.49	\$4.89
White Bear Mocha	\$4.09	\$4.49	\$4.89
Americano	\$2.29	\$2.69	\$3.09
Chai Tea Latte (A blend of tea, spices & steamed milk)	\$3.59	\$4.09	\$4.39
Specialty Drinks	12oz	16oz	20oz
Salted Caramel Latté	\$4.59	\$4.99	\$5.29
Oh You Betcha Latté (Spiced Maple Latté)	\$4.59	\$4.99	\$5.29
Vanilla White Mocha	\$4.59	\$4.99	\$5.29
Peppermint Mocha	\$4.59	\$4.99	\$5.29
Hot Chocolate (White or dark)	\$3.29	\$3.79	\$3.99
Hot Apple Cider	\$2.79	\$2.99	\$3.09
 Organic Hot Tea	\$2.59		



LAVAZZA
ITALY'S FAVOURITE COFFEE



Blended Drinks	12oz	16oz	20oz
Mocha Chiller	\$4.49	\$4.69	\$4.99
Madagascar Bourbon Vanilla Chiller	\$4.49	\$4.69	\$4.99
Caramel Chiller	\$4.49	\$4.69	\$4.99
Preggo Pickle Pucker Chiller (Pickle juice and blended ice with pickle garnish.)		\$2.99	
All Natural GMO Free Fruit Smoothie (Mango, strawberry or carrot orange. 100% real fruit.)	\$4.49	\$4.79	\$4.99

rishi Organic Iced Tea 	16oz	20oz
Iced Tea (Black or green)	\$2.59	\$2.89
Shaken Iced Tea (Mango, strawberry, peach, blackberry)	\$3.29	\$3.59

Kids Drinks	Kids Size
Apple Cider	\$1.99
Hot Chocolate	\$2.89
Milk Steamer (Vanilla or strawberry; whole milk or 2%)	\$2.89

Additions	
Flavor Shot	\$.80
Soy Milk	\$.80
Extra Espresso Shot	\$.80





Crepes

Breakfast Crepes:

(Served with fresh fruit)

Cinnamon Toast: Sprinkled with cinnamon and powdered sugar, and served with pure maple syrup and butter. \$5.99

Dr. Seuss: All-natural uncured applewood-smoked honey ham, scrambled egg and melty cheddar. \$8.99

Ranchero: All-natural cherrywood-smoked bacon, scrambled egg, avocado, black beans, GMO-free tomatoes, onions and melty cheddar. \$9.29

Morning Sunrise: Scrambled egg, fresh spinach, mushrooms, GMO-free tomatoes, onion and melty cheddar. \$8.49

B.E.S.T. All-natural cherrywood-smoked Bacon, Egg (scrambled), Spinach and GMO-free Tomato. \$8.49

Savory Crepes:

(Served with field greens)

Monte Cristo: All-natural grilled chicken breast*, all-natural uncured applewood-smoked honey ham and melty Swiss served with raspberry drizzle and powdered sugar. \$9.99

Earth Mama: Fresh spinach, mushrooms, GMO-free tomatoes, red onion and melty cheddar drizzled with balsamic glaze. \$8.99

The Loon: All-natural uncured applewood-smoked honey ham, mushrooms, spinach and your choice of melty Swiss or cheddar \$8.49

Mexi-Sota: All-natural grilled chicken breast* or carnitas with avocado, black beans, GMO-free tomatoes, red onion and fire-roasted corn. \$8.99

Sweet Crepes:

Sugar & spice and everything nice

(Miss Crema's Fresh whipped cream is house-made and infused with love and vanilla.)

Traditional: *Choice of cinnamon sugar or Ghirardelli chocolate* in a crepe topped with Miss Crema's house-made whipped cream.

\$5.49

MinnieApple:

Cinnamon-sugar apples in a crepe topped with caramel drizzle, granola, powdered sugar, cinnamon spice and Miss Crema's fresh whipped cream. \$7.49

The Pumpkin Patch:

Smooth and creamy pumpkin in a crepe topped with caramel drizzle, crumbled graham crackers and Miss Crema's house-made whipped cream. \$7.49

Little Monkeys: Banana, caramel and cinnamon inside a crepe topped with Miss Crema's fresh whipped cream. \$7.29

Jamberry: Fresh strawberries and banana slices inside a crepe topped with chocolate drizzle and Miss Crema's fresh whipped cream. \$7.29

Breakfast

Oatmeal.....\$3.79

Topping options include: brown sugar, raisins, butter, milk and maple syrup.

Ranchero Burrito.....\$8.99

All-natural cherrywood smoked bacon, scrambled egg, avocado, black beans and melty cheddar with a chipotle drizzle.

Cowboy Joe Burrito.....\$8.99

Fajita steak, scrambled egg, onion and GMO-free tomatoes with a chipotle drizzle.

Lil' Sprouts' Menu

Sampler Plates:

No-Whine Cheese, Cracker and Apple Plate.....\$4.99

(Make it gluten-free - add \$1.)

Hummus & Pita Plate.....\$5.49

First Finger Foods

Plate.....\$2.99 Petite peas, hard-boiled egg, fruit, black beans and cheese.

Sandwiches:

This Little Piggy.....\$5.49

Grilled all-natural uncured applewood-smoked honey ham and cheese.

Say Cheese!.....\$4.99

Grilled cheddar cheese.

You Are My SunButter & Jelly.....\$4.99

Lil' Elvis.....\$4.99 SunButter, banana slices and honey: \$4.99 (Our SunButter is made from U.S. grown sunflower seeds and is free of the top-8 food allergens.)

Lolli's Lotta Cheese Quesadilla.....\$4.79

(Sandwiches are made with your choice of organic sprouted multi-grain or organic country white bread. Sandwich meals also include your choice of fresh fruit, organic carrots sticks or gluten-free kettle chips.)

Mac 'n' Cheese BUILD YOUR OWN:

Small \$4.29; Large \$5.49

Standard mix-ins - choose from fresh peas, spinach and/or mushrooms. \$.49 each

Premium mix-ins - choose from steak, all-natural uncured applewood-smoked honey ham, all-natural grilled chicken breast*, and/or all-natural cherrywood smoked bacon. \$.99 each

Salads + Wraps

(Make any salad a wrap for additional \$1 or make it gluten-free for an additional \$2.49. Add Protein: All-natural grilled chicken breast* \$2.49; fajita steak or all-natural pork carnitas \$3.)

Coco's Avocado Cobb
.....\$10.99 All-natural cherrywood smoked bacon, blue cheese crumbles, avocado, hard-boiled egg and GMO-free tomatoes served over crispy field greens drizzled with raspberry vinaigrette.

Mexi-Sota.....\$8.99
Avocado, fire-roasted corn, black beans, GMO-free tomatoes, onions and shredded cheddar served over field greens with a chipotle drizzle.

Caesar.....\$7.99
Fresh greens, shaved parmesan and buttery seasoned croutons with creamy Caesar dressing.

Paninis + Deli Sandwiches

(Served with a pickle and gluten-free kettle chips)

The Sweetest Fig.....\$9.29
All-natural uncured applewood-smoked honey ham, creamy brie cheese and sweet fig preserves are hot-pressed and grilled to perfection on ciabatta.

Pippi's Prime Rib.....\$9.99
Medium prime rib sliced with white cheddar cheese, red onion and horseradish aioli are grilled hot inside toasty ciabatta.

Cuban.....\$9.49 All-natural uncured applewood-smoked honey ham, all-natural carnitas, melty Swiss, chopped pickles and dark-ale mustard are hot pressed and grilled on ciabatta.

Clay's Chicken Club.....\$9.99
All-natural grilled chicken breast* and cherrywood smoked bacon, along with your choice of white cheddar or Swiss cheese are grilled between ciabatta, then topped with lettuce, GMO-free tomato and mayo.

Cindy's Sinful Chicken Salad.....\$9.29 Our all-natural grilled chicken breast* salad is house-made, chilled and served topped with lettuce and GMO-free tomato on a buttery croissant.

Three Little Pigs Ham & Swiss.....\$8.99
All-natural uncured applewood-smoked honey ham, Swiss, lettuce, GMO-free tomato and onion with a dark ale mustard.

**Our all-natural chicken breast is fire-grilled, minimally processed, contains no artificial ingredients and is raised without antibiotics.*

Soup of the Day

(Served with crackers)

Cup.....\$3.59 Bowl.....\$4.99