Rice

1. Steam Rice.....Reg. $ 3.99.....Small.$ 2.50
2. Plain Fried Rice.....$ 6.99
3. Mushroom & Vegetable Fried Rice.....$ 6.99
4. Chicken Fried Rice.....$ 7.99
5. Pork Fried Rice.....$ 7.99
6. Beef Fried Rice.....$ 7.99
7. Shrimp Fried Rice.....$ 10.99
8. Bean Sprout House Fried Rice.....$ 10.99

Our famous house fried rice with shrimp, chicken and beef.

Chow Mein
(Bean spout dish)

9. Plain Chow Mein.....$ 6.99
10. Chicken Chow Mein.....$ 7.99
11. Beef Chow Mein.....$ 7.99
12. Pork Chow Mein.....$ 7.99
13. Vegetable Mushroom Chow Mein.....$ 7.99
14. Shrimp Chow Mein.....$ 10.99

Vegetable Delights

15. Home Made Vegetarian Spring Roll.....$ 1.25
A delicate mixture of carrot, cabbage, vermicelli & corn in flaky golden wrap
16. Garlic Broccoli.....$ 7.99
17. Plain Diced Vegetable.....$ 7.99
18. Sautéed Mixed Vegetable with ToFu.....$ 7.99
19. Garlic Butter Potato.....$ 7.99
21. Garlic Green Beans (seasonal).....$ 7.99
20. Salt and Pepper ToFu.....$ 9.99

Drinks & Desserts

Soft Drinks / Water.....$ 1.25

Sweet Bites (6 pieces) Gluten Free.....$ 8.99

Noodles

21. Plain Soft Noodles.....$ 7.99
22. Plain Shanghai Noodles.....$ 7.99
23. Chicken Soft Noodles.....$ 8.99
24. Beef Soft Noodles.....$ 8.99
25. B.B.Q. Pork Soft Noodles.....$ 8.99
26. Shrimp Soft Noodles.....$ 10.99
27. Singapore Noodles.....$ 10.99
Curry favour vermicelli w/ shrimp and chicken.
28. Shanghai Noodles.....$ 10.99
Sautéed style round noodle w/ shrimp, chicken.
29. Cantonese Chow Mein.....$ 12.99
Classic Chinese food dish for you to discover: chicken , B.B.Q.pork, shrimp, mixed vegetables with Crispy noodles or Soft noodles

Beef

30. Black Pepper Beef.....$ 10.99
31. Spicy Thai Beef.....$ 10.99
32. Beef Diced Vegetables.....$ 10.99
33. Beef w/ Broccoli.....$ 10.99
34. Beef w/ Mixed Vegetables.....$ 10.99
35. Curry Beef.....$ 10.99
36. Beef w/ Green Pepper in Black Bean Sauce.....$ 10.99
37. Honey Garlic Beef.....$ 11.99
38. Ginger Beef w/ Onion.....$ 11.99

Pork

39. Sweet & Sour Pork.....$ 8.99
40. Salt and Pepper Pork.....$ 8.99
41. Honey Garlic Spareribs.....$ 10.99
42. B.B.Q. Pork S lices.....$ 10.99
43. Salt and Pepper Pork Chops (seasonal).....$ 10.99

Please inform us of any food allergies.

Prices do not include tax. Prices and menu subject to change without notice

Chicken

44. Chicken Dumplings.....$ 8.99
45. Sweet & Sour Chicken Balls.....$ 9.99
46. Golden Fried Chicken Wings.....$ 9.99
47. Spicy Thai Chicken.....$ 9.99
48. Sweet & Sour Chicken.....$ 9.99
49. Salt and Pepper Chicken.....$ 9.99
50. Chicken w/ Broccoli.....$ 9.99
51. Chicken Diced Vegetables.....$ 9.99
52. Chicken w/ Mixed Vegetables.....$ 9.99
53. Curry Chicken.....$ 9.99
54. Teriyaki Chicken.....$ 9.99
55. Spicy Chicken Wings.....$ 9.99
56. Deep Fried Chicken.....$ 9.99
57. Honey Garlic Chicken Wings.....$ 10.99
58. Honey Garlic Chicken.....$ 10.99
59. Lemon Chicken w/ Sweet & Sour sauce.....$ 10.99
60. Almond Soo Gai in Brown Gravy.....$ 10.99
61. Kung Pao Chicken.....$ 10.99
62. Chicken in Black Bean sauce.....$ 10.99

Seafood

64. Golden Fried Fish Fillet.....$ 10.99
65. Salt & Pepper Calamari.....$ 10.99
66. Shrimp w/Mixed Vegetables.....$ 10.99
67. Shrimp Diced Vegetables.....$ 10.99
68. Bread Shrimp w/ Lemon Sauce.....$ 10.99
69. Curry Shrimp.....$ 13.99
70. Kung Po Shrimp.....$ 13.99
71. Teriyaki Shrimp.....$ 13.99
72. Shrimp w/ Lobster Sauce.....$ 13.99
Shrimp w/ Minced pork in Black Bean Sauce (no Lobster)

Seafood

73. Tai Dop Vop.....$ 12.99
Another classic mixture w/ chicken, beef, BBQ pork, shrimp & vegetables

74. Seafood Mixture.....$ 14.99

75. Salt & Pepper Shrimp.....$ 14.99

Gluten Free to Go

-Pearl Chicken Dumplings — $ 9.99 for a package of 12

-Pumpkin Pork Dumplings
-Quinoa Curry Chicken Dumplings
-Spicy Chicken Dumplings
-Veg. Spinach Dumplings
$ 3.25 each or $ 8.99 for 3

-Purple Rice Wrap with Beef (With or Without Beans)
-Vegetarian Purple Rice Wrap
$ 4.50 each

-Ice-Cream Cakes $ 55.00
-Baked Cakes $ 45.00

-Coconut Sweet Bites (With or Without Dairy) $ 8.99 for a package of 6
-Hemp Seed Sweet Bites $ 10.99 for a package of 6

-Blueberry Muffin (With or Without Dairy)
-Hemp Seed Muffin (With or Without Dairy)
$ 3.25 each

Product descriptions available on our website

www.thebeansprout.net

Catering Also available on all Gluten Free Items

Visit or call store for details.

Catering

We provide **Buffet to Go** container Combos as a group deal where each person gets their own individual container. Minimum orders of 10 containers.

(buy 10 containers get 2 Free)

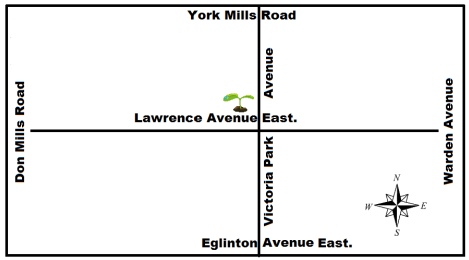
Or **Party Tray** Catering .

Our most popular Party Tray catering items are:

	Medium	Large
- Plain Fried Rice	$ 25.00	$ 40.00
- Plain Soft Noodles	$ 25.00	$ 40.00
- Mixed Vegetables with ToFu	$ 25.00	$45.00
- Garlic Green Beans	$ 25.00	$ 45.00
- Salt and Pepper ToFu	$ 35.00	$ 50.00
- Salt and Pepper Pork	$ 38.00	$ 58.00
- Mini Spring Rolls	$ 25.00	$ 45.00
- Crispy Fried Chicken	$ 35.00	$ 55.00
- Deep Fried Fish Fillet	$ 38.00	$ 58.00
- Sweet and Sour Pork	$ 35.00	$ 55.00
- Spicy Thai Chicken	$ 40.00	$ 65.00
- Fried Chicken Dumplings	$ 30.00	$ 50.00
- Lemon Chicken	$ 38.00	$ 58.00
- Salt and Pepper Calamari	$ 40.00	$ 65.00

Delivery

Minimum $35.00 before tax for delivery.
Delivery charges of $2.50 within the map area and $5.00 if under $35.00 or outside map area.



The Bean Sprout®

Chinese Food Plus

Buffet to Go

All day take-Out Special

from **$6.99**

details in-store.

Brand New Gluten Free to Go

All of our products are made by us and are gluten free, contain no artificial flavours or colours, no eggs, no shell fish, no tree nut and no peanut.

Corporate and Private Catering Available

Buffet to Go or Party Trays

Available anyday by appointment outside regular hours. Visit our store or call for details.

10% discount on cash pickup orders over $25.00

Tel: 416-755-8899

1448 Lawrence Ave. East, Unit 7
North York, Ontario (Victoria Terrace)

Business Hours

Monday - Saturday 11.00 am - 9.:00 pm
Sundays and Holidays Closed

www.thebeansprout.net