



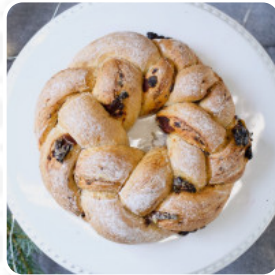
SPROUTED OVEN
BY SILVER HILLS BAKERY



Sprouted Oven Menu

<https://menulist.menu>

Sprouted Oven, 1828 McCallum Rd #115, Abbotsford, BC V2S 0H9, Canada
+16048509674 - <https://www.sproutedoven.com/>



The *menu of Sprouted Oven* from Abbotsford includes 39 meals. On average, meals or drinks on the menu cost about CA\$11. The categories can be viewed on the menu below. What User likes about Sprouted Oven: I love this place! they are very knowledgeable and friendly, and they have a separate kitchen for celiac orders. they have a great choice, and I feel like a normal eater when I go there. I am so grateful for them! [read more](#). The diner is accessible and can therefore also be used with a wheelchair or physical disabilities. What User doesn't like about Sprouted Oven:

gluten-free menu elements (pini, [pizza](#) etc). are not safe. they are made with gluten-free ingredients, but cooked on the same equipment as non-glutene-free products. so tired of restaurants that do. well baked (cupcakes, muffins, etc) are zöliakie safe and tasty. [read more](#). Sprouted Oven from [Abbotsford](#) is a **relaxed café**, where you can have a small snack or cake with a warm coffee or a sweet chocolate, There are also **oven-warm breads and snacks**, complemented by a variety of cold and hot beverages. If you decide to come for breakfast, a hearty brunch is ready for you, You shouldn't miss the opportunity to try the delicate [pizza](#), baked fresh in an traditional manner.

Sprouted Oven Menu



Soups

SIDE SOUP CA\$6

Bowls

CUMIN PASTA CA\$8

Veggie

VEGGIE SANDWICH CA\$13

Sweets & Desserts

RED VELVET

Soup of The Day

FULL SOUP CA\$13

Hot Drink

HOT CHOCOLATE CA\$7

Accessories

BAGEL CREAM CHEESE CA\$7

Super Foods

AVOCADO TOAST CA\$12

Burgers

GLUTEN-FREE BURGER CA\$18

THE BURGER CA\$15

Sandwiches

VEGAN OMELETTE CA\$11

GRILLED CHEESE SANDWICH CA\$12

Other Items

COCONUT LIME ENERGY BALLS 2PACK CA\$7

BERRY MANGO PARFAIT CA\$9

Restaurant Category

GLUTEN FREE

VEGAN

These types of dishes are being served

BREAD

PANINI

Pizza

THE GARDEN VEGGIE CA\$19

THE THAI CHICK'N CA\$20

THE CHEESE PIZZA CA\$16

Bakery



SWEET SALTY CHOCOLATE SLICE CA\$6

SEEDY BAR CA\$5

IT'S A DATE SQUARE CA\$4

Bagels and Toast



AVOCADO KETO TOAST CA\$14

CUCUMBER DILL BAGEL CA\$11

HICKORY SMOKED TLT BAGEL CA\$12

Sprouted Oven Menu



Superfood Lattes

| | |
|---|-------|
| ANTI INFLAME CARDAMOM TURMERIC LATTE | CA\$7 |
| ENERGY ROASTED FIG LATTE | CA\$8 |
| DE STRESS BLUE MINT LATTE | CA\$7 |
| ANTI OXIDANT BOOST RED VELVET LATTE | CA\$7 |
| IMMUNITY CHAI CHAGA LATTE | CA\$7 |

BBQ CHICK'N PANINI

CA\$15

Popular Items



| | |
|--|--------|
| THE BUFFALO CHICK'N | CA\$20 |
| THE ROSEMARY, FETA POTATO | CA\$19 |
| SPICY CHICK'N BURGER | CA\$15 |
| GRILLED VEGGIE PESTO PANINI | CA\$15 |
| OUT OF THIS PEANUT BUTTER SWIRLED BAR | CA\$5 |
| THE BARBEQUE JACK | CA\$19 |

Sprouted Oven Menu



Sprouted Oven

Sprouted Oven, 1828 McCallum
Rd #115, Abbotsford, BC V2S
0H9, Canada

Opening Hours:

Monday 09:00 -18:00
Tuesday 09:00 -18:00
Wednesday 09:00 -18:00
Thursday 09:00 -18:00
Friday 09:00 -17:00
Sunday 10:00 -18:00

Made with menulist.menu

 gallery image

