

Made For Kids, Loved by Everyone.

Homegrown, 100% plant-based

SPROUT

Mains 35 AED

Mac Ain't Cheese

Sprout signature veggie sauce, semi whole wheat pasta



Spaceballs n' Mash

Black bean balls served with signature Sprout gravy



Easy Peasy Bolognesy

Rich lentil Bolognese sauce, semi whole wheat pasta



Kung Fu Rice

Asian-style not-fried brown rice-quinoa mix with tofu & veggies



Yummy Bites 22 AED

Nuggs n' Dip

Veggie-bean nuggs, homemade ketchup



Ninja Pockets n' Dip

Veggie-dumplings, homemade soy dip



Sweet Munchies

Panquesitos

Wholegrain sweet potato pancakes with apple cinnamon compote

26 AED



Dino Bowl

Soy yogurt, Sprout Dino Crunch Granola with homemade apple cinnamon compote

31 AED

Banana Bread

Sweet bananas, wholegrain spelt flour

23 AED

Ice Cream 18 AED

Nanaberry

Strawberry, banana, cashew



Mananago

Mango, banana, cashew

Drinks

Mafi Moo Shakes

Strawberry
Banana
Chocolate

28 AED



Slurpie Smoothies

Mango
Pineapple
Watermelon

24 AED



Pina Colada Ice Tea

18 AED

BRW Hot Tea

Cookie, Forever Nutty

15 AED

Water

7 AED

♥ Love our food?

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