



Our PhilosoPEA:

Spark children's appetites for
yummy, good-for-you food;
and delight grown-ups with
a happier mealtime!

Our food is clean!

- No artificial flavors
- No artificial colors
- No artificial preservatives
- No antibiotics
- Allergy-friendly

Please see our nutritional binder
for more info!

NOTICE

Nutritional information is based on Bean Sprouts' standardized recipes, representative values provided by suppliers, analysis, published resources, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in the serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences. Accordingly, Bean Sprouts cannot guarantee that the nutritional information provided here or available in any café is completely accurate as it relates to the prepared menu items in every café.

In addition, testing of new recipes of existing products may be conducted from time to time in certain markets. These new recipes may contain different/additional ingredients, including allergens, as compared to the original version. Some cafés may serve menu items which are not listed here. For the most up-to-date information on limited time offering menu items, please call or visit your nearest café to speak with a Bean Leader.









Allergen Statement: While we do our best to accommodate special dietary needs, and our recipes do not contain nuts, Bean Sprouts cannot guarantee that food from our vendors is free of nuts, dairy, gluten, soy, eggs, or other allergens.





All Imaginibbles entrees can be made with gluten-free bread.
Please see bread labels on the following pages for more allergen information.

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Item	Calories/ serving	Gluten- free	Dairy-free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish- free	Sesame-free	Nut Free (Peanut and Tree Nut)
Do-Re-For-Me	356									
Grilledzilla	620									
Add turkey	N/A									
Flutter Bite	560									
Crocamole	200									
Under the Sea-Za	220									
Spaceadilla	N/A									
Whoopsie Daisy	150									
Gluten Free Bread	140									
Side of Veggie Tots	70									

PIZZAS

All pizzas can be made on a gluten-free cauliflower crust.
Please see pizza crust labels on the following pages for more allergen info.

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Serving size = 1/2 pizza

Item	Calories/ serving	Gluten- free	Dairy-free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish- free	Sesame-free	Nut Free (Peanut and Tree Nut)
Cheese Pizza	209									
Pepperoni Pizza	249									
Mediterranean Pesto Pizza	324									
Roasted Veggie Pizza	220									
Add-On Chicken	120									
Add-On Pepperoni	130									
Cauliflower Crust	N/A									

GROWN-UP SANDWICHES

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Item	Calories/ serving	Gluten- free	Dairy- free	Egg- free	Soy- free	Vegetarian	Vegan	Shellfish- free	Sesame- Free	Nut Free (Peanut and Tree Nut)
Great Turkado (without salad)	359									
Tuna Dillight Cold (without salad)	337									
Tuna Dillight Melt (without salad)	349									
Hum Diggity (without salad)	311									
Mona Cheesa (without salad)	580									
Meat & Greet (without salad)	660									
Chicken Pesto Chango (without salad)	800									
Chickadilla (without salad)	N/A									
Gluten-Free Bread	120									
Side Salad with Balsamic Vinaigrette	76									

SALADS

Please see labels on dressing packages for more allergen information.

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Item	Calories/ serving	Gluten- free	Dairy-free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish- free	Sesame-Free	Nut Free (Peanut and Tree Nut)
Mediterrane-Yum (without dressing)	197									
BB Coop (without dressing)	N/A									
Add-On Chicken	120									
Add-On Avocado	80									
Add-On Tuna Salad	127									

SNACKS AND TREATS














Prepackaged products: Please see labels on products' packaging for more allergen information.

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Item	Calories/ serving	Gluten- free	Dairy-free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish -free	Sesame- Free	Nut Free (Peanut and Tree Nut)
Googly Fruit Cup	80									
Side of Veggie Tots	139									
Pancake Puffadoodles	253/506									
Organic Jam	90/180									
Sunflower Butter & Chocolate Dipper	180/360									
Chocolate Dipper	160/320									
Seasonal Sugar Cookie	N/A									
Cake Pops	N/A									

ORGANIC SOUPS































































































































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Item	Calories/ serving	Gluten- free	Dairy-free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish- free	Sesame-Free	Nut Free (Peanut and Tree Nut)
Creamy Tomato	75/112									
Chicken & Wild Rice	120/180									
Vegetable Lentil	150/225									
Poblano Pepper & Corn Chowder	180/270									

COLD DRINKS

We use organic, fair trade beans! Please see labels on products' packaging for more allergen info.




















































































































































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Item	Cal/12 oz serving	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free	Sesame-Free	Nut Free (Peanut and Tree Nut)
Classic Lemonade	266									
Raspberry Lemonade	224									
Hibiscus Lemonade	N/A									
White Peach Lemonade	N/A									
Organic Iced Tea	3									
Pink Patootie Smoothie	195									
Flamango Smoothie	195									
Iced Coffee	3									
Iced Latte	151									
Iced Vanilla Latte	331									
Iced Caramel Latte	331									
Iced Toffee Latte	232									
Iced Mocha	210									
Iced Caramel Brûlée Latte	337									
Iced Chai	210									
Iced Vanilla Chai	260									

HOT DRINKS

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Item	Cal/12 oz svg	Gluten-free	Dairy-free	Egg-free	Soy-free	Vegetarian	Vegan	Shellfish-free	Sesame-Free	Nut Free (Peanut and Tree Nut)
Organic Tea	3									
Organic Coffee	3									
Americano	6									
Café Au Lait	58									
Latte	151									
Vanilla Latte	331									
Caramel Latte	351									
Toffee Latte	251									
Mocha	231									
Caramel Brûlée Latte	356									
Chai	231									
Vanilla Chai	281									
Cappuccino	130									
Espresso	3/6									
Extra Shot	3									
Extra Flavor	90									
Organic Soy Milk	90									
Oat Milk	N/A									
Hot Cocoa	192									
























































September 2021



BREAKFAST

All sandwiches can be made with gluten-free bread.
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Item	Calories/ serving	Gluten- free	Dairy- free	Egg- free	Soy-free	Vegetarian	Vegan	Shellfish- free	Sesame- Free	Nut Free (Peanut and Tree Nut)
Egg white + cheddar sandwich	N/A									
Egg white + turkey + spinach + smoked paprika honey aioli sandwich	N/A									
Egg white + roasted veggies + mozzarella sandwich	N/A									
Pancake Puffadoodles	253/506									
Organic Jam	90/180									
Sunflower Butter & Chocolate Dipper	180/360									
Chocolate Dipper	160/320									
Veggie Tots	139									
Gluten-Free Bread	120	