

Sprouting Seeds

Welcome to Sprouting Seeds Café, Bakery & Eco Shop.
Our vegetarian & vegan café, also serves as a training centre for local youth from around the country. Together we learn about healthy living through trainings that focus on healthy food, social enterprise & environmental awareness.

Because we are a training centre and focus on healthy, natural foods, it takes a little time to prepare for you. We hope your stay with us is enjoyable and please let us know if there is anything we can do to make things more comfortable for you.



Sprouting Seeds Family

You can find us:

Facebook & Trip Advisor: Sprouting Seeds Café & Bakery
Global Giving: www.globalgiving.org/projects/sprouting-seeds-learning-centre/
www.whisperingseed.org



Morning Bites (but really...all day long!)

French Toast with our Homemade bread (vegan option)	3000 kyat
-plus fresh seasonal fruit	3000 kyat
Whole Grain Oat Pancakes (vegan option)	3000 kyat
-plus fresh seasonal fruit	3500 kyat
Coconut Sesame Crepes w/lemon (vegan option)	3000 kyat
-plus fresh seasonal fruit	3500 kyat
Toast with eggs (omelets, veggie omelet, scrambled, fried)	3000 kyat
Tofu Scramble with veggies with Homemade bread	3000 kyat
Homemade Granola & Soymilk	2000 kyat
Homemade Yogurt	800 kyat
-plus fresh seasonal fruit	2500 kyat
-plus Homemade Granola	3000 kyat

Small Bites/Lite Bites

Homemade Peanut Butter & Homemade bread	3000 kyat
Burmese Garden Salad with peanuts & Homemade bread	3500 kyat
Burmese Tea Leaf Salad (Leh Peh Doug) with Homemade bread	3500 kyat
Homemade Tahini Cabbage Salad with nuts	3500 kyat
Bruschetta with Homemade bread	3500 kyat
Guacamole (avocado salad) with Homemade bread	4000 kyat



Big Bites

Veggie Fried Rice

(Indian, mixed veggie, with egg, cashew & raisins)

2500 kyat

Tasty Grilled Veggie Sandwich with fresh salad

4000 kyat

-with egg or mozzarella

4500 kyat

-egg & mozzarella

5000 kyat

Veggie Tempura with rice or bread & Fresh Salad

6000 kyat

Fried Veggie Penne Pasta with Homemade bread

6000 kyat

Sweet & Sour Tamarind Sesame Tofu rice/bread & Fresh Salad

6000 kyat

Stir Fried Vegetable with rice or bread & Fresh Salad

6000 kyat

Sweet Bites

Ice Cream (see board for variety of flavors)

1000 kyat

-2 scoops

1800 kyat

-Hot Banana Toffee Topping

2000 kyat

Yogurt Banana Cake

1500 kyat

Vegan Banana Muffins

1500 kyat

Apple Cinnamon Cake

1500 kyat

Dark Chocolate Cake

1500 kyat

-plus scoop of ice cream

2500 kyat

Blueberry Crumble Fruit Bars

2000 kyat

Oatmeal Cranberry-Raisin Cookies (3)

2000 kyat

Peanut Butter Almond Brownies

2000 kyat



Hot Drinks

Flowering Green Tea	1500 kyat
Minty Green Tea Blend	1500 kyat
Organic Ginger Tea	1500 kyat
Thai Red Lemon Tea	1500 kyat
Thai Milk Tea	1800 kyat
Hot Chocolate	2.000 kyat
Cappuccino	2000 kyat
Americano	1800 kyat
-Plus milk	2000 kyat
Mocha	2500 kyat
Caramel Machiato	2500 kyat

Cold Drinks

Lemon Juice	1800 kyat
Ginger Lemonade	1800 kyat
Iced Coffee	2000 kyat
Thai Iced Tea	2000 kyat
Fruit Smoothie	2500 kyat
(Papaya, banana, pineapple, apple, dragon fruit, season fruit)	
-Plus yogurt	3000 kyat

Mocktails (fruit juice & soda)

Passion Blast	1800 kyat
Grapefruit Jubilee	1800 kyat
Pineapple Sunrise	1800 kyat
Guava Smash	1800 kyat