




**Soups** **\$ 5.00**
Housemade soups (selection varies daily).


**Salads** **\$ 11.95**
Any salad can be turned into a wrap with side for \$1 more. Add chicken for \$2.

Caesar Salad
Classic romaine salad with croutons, parmesan cheese, and house dressing.

Sprout Spinach Salad
Baby spinach, goat cheese, strawberry and red onion with balsamic vinaigrette.

Cobb Salad
Romaine, turkey, ham, roast beef, hard boiled egg, tomato, cucumber, and sweet potato.

Southwestern Mixed Greens
Artisan greens with roasted corn, black beans, tri-colored peppers, cilantro and red onion. Served with orange-cilantro vinaigrette.

**Sandwiches and Wraps** **\$ 12.95**
Served on choice of white or wheat bread, pita, spinach or flour wrap, or French baguette. All sandwiches dressed with artisan greens and tomatoes. Gluten-free on request. Served with choice of side.

Roast Beef
Sliced medium rare roast beef with mustard-brie spread and smoky tomato dressing on a baguette.

French Dip
Sliced roast beef served hot, with melted cheese and grilled onions and peppers on a baguette.

Celebrity Turkey
Turkey breast with herbed goat cheese.

Club Sandwich
Turkey, ham, and bacon with smoky tomato dressing.

Thai Chicken Wrap
Diced chicken in Thai-ginger sauce, with sriracha, onion, cucumber, and sweet potatoes in a spinach wrap.

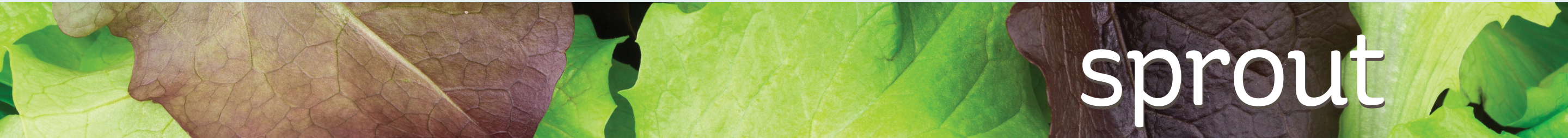
The Whole Hog
Housemade pork BBQ topped with BBQ sauce and cole slaw.

Farmer Brown
Housemade egg salad with artisan greens, tomato, and bacon on a croissant.


Carolina Chicken Salad
Diced chicken breast mixed with yogurt, red grapes, and toasted almonds served on a croissant.

Honeyed Ham Sandwich
Sliced honeyed ham with soft brie and smoky tomato dressing.

B.L.T.
A classic. Add pimento cheese or avocado for \$2.



sprout


**Paninis** **\$ 12.95**
Served with choice of side.

Cubano
Our pork BBQ with bacon, Swiss cheese, dill pickles, and smoky tomato sauce.

Rosemary Turkey
Turkey breast with herbed goat cheese.

Grilled Pimento Cheese
Housemade pimento cheese. Add tomato (no charge), or ham, bacon, or avocado (\$2).


Herbivore
Sliced crimini mushrooms, spinach, tomatoes, and house pesto spread


**Off the Grill** **\$ 12.95**
Burgers served with served with artisan greens, tomato, pickle, and onion on a brioche bun. Served with choice of side.

Angus Burger
Grilled 100% Angus beef served with cheese.

Veggie Burger
Grilled, meatless patty.

Chicken Philly
Diced chicken breast with grilled onions and peppers and melted cheese on a baguette.

**NC BBQ Plate** **\$ 12.95**
Housemade pork or chicken barbecue. Comes with two sides.

**Meals for Kids.....** **\$ 8.95**
and the Young at Heart
Includes a sandwich, side, cookie, and lemonade or milk.

Hamburger	All-Beef Hot Dog
Chicken Tenders	Turkey Sandwich
Ham Sandwich	BBQ Pork Sandwich
Grilled Cheese	Sunflower Butter & Jelly

Sides..... **\$ 3.50**

Three-side plate **\$ 9.95**
Fresh, rotating sides daily. See our specials.

Beverages
Fountain or Bottle Drinks as priced

Desserts
Ice Cream (cup or cone) \$ 4
Assorted Treats as priced