



S P R O U T ALLERGENS

WARM BOWLS

CHICK-PLEASE (Ve)

Plant-based and big on flavour with spiced beans, brown rice, spinach, pickled red cabbage, pickled gherkin, green olive salsa, creamy hummus, spicy tahini dressing, and spiced pumpkin seeds
Allergens: Sulphur Dioxide, Sesame Seeds

CHARRED TACO BOWL SPICED CHICKEN / SPICED BEANS (V)

A taco in a bowl with white rice, cos lettuce, pickled red onion, tomato salsa, charred sweetcorn salsa, tortilla chips, and chipotle vinaigrette
Allergens: Sulphur Dioxide

SATAYSFIED CHICKEN / OR SPICY TOFU (Ve)

Our most popular bowl with roasted chicken, brown rice and warm peanut satay sauce with spinach, pickled cucumber, scallion, ginger sesame dressing and spicy sesame peanuts
Allergens: Sulphur Dioxide, Peanuts, Mustard, Soybeans, Sesame Seeds

NEW DINER BOWL

Blackened chicken, white rice, cos lettuce, pickled carrot, gherkin, pickled red onion, celery and dill, blue cheese dressing, hot sauce and everything bagel seasoning
Allergens: Celery, Eggs, Gluten (Wheat, Barley), Milk (Cow's Pasteurised), Mustard, Sesame Seeds, Soy, Sulphur Dioxide

MIDDLE EASTERN CHICKEN

A hug in a warm bowl with harissa chicken, brown rice, spinach, tomato salsa, pickled gherkin, pickled red cabbage with a spicy tahini dressing, creamy hummus, and spiced pumpkin seeds
Allergens: Sulphur Dioxide, Sesame Seeds

CRISPY BOMBAY BOWL

Spiced chicken, white rice, cos lettuce, chaat potato, pickled red chilli, pickled red onion with a spicy tahini dressing, tamarind yoghurt dip and crispy shallots
Allergens: Sulphur Dioxide, Milk, Egg, Mustard, Gluten (Wheat), Sesame Seeds

SIGNATURE SALADS

PAPRIKA CHICA

A family recipe with rosemary chicken, brown rice, seasonal greens, sweet potato, scallion, pickled chilli, with French dressing and paprika yoghurt
Allergens: Sulphur Dioxide, Mustard, Egg, Milk

UMAMI KNOWS BEST (Ve)

The ultimate umami salad with spicy tofu, fragrant brown rice, seasonal greens, roasted mushroom, pickled carrot, red cabbage, spring onion, pickled red chilli, ginger sesame dressing and spicy sesame peanuts
Allergens: Soybeans, Sesame Seeds, Sulphur Dioxide, Peanuts

KALE CAESAR

Our take on the classic with rosemary chicken, crispy bacon, cos and kale, croutons, semi-dried tomatoes, with basil Caesar dressing and shaved parmesan
Allergens: Sulphur Dioxide, Gluten (Wheat), Milk (Unpasteurised), Fish, Egg, Mustard

SUPER GUACABOWLE (V)

A superfood salad with guacamole, seasonal greens, quinoa, sweet potato, pickled carrot, lemony shredded broccoli, red apple, red cabbage, creamy feta with French dressing and toasted seeds
Allergens: Celery, Milk (Pasteurised), Mustard, Sulphur Dioxide, Sesame Seeds

WARM WRAPS

PAPRIKA CHICA

Harissa spiced chicken, fragrant brown rice, cos lettuce, sweet potato, spring onion, pickled red chilli, with French dressing and paprika yoghurt
Allergens: Gluten (Wheat, Oat), Sulphur Dioxide, Mustard, Egg, Milk

BASIL CAESAR 11.99

The classic in a wrap with roasted chicken, bacon, semi-dried tomatoes, cos lettuce, croutons, basil caesar and freshly grated parmesan
Allergens: Gluten (Wheat, Oat), Sulphur Dioxide, Milk (Unpasteurised), Fish, Egg, Mustard

MIDDLE EASTERN SPICED CHICKEN / SPICED BEANS (Ve)

Fragrant brown rice, cos lettuce, pickled red cabbage, tomato salsa, hummus, and spicy tahini dressing
Allergens: Gluten (Wheat, Oat), Sulphur Dioxide, Sesame Seeds

CHARRED TACO WRAP SPICED CHICKEN OR SPICED BEANS (V)

A taco in a wrap with white rice, tortilla chips, cos lettuce, charred sweetcorn and tomato salsa with a smokey chipotle dressing and paprika yoghurt
Allergens: Gluten (Wheat, Oat), Mustard, Sulphur Dioxide, Milk (Pasteurised), Eggs