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
**French Toast with our Homemade bread (vegan option)**
- Fresh seasonal fruit
- 3000 kyat

**Whole Grain Oat Pancakes (vegan option)**
- Fresh seasonal fruit
- 3000 kyat

**Coconut Sesame Crepes w/lemon (vegan option)**
- Fresh seasonal fruit
- 3000 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**
- Fresh seasonal fruit
- 800 kyat
- Homemade Granola
- 2500 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  
- with egg or mozzarella  
- egg & mozzarella  
4000 kyat  
4500 kyat  
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)  
- 2 scoops  
- Hot Banana Toffee Topping  
1000 kyat  
1800 kyat  
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
Sprouting Seeds

**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 2000 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 (Papaya, banana, pineapple, apple, dragon fruit, season fruit) 2500 kyat
  - Plus yogurt 3000 kyat

**Mocktails (fruit juice & soda)**
- Passion Blast 1800 kyat
- Grapefruit Jubilee 1800 kyat
- Pineapple Sunrise 1800 kyat
- Guava Smash 1800 kyat