

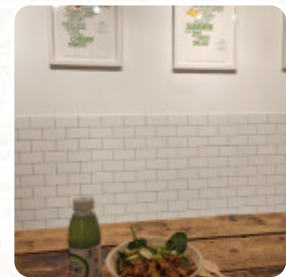
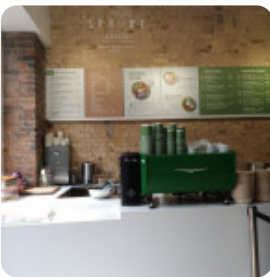


Sprout Co Menu

<https://menuweb.menu>

19 Exchequer Street, Dublin, Ireland

+35315355343,+35316139111 - <http://www.sproutfoodco.com/>



On this webpage, you can find the **complete [menu](#) of Sprout Co** from Dublin. Currently, there are **30** meals and drinks available. Sprout offers a unique and healthy dining experience in Dublin. Despite some complaints about staff attitude and disposable utensils, the fresh and delicious salads and bowls have won many customers over. With a variety of choices, seasonal ingredients, and reasonable prices, Sprout is a perfect spot for a quick and satisfying lunch. The fusion of flavors and quality of ingredients make it a must-try for anyone looking for a healthy and delicious meal on the go. Overall, Sprout delivers on its promise of fresh, local, and creative dishes in a casual and welcoming setting.

Sprout Co Menu



Non Alcoholic Drinks

KOMBUCHA

Soups

SOUP OF THE DAY

Oriental Dishes

FALAFEL

Drinks

DRINKS

Asian Specialties

SATAY

Hot Drinks

COFFEE

Condiments And Sauces

HUMMUS

Salads

SALAD BOWL

SALAD

Side Dishes

PICKLES

RICE

Sauces

SALSA

GUACAMOLE

Mexican Dishes

TACO

BURRITO

Restaurant Category

GLUTEN FREE

MEDITERRANEAN

VEGAN

VEGETARIAN

These Types Of Dishes Are Being Served

FISH

CHICKEN

SOUP

SALAD

Ingredients Used

QUINOA

TOMATO

MISO

TOFU

BEANS

BROCCOLI

GINGER

Sprout Co Menu



Sprout Co

19 Exchequer Street, Dublin,
Ireland

Made with menuweb.menu

Opening Hours:

Monday 12:00-18:00
Tuesday 12:00-18:00
Wednesday 12:00-18:00
Thursday 12:00-18:00
Friday 12:00-18:00 19:00-22:30
Saturday 12:00-18:00 19:00-22:30
Sunday 12:00-18:00

