

All-Day Breakfast | 全天供应早餐

From \$4.98

- A01** Sesame Noodles \$6.98
芝麻麻油面
- A02** Pumpkin/Red Date \$4.98
Millet Porridge
南瓜/红枣小米粥
- A03** 'Cuttlefish' Quinoa \$6.98
Porridge
“鱿鱼”藜麦粥
- A04** 'Bak' Chor Mee \$9.98
“肉”腩面
- A05** Wholesome Oatmeal \$4.98
全营养燕麦粥
- A06** Mee Hoon Kueh \$9.98
面粉粿

A07 Sandwich/Wrap \$4.98

三明治 / 卷饼

Top up: Avocado 🥑 +\$3.00

A08 Soup Ee Mee \$9.98

汤伊面



Weighted Lunch Dishes | 称重午餐

From \$9.95 / 100g of dishes at \$3.98
(min. 250g, comes with free carbs and soup!)

B01 Weighted Lunch (pick your dishes!)
以重量计算



Over 100 cuisines on rotation,
around 15 dishes daily.

Lunch Bento Set | 午餐便当

\$15.00 (comes with free
home-brew drink!)

B02 Sweet-and-Sour Set
糖醋套餐

B03 Curry Set
咖喱套餐

B04 Clear Tom Yum Set
冬阴汤糙米饭套餐

B05 Mala Set
麻辣套餐



Daily Specials | 每日精选

\$9.98

C01 Mon



Ipoh Horfun
怡保河粉

C02 Tue



Mixed Vege Beehoon
杂菜米粉

C03 Wed



Dry Laksa
干叻沙

C04 Thu



'Aglia Olio' Fusilli
“蒜香”橄榄油螺旋意面

Salads and Snacks | 小吃

D01 Garden Salad \$6.98

五彩沙拉

D02 Avocado Salad 🥑 \$9.98

牛油果沙拉

D03 Cucumber/Avocado Maki 🥑 \$6.98/\$9.98

青瓜 / 牛油果寿司卷

D04 Nuggets + Fries/Hashbrown \$6.98

“鸡”块 + 薯条/薯饼

D05 Soup Dumplings/Gyoza \$9.98

汤饺子/饺子



D01



D03

Desserts | 甜品

● Hot ● Cold

E01 Thai Coconut Jelly (mini) \$2.50

椰子冻 ●

E02 Pulut Hitam \$5.00

椰香黑糯米 ● ●

E03 Green Bean Sago \$4.00

绿豆西米羹 ● ●

E04 Red Bean Lotus Seeds \$5.00

红豆莲子羹 ● ●

E05 Mango/Watermelon Sago \$7.20

芒果/西瓜西米露 ●

E06 Rock Sugar Peach Gum \$5.00

冰糖桃胶 ● ●

E07 Pandan Barley Ginkgo Nut \$5.00

斑斓白果薏米 ● ●

E08 Fruit Carnival \$8.50

大满贯 ●

E09 Osmanthus Coconut Jelly \$7.20

桂花椰子冻 ● ●

E10 Rosy Snow Fungus \$7.20

玫瑰雪耳露 ● ●

E11 Chinese Yam, Pear and \$7.20

Snow Fungus Paste

山药雪梨养生露 ● ●



Recommended Sugar-free



Whatsapp 81280994 for bento catering
/ weekend meals / dinner /
eco-workshops / team building /
salad-making contest / space collab /
other matters

contact_us@greensproutzsg.com



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● Hot ● Iced (+\$1.00)

Café Drinks | 咖啡厅饮品

With lunch purchase: \$2.00 (S), \$3.00 (L);

Ala-carte: \$3.00 (S), \$5.50 (L)

Coffee | 咖啡

F01 Espresso | 浓缩咖啡 ●

F02 Americano | 美式咖啡 ● ●

☞ F03 Mocha | 摩卡 ● ●

Chocolate & Soya | 巧克力与豆浆

☞ F05 Chocolate | 热巧克力 ●

F06 Soya Latte | 豆奶拿铁 ●

☞ F07 Soya Milk | 豆浆 ●

☞ F08 Oat Milk | 燕麦奶 ● ●

Toppings: ☞ Red bean / aloe-vera / pearl +\$1.00

Matcha Series | 抹茶系列

F09 Matcha Latte | 抹茶拿铁 ●

F10 Dirty Matcha | 脏抹茶 ●

F11 Mocha Matcha | 摩卡抹茶 ●

F12 Choco Matcha | 巧克力抹茶 ●

F13 Soya Matcha | 豆奶抹茶 ●



Tea Collection | 茶饮集

With lunch purchase: \$2.00 (S), \$3.00 (L);

Ala-carte: \$3.00 (S), \$5.50 (L)

☞ F14 Rose Tea | 玫瑰茶 ●

☞ F15 Chrysanthemum Tea | 菊花茶 ● ●

☞ F16 Mulberry Tea | 热桑葚茶 ●

F17 Gryphon Teas | Gryphon茶饮 ● ●

Marrakesh Mint / Lemon Ginger Mint /
Chamomile Dream / Osmanthus Sencha
/ Pearl of the Orient / Earl Grey Lavender

马拉喀什薄荷茶 / 柠檬姜薄荷茶 /
洋甘菊梦幻茶 / 桂花煎茶 /
东方明珠茶 / 伯爵薰衣草茶



Handcrafted Drinks | 手工特调饮品

Ala-carte: \$4.50 (S), \$6.50 (L)

F18 Matcha Latte |
冰抹茶拿铁 ●

☞ F20 Hand-punched Lemon Tea |
手打柠檬茶 ● ●

☞ F19 Oat Milk Latte |
燕麦拿铁 ● ●

☞ F21 Bubble Tea |
珍珠奶茶 ● ●

Toppings: ☞ Red bean / aloe-vera / pearl +\$1.00

☞ Recommended ☞ Sugar-free



Home-Brews | 自家特调饮品

Ala-carte: \$3.00 (S), \$5.00 (L)

F22 Pandan Barley |
班兰薏米水 ● ●

F23 Motherwort Brown Sugar |
益母草红糖 ●

☞ F24 Luo Han Guo Tea |
无糖罗汉果茶 ● ●

☞ F25 Blue Pea with Lime |
无糖蝶豆花青柠饮 ● ●

☞ F26 Red Date Ginger Tea |
红枣姜茶 ●

F27 Brown Sugar Rose Tea |
红糖玫瑰茶 ●

☞ F28 Lemongrass Drink |
香茅饮 ● ●

F29 Coke with Ginger |
姜味可乐 ●

Wellness Juices | 健康果汁与饮品

☞ F30 Apple, Beetroot, Carrot (ABC) Juice | \$7.20
苹果、甜菜根、胡萝卜汁 ● ●

☞ F31 Balonglong Juice | \$5.00
沙梨汁 ● ●

☞ F32 100% Natural Pumpkin Juice | \$5.00
无糖南瓜汁 ● ●

F33 Watermelon Juice | \$5.00
西瓜汁 ● ●

F34 Watermelon-infused Lemonade | \$7.20
西瓜风味柠檬水 ● ●

☞ F35 Avocado Banana Smoothie | \$7.20
牛油果香蕉冰沙 ● ●



F25



F18



F20