



70 Columbus Drive  
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www.sprovemarket.com



Catering Service Available

## Breakfast

Mon-Fri: until 11:30 AM

Sat-Sun: until 12:30 PM

### Oatmeal

Small-----\$3.00

Large-----\$3.50

\*Toppings \$0.50\*

## Bagel

1. Bagel-----\$1.00

2. Bagel with Butter-----\$1.25

3. Bagel with Cream Cheese-----\$2.25

4. Bagel with Flavor Cream Cheese-----\$2.75

5. Bagel with Peanut Butter-----\$2.75

6. Bagel/w Cream Cheese & Fresh Lox-\$6.45

## Baked Goods

1. Muffin-----\$2.25

Corn, Chocolate, Marble, Cranberry, Blueberry

2. Danish/Scone-----\$2.25

3. Croissant-----\$2.00

4. Chocolate/Almond Croissant-----\$2.25

## Breakfast Sandwich

## and Platter

Platter comes w/Home Fries & Toast

Adding Home Fries to Sandwich is \$1.00 Extra

	Sandwich	Platters
1. One Egg-----	\$1.75-----	\$3.25
2. One Egg White-----	\$2.00-----	\$3.50
3. French Toast/Pancakes-----		\$4.25

Fruit Toppings \$1.00

5. Bacon, Ham or-----\$4.25-----\$5.25

Pork Sausage

Two Egg & Cheese

\$1.00 Extra Taylor Ham, Pastrami, or Corned Beef

## Omelet

	Sandwich	Platters
1. Western Omelet	-----\$4.25-----	-----\$5.45
Ham, Onion, Bell Peppers		
2. Sprout Omelet	-----\$4.50-----	-----\$5.95
Egg White, Turkey, Onion, Tomato and Roasted Red Pepper		
3. Cheese Omelet	-----\$3.95-----	-----\$4.95
4. Florentine Omelet	-----\$4.50-----	-----\$5.95
Mushroom, Avocado, Tomato w/Swiss or Gruyere Cheese		
5. Mediterranean Omelet	-----\$4.25-----	-----\$5.45
Roasted Red Pepper, Feta, Parmesan and Black Olives		
6. Veggie Omelet	-----\$4.25-----	-----\$5.45
Spinach and Tomatoes		

## Breakfast Wrap

## Create Your Own

**\$6.45**

**\*Choose 5 Toppings (Extra \$0.50)**

**Toppings**

Turkey, Ham, Bacon, your choice of Cheese

Tomato, Olive, Onion, Mushroom,

Spinach, Broccoli, Peppers,

Extra: \*Egg \$0.50 \*Avocado \$1.00 \*

\*Hero \$0.75 \*Wraps \$0.75 \*Croissant \$1.50

\*Cheese \$0.75 \*Ham \$1.00 \*Bacon \$1.00 \*Sausage \$1.00

\*Jelly \$0.50, Tomato \$0.50

## Coffee Bar

	Small	Large
1. House Blend	-----\$1.50-----	-----\$1.95
2. Espresso	-----Single \$2.25/Double \$3.50	
3. Cappuccino	-----\$2.50-----	-----\$3.50
4. Cafe Latte	-----\$2.50-----	-----\$3.50
5. Flavored Coffee	-----\$1.75-----	-----\$2.25
6. Herbal Tea	-----\$1.75-----	-----\$2.25
7. Hot Chocolate	-----\$1.75-----	-----\$2.25

## Cold Drink

	Small	Large
1. Iced Coffee	-----\$2.25-----	-----\$2.75
2. Iced Flavored Coffee	-----\$2.75-----	-----\$3.25
3. Iced Tea	-----\$2.25-----	-----\$2.75

## Classic Sandwich

### Make your own

1. Roast Beef	-----\$6.95
2. Turkey Breast	-----\$5.25
3. Smoked Turkey Breast	-----\$5.50
4. Honey Maple Turkey Breast	-----\$5.50
5. Peppered Turkey Breast	-----\$5.50
6. Sausalito Turkey	-----\$5.50
7. Cajun Turkey	-----\$5.50
8. Boiled Ham	-----\$5.25
9. Virginia Ham	-----\$5.50
10. Capicola Ham	-----\$5.50
11. Corned Beef	-----\$6.25
12. Pastrami	-----\$6.25
13. Pepperoni	-----\$4.75
14. Bologna	-----\$4.75
15. Salami	-----\$5.25
16. Liverwurst	-----\$4.25
17. Prosciutto	-----\$6.25
18. Tuna Salad	-----\$4.75
19. Mexican Tuna Salad	-----\$5.25
20. Egg Salad	-----\$3.50
21. Chicken Salad	-----\$4.75

## Cheese Sandwich

	Cold	Grilled
1. American Cheese	-----\$3.25-----	-----\$3.50
2. Swiss, Gruyere,		
Provolone Cheese	-----\$3.95-----	-----\$4.25
3. Cheddar Cheese	-----\$4.50-----	-----\$4.75
4. Alpine Cheese	-----\$4.50	
5. Fresh Mozzarella,		
Brie Cheese	-----\$4.95-----	

# Vege-Combo

## Only Round Roll

Combo#1-----\$8.95

Veggie Burger, Brie Cheese, Avocado, Tomato, Spinach,

Vegan Mayo, Hummus

Combo#2-----\$8.95

Veggie Burger, Avocado, Tomato, Spinach, Vegan Cheese,

Vegan Bacon, Vegan Mayo

Combo#3-----\$8.95

Veggie Burger, Avocado, Cucumber, Sprout, Roast

Pepper, Vegan Cheese, Hummus

Combo#4-----\$8.95

Veggie Burger, Vegan Cheese, Vegan Bacon, Grilled

Mushroom, Onion, Pepper

Combo#5-----\$8.95

Veggie Burger, Avocado, Tomato, Spinach, Fresh Mozzarella

Cheese, Pesto Sauce

## Only Hero or Wrap

Combo#6-----\$7.45

Avocado, Swiss Cheese, Tomato, Cucumber, Baby Spinach,

Sprouts, Hummus

Combo#7-----\$7.45

Crisp Tofu Cutlet, Fresh Mozzarella Cheese, Avocado,

Tomato, Cucumber, Bay Spinach

Combo#8-----\$7.45

Crispy Portobello Mushroom, Cheddar Cheese, Avocado,

Tomato, Basil, Sprouts, Hummus

Combo#9-----\$6.95

Mix green, Carrot, Asparagus, Alfalfa, Cucumber, Roast

Pepper, Sundry Tomato, Dry Cranberry, Hummus

# Deli Combination

## Sandwiches

Roll or Sliced Bread-----\$6.95

Hero or Wrap-----\$7.95

### 1. Italian Supreme

Capicola, Genoa salami, Prosciutto, Pepperoni, Provolone,

Hot Pepper, Lettuce, Tomato, Oil & Vinegar

Roast Beef, Turkey, Ham, American Cheese, Cole Slaw,

Russian Dressing

### 3. Steuben

Virginia Ham, Turkey, Swiss Cheese, Lettuce, Mustard &

Mayonnaise

### 4. Arrivederci Roma

Prosciutto, Capicola Ham, Provolone Cheese,

Roasted Pepper

### 5. Bella Napoli

Prosciutto, Fresh Mozzarella Cheese, Roasted Pepper

### 6. Sprout Special

Corned Beef, Pastrami, Roasted Beef, Swiss cheese,

Sauerkraut, Russian dressing

### 7. Chicago Fire

Genoa Salami, Capicola Ham, Fresh Mozzarella Cheese, Hot

pepper

### 8. Holland Tunnel

Pastrami, Swiss Cheese, Cole Slaw, Russian Dressing

### 9. My Dreamin

Fresh Turkey, Fresh Mozzarella Cheese, Mix Green,

Sundried Tomato, Virgin Olive Oil

### 10. Shy Boy

Smoked Turkey, Brie, Sliced Green Apple, Lettuce, Honey

Mustard

### 11. Rainbow

Cajun Turkey, Pepper Jack Cheese, Green/Red Pepper,

Tomato, Slice Cucumber, Lettuce, Avocado, Cajun Mayo

### 12. Marin Blvd

Turkey Breast, Avocado, Mix Green, Hummus, Balsamic

Vinaigrette

### 13. Blue Moon

Honey Maple Turkey Breast, Alpine Ice Cheese, Tomato,

Roasted Pepper, Green Apple, Dry Cranberry, Romaine,

Honey Mustard

### 14. Hot and Pepper

Cracked Pepper Turkey, Pepper Jack Cheese, Onion, Tomato,

Avocado, Hot Pepper, Sprout, Baby Spinach, Honey Mustard

### 15. Jersey City

Turkey Breast, Roast Beef, Boiled Ham, Lettuce, Tomato,

Cheddar / Swiss Cheese, Avocado, Honey Mustard

Sausalito Turkey, Muenster Cheese, Tomato, Bacon,

Avocado, Red Onion, Hot Pepper, Baby Spinach

### 17. Picky-Picky

Chicken Salad, Bacon, Mixed Green, Tomato, Avocado,

Cheddar Cheese

### 18. Diet Style

Fresh Mozzarella, Romaine, Tomato, Carrot, Cucumber,

Avocado, Alfalfa Sprout, Tomato, Cucumber, Baby Spinach ,

Balsamic Vinaigrette

## Fresh Homemade

## Hot Sandwich

1. Roasted Fresh Turkey-----\$6.95

2. Hot Rare Roasted Beef-----\$6.95

3. Fresh Corned Beef-----\$6.95

4. Brisket of Beef-----\$6.95

5. B.L.T-----\$5.25

6. Turkey B.L.T-----\$5.95

7. Tuna Melt-----\$5.95

8. Philly Cheese Steak-----\$7.95

Roasted Beef, Pepper, Onion, Mozzarella, on a Hero

9. Ruben-----\$7.25

Pastrami or Corn Beef, Swiss Cheese, Sauerkraut, and

Mustard or Russian Dressing on a Rye Bread

## Grilled Chicken/

## Chicken Cutlet

#Roll or Sliced Bread-----\$6.95

#Hero or Wrap-----\$7.95

### 1. Philly Chicken

Melted American Cheese, Onion, Pepper

### 2. California

Avocado, Cucumber, Plum Tomato, Roasted Pepper,

Lettuce Ranch Dressing

### 3. The Winner

Fresh Mozzarella Cheese, Roasted Pepper, Lettuce, Avocado

and Pesto Sauce

### 4. Sprove Market

### 5. Columbus Drive

Bacon, Melted Mozzarella Cheese, Roasted Pepper and

Russian Dressing

### 6. Market Place

Plum Tomato, Arugula, Fresh Mozzarella Cheese and

Tomato Sauce

### 7. Sweet Chicken

Swiss Cheese, Onion, Pepper, Honey Mustard

### 8. Spice Chicken

Swiss cheese, Onion, Mushroom and Chipotle Mayo

### 9. BBQ Chicken

American Cheese, Onion, Pepper, B.B.Q. Sauce

### 10. Chicken Supreme

Pepper Jack Cheese, Bacon, Lettuce, Tomato, Ranch

Dressing

### 11. Chicken Parmigiana

Mozzarella Cheese, Pepper, Tomato Sauce

## Panini

\$7.25

### 1. Chicken Fajita

Shredded Chicken, Mixed Peppers, Onions, Fajita Sauce,

Cheddar Cheese

### 2. Cuban

Roast Pork, Ham, Swiss Cheese, Pickles, Mustard

### 3. Tuscan

Fresh Mozzarella, Plum Tomato, Basil, Spinach, Hummus

### 4. New Yorker

Roast Beef, Havarti Cheese, Onion, Tomato, Thousand

Island Dressing

### 5. San Francisco

Grilled Chicken, Avocado, Tomato, Hot pepper, Chili Sauce

### 6. Italiano

Grilled Chicken, Roasted Sweet Pepper, Provolone Cheese,

Pesto Sauce

### 7. Siciliano

Prosciutto, Ham, Mozzarella Cheese, Mix Green, Sundried

Tomato, Hummus

### 8. Combination Cristo

Ham, Smoked Turkey, Lettuce, Tomato, Swiss, Cheddar

Cheese

Chicken Cutlet, Bacon, Cheddar Cheese, Tomato, Mixed

Greens, Ranch Dressing, Mayo

## 10. California Panini

Grilled Chicken, Roasted Pepper, Mayo, Ranch Dressing,

Mozzarella Cheese, and Spinach

# Burger

Burger Served with Lettuce, Tomato, Onions,  
Pickles

Deluxe Served with French Fries or Onion Ring

	Burger	Deluxe
1. Hamburger-----	\$4.95	\$6.95
2. Turkey Burger-----	\$4.95	\$6.95
3. Cheese Burger-----	\$5.45	\$7.45
4. Bacon Cheese Burger-----	\$6.25	\$8.25
5. Double Cheese Burger-----	\$7.45	\$9.45
Two 6oz Beef Burger, American cheese, Lettuce, Tomato		
6. MUSE Burger -----	\$6.95	\$8.95
Beef Burger, Mushroom, Swiss Cheese, Onion, Steak Sauce		
7. Taste of Haven-----	\$6.75	\$8.75
Turkey Burger, Honey Maple Turkey, Swiss Cheese, Lettuce, Tomato		
8. Chipotle Turkey-----	\$6.95	\$8.95
Turkey Burger, Chipotle Sauce, Pepper Jack Cheese, Avocado, Onion		
9. Texas Burger-----	\$6.95	\$8.95
Beef Burger, Bacon, American Cheese, Lettuce, Tomato, Fried Egg, B.B.Q. Sauce		
10. Vegetable Burger-----	\$5.45	\$7.45
Soy Protein, Broccoli, Swiss Cheese, Red & Green Pepper, Carrot, Potato, Cabbage, Onion, Parsley		
11. Spicy Kimchi Burger-----	\$6.95	\$8.95

Spicy Kimichi Mayo, Lettuce, Tomato

## Sides:

French Fries-----	\$3.00
Onion Ring-----	\$3.50
Cheese French Fries-----	\$3.95
Double Cheese French Fries-----	\$5.95
Sweet Potato Fries-----	\$3.95

A Taste of Korea

## 1. Bibimbap

Vegetable-----\$7.95

Beef or Chicken-----\$8.95

Mixed of Korean Style Vegetable with Egg and Korean  
Spicy Pepper Paste

2. Soondoochoo (Tofu Stew)-----\$9.99

(Mild or Hot) with your choice of Vegetable, Beef, Chicken,  
or Seafood

3. Kimchi Jigae (Spicy Cabbage Stew)--\$9.99

Comes with Brown Rice or White Rice, Scallions, Tofu,  
Pork, and Glass Noodles

4. Bulgogi (Marinated Beef)-----\$9.99

Comes with Glass Noodle, and your choice of Vegetable

5. Gteok bokki (Spicy Rice Cake)-----\$11.99

With Vegetables, Fishcakes, and Hot Pepper Paste

7. Pan Fried Pancake (Kimchi, Seafood,  
Vegetable)-----\$14.95

8. Jjajangbap (comes with rice)-----\$6.99

Pork, Onion, Squash, Potato, and Black Bean Sauce

9. Jjampongabap (comes with rice)-----\$7.99

Spicy Broth with Korean Red Pepper Flakes, Onions,  
Scallions, Squash, Spinach Mixed Seafood

# Salad Bar

## House Salad Suggestion

1. House Salad-----\$8.45

Baby Spinach with Blue Cheese, Raisin, Sliced Apple, Grape  
Tomato and Sunflower Seeds, Honey Mustard

2. Club Salad-----\$8.45

Mixed Green, Roasted Turkey, Honey Glazed Ham, Smoked  
Bacon, Hardboiled Egg, Cheddar, Cucumbers and Grape  
Tomato

3. Santa Fe Salad-----\$8.45

Mixed Green Grilled chicken, Avocado, Corn, Cheddar Cheese,  
Tomato, Cucumber, Onion, Tortilla Chips, Chipotle or  
Ranch Dressing

4. Cobb Salad-----\$8.45

Mixed Green, Grilled Chicken, Smoked Bacon, Avocado,  
Hardboiled Egg, Blue Cheese and Red Wine Vinegar.

Romaine Hearts, Cucumber, Feta, Grape, Tomatoes, Red Onion, Peppers, Herb Vinaigrette

6. Grilled Chicken Salad-----\$8.45

Mixed Green, Avocado, Organic Chick Peas, Blue Cheese, Walnuts, Low Fat Honey Dijon Dressing

7. Antipasto Salad-----\$8.95

Mixed Green, Prosciutto, Salami, Capicola Ham, Pepperoni, Provolone Cheese, Roast Pepper, Artichoke, Oil & Vinegar

8. Grilled Chicken Caesar Salad-----\$6.95

Romaine Lettuce, Crouton, Parmesan Cheese, Grilled Chicken

9. Jersey Combo Salad-----\$7.95

Chicken Salad, Tuna Salad, Egg Salad, Roasted Peppers, Grape, Tomato

10. Pasta Chicken Salad-----\$8.45

Mixed Green, Grilled Chicken, Pasta, Cheddar, Cashew, Cherry Tomato, Cucumber, Peppers, Broccoli, Onion

11. Roasted Beef Chicken Salad-----\$8.45

Spring Mix, Roasted Beef or Grilled Chicken, Cherry Tomato, Red Cabbage, Carrots, Broccoli, Mix Pepper, Crouton, Mango, Cheddar & Parmesan Cheese, Honey Mustard, Raspberry Vinaigrette,

12. The Soho Salad-----\$8.95

Mixed Green, Tuna, Cucumber, Cherry Tomato, Green & Black Olives, Pecans, Avocado, Boiled Egg, Artichoke, Parmesan Cheese, Balsamic Vinegar

13. Special Salad-----\$8.45

Grilled Chicken, Daily Pasta, Cheddar Cheese, Cherry Tomato, Cucumber, Broccoli, Carrot, Cashew, Balsamic Vinaigrette

14. Tuna Avocado Salad-----\$9.95

Spring Mix, Avocado, Cherry Tomato, Red Cabbage, Cucumber, Black Olive, Mix Pepper, Sundried Tomato, Parmesan, Sesame Ginger

Create your own Salad \$8.45

One Green + One Protein + One Cheese + 5 Toppings

Step#1 Green

Romaine / Baby Spinach / Salad Mix / Iceberg / Arugula

Choice of One Chicken (Grilled or Breaded),

Tuna, Prosciutto, Turkey, Ham, Shrimp, Salmon (Extra \$1.00)

Step #3 Choose One Cheese

Choice of Fresh Mozzarella, Shredded Mozzarella, Shredded Cheddar, Feta Cheese, Blue Cheese (Extra Cheese \$0.50)

Step #4 Choose 5 Topping

Choice of 5 Items,

Mixed Peppers / Mushroom / Broccoli / String Bean / Cucumber / Carrot / Asparagus / Snow Pea / Beet / Avocado / Celery / Red Cabbage / Alfalfa Sprout / Brussels Sprout / Zucchini / Red Onion / Apple / Tomato / Sun Dried Tomato / Mandarin Orange / Boiled Egg / Bacon Bit / Raisin / Dried Cranberry / Walnuts / Cashew / Sunflower Seeds / Tofu / Artichoke Hearts / Grape / Grape Leaves / Chick Peas / Green Peas / Crouton / Kidney Beans / Green Olives / Black Olives

(Extra Each Item \$0.25)

Step #5 Dressing-Unlimited Choices

Balsamic Vinaigrette / Italian Dressing / Ranch / Russian / French / Creamy Caesar / Oil / Vinegar / Red Wine Vinegar / Ranch / Raspberry Vinaigrette / Sesame Ginger / Blue Cheese / Golden Italian / Blue Cheese / Lemon Herb / Honey Dijon / Cucumber Wasabi / Chipotle

## Stir Fry Bar

Create Your Own \$9.25

Choice of Noodle / Rice + Protein + 3 Veggies and Sauce

\*Brown Rice and Soba Noodles ----add \$1.00

\*Salmon and Shrimp----- add \$1.00

\*Extra/ Meat--add \$1.00 \*Veggie---add \$0.50

Step#1 Noodle / Rice

Egg Noodle / Rice Noodle / Lo-Mein / U-don Noodle / Soba Noodle / White Rice / Brown Rice

Step#2 Protein



### Step#3 Veggies

Shitake Mushroom / Button Mushroom /  
Bok Choy / Broccoli / Bamboo Shoots /  
Pepper Dix / Pineapples / Baby Corn /  
Scallion / Onion / Bean Sprout / Snow Pea /  
Zucchini / Cilantro / Snow Pea / Peanut

### Step#4 Sauce

1. Black Beans & Soy
2. Sweet & Sour
3. Teriyaki
4. Curry Coconut
5. Oyster Sauce
6. Garlic & Black Pepper
7. Hot Sauce

## Sushi

### Regular Roll

1. California Roll-----\$5.99
2. Shrimp California Roll-----\$6.99
3. Avocado Cucumber Roll-----\$5.55
4. Tuna Avocado Roll-----\$6.99
5. Salmon Avocado Roll-----\$6.99
6. Spicy Tuna Roll-----\$6.99
7. Spicy Salmon Roll-----\$6.99
8. Shrimp Tempura Roll-----\$7.50
9. Eel Roll-----\$6.99

### Special Roll/Bowl

1. Jersey City Roll-----\$7.50  
Tuna, Salmon, Avocado, Caviar
2. Rainbow Roll-----\$9.95  
California Roll Topped with Tuna, Salmon, Shrimp
3. Dragon Roll-----\$10.95  
California Roll Topped with Eel
4. Golden Roll-----\$10.95  
Salmon, Spicy Tuna Roll
5. Caterpillar Roll-----\$10.95  
Asparagus, Cucumber Topped with Avocado & Mango
6. Tuna/Salmon/Spicy Tuna Don-----\$11.95
7. Volcano Roll-----\$10.95  
California Roll with Spicy Tuna Crunch Masago
8. Crazy Shrimp Roll-----\$10.95

9. Spicy Furikake Albacore Roll-----\$10.95

California Roll Topped with Ahi Tuna, Furikake, Teriyaki

Sauce, Spicy Sauce

### 10. Sprock Roll

Cucumber, Carrot, topped with Avocado

## Nigiri Combo Sushi

- Sushi Box (Small)-----\$8.95

California Roll w/ 4pc Nigiri

- Sushi Box (Medium)-----\$10.95

Tuna/Salmon Roll 8pc w/ 4pc Nigiri

- Sushi Box (Large)-----\$12.95

Tuna/Salmon Roll 12pc w/ 6pc Nigiri

- Five Dup Bap Bowl-----\$14.95

Assorted Chopped Raw Fish Served over Rice with Fresh

Greens and Spicy Chili Paste

## Sushi Catering

Roll, Special Roll, Nigiri - \$12.95 Per Person

## Noodle Bar

1. Veggie U-Don -----\$6.45

Broccoli, Mushroom, Yubu, Seaweed, Carrots, Scallion,

Spinach, Tofu

2. Chicken U-Don -----\$7.45

Broccoli, Mushroom, Seaweed, Carrots, Scallion, Spinach,

Tofu with Chicken

3. Beef U-Don -----\$7.45

Broccoli, Mushroom, Seaweed, Carrots, Scallion, Spinach,

Tofu with Beef

4. Tempura U-Don -----\$7.45

Broccoli, Mushroom, Seaweed, Carrots, Scallion, Spinach,

Tofu with Fried Shrimp

5. Shumai U-Don-----\$8.45

Broccoli, Mushroom, Seaweed, Carrots, Scallion, Spinach,

Tofu with Shrimp Dumpling

6. Pad Thai (Pad Thai Noodles)-----\$8.95

Lime, Bean Sprouts, Garlic, Pad Thai Sauce, Nuts & Chicken,

Shrimp or Beef

7. Pho (Pho Noodles)-----\$8.95

Shrimp or Vegetable of your choice

## 8. Ramen Noodle

Vegetable or Egg-----\$7.95

Chicken, Beef or Shrimp-----\$8.95

9. Jjajangmyun-----\$6.99

Pork, Onion, Squash, Potato, Black Bean Sauce

10. Jjampong-----\$7.99

Spicy Broth, Korean Red Pepper Flakes, Onion, Scallion,

Squash, Spinach, Mixed Seafood

# Hibachi

## 1. Yaki Soba

Cabbage, Onion, Scallion, Bean Sprout, Carrot, Yaki Sauce

Chicken or Pork-----\$8.99

Beef or Shrimp-----\$9.99

2. Duck with Rice-----\$13.99

Sliced Duck, Green Salad, Pickled Onions, Mushroom,

Tomato, Yaki Sauce

3. Chicken Steak Rice-----\$11.99

Marinated Chicken Thigh Meat, Green Salad, Pickled

Onion, Mushroom, Tomato, Yaki Sauce

4. Samgyupsal Steak Rice-----\$12.99

Sliced Pork Belly, Green Salad, Pickled Onions, Mushroom,

Tomato, Yaki Sauce or Hot-Spicy Pepper Sauce

5. Galbi Steak Rice-----\$14.99

Marinated Beef Short Rib, Green Salad, Pickled Onions,

Mushroom, Tomato, Yaki Sauce

6. Large Shrimp with Rice-----\$12.99

Large Shrimp, Green Salad, Pickled Onion, Mushroom,

Tomato, Yaki Sauce

## Fresh Juice

Medium Large

1. Apple-----\$5.00-----\$6.00

2. Orange-----\$5.00-----\$6.00

3. Carrot-----\$5.00-----\$6.00

4. Grapefruit-----\$6.50-----\$7.50

5. Green Juice-----\$5.50-----\$6.50

Kale, Celery, Cucumber, Parsley, Spinach, Green Apple

6. Energy Shake-----\$5.00-----\$6.00

7. Carrot & Spinach-----\$5.00-----\$6.00

Spinach, Carrot

8. Liver Dover-----\$5.00-----\$6.00

Beet and Apple

9. Sunshine Lunch-----\$5.00-----\$6.00

Apple and Strawberries

10. Potassium Broth-----\$5.50-----\$6.50

Spinach, Parsley, Celery, Carrot

11. Sprout Original Juice-----\$6.00-----\$ 7.00

Carrot, Apple, Beet, Parsley, Celery, Spinach

## Smoothies

For the Creative----- \$5.00

Choose a Base and your choice of Fruit(s)

Base: Apple Juice | Soy Milk | Rice Dream

Orange Juice | Low-Fat Milk |

Almond Milk | Coconut Water

Fruit: Banana | Strawberry | Blueberry

Raspberry | Blackberry | Cantaloupe

Honeydew | Pineapple

\*A tip for those who care - don't mix fruits or vegetables as their enzymes don't mix well for the taste buds.

The exception is that apples play well with everybody.

## Specialty Juice

1. Sprove Full Power -----\$6.45

Apple Juice, Banana, Strawberry with Ultimate Deal

2. Ginger Buzz -----\$6.95

Carrot, Apple, Ginger, Vitamin C, Ginseng, Bee Pollen

3. Gink Different-----\$6.95

Rice Dream or Coconut Water with Banana, Vanilla, Honey and Ginkgo

4. Hudson Brother-----\$6.95

Soy Milk or Almond Milk or Coconut Water with Banana, Peanut Butter, Whey Protein

5. Coco Green-----\$6.95

Coconut Water, Kale, Celery, Spinach, Swiss Chard

6. Red Influence-----\$7.45



Seed.

7. Orange Dream-----\$5.95

Orange Juice, Soy Milk, Banana, Protein

8. Sundae Sip-----\$6.95

Almond Milk or Coconut Water with Banana, Strawberry,

Chocolate Syrup, Chocolate Whey Protein

Add to any Drink

\$.50-----Ginger, Vitamin C, Bee Pollen

\$1.00---Spirulina Powder, Ginseng, Chia Seed,  
Protein Powder, Peanut Butter