

*Little
Sprout*
CARRYOUT



Market Menu

CALL AHEAD
AND WE WILL GET YOUR ORDER
READY FOR EASY PICKUP!

(828) 357-9100

404 East State Street
Black Mountain, NC 28711

ENTREES

~To Heat and Eat~

- | | |
|---|---------|
| GRILLED BLACKBERRY CHICKEN GF | \$8.95 |
| All-natural chicken breast, blackberry BBQ sauce | |
| OVEN ROASTED SALMON GF | \$11.95 |
| Chef inspired seasonal recipies such as - Maple Pecan/Red Pepper Cream | |
| LOW COUNTRY SHRIMP AND CHEDDAR GRITS | \$13.95 |
| Classic Recipe with Andouille Sausage & Tomato | |
| PEPPERED BEEF TRI TIP | \$10.95 |
| Grilled medium, Cremini Mushrooms | |
| HOMEMADE MUSHROOM MEATLOAF | \$8.95 |
| Topped with balsamic ketchup | |
| SUFFED RED PEPPERS | \$8.95 |
| Black beans, sweet potatoes, pepper jack, ranchero sauce | |

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SIDES

~To Heat and Eat~

| | |
|--|--------|
| FAMOUS MAC & CHEESE Veg | \$4.95 |
| SOUR CREAM MASHED POTATOES GF, Veg | \$4.50 |
| MASHED SWEET POTATOES GF, Veg | \$4.50 |
| BROWN SUGAR GREEN BEANS GF, Veg | \$4.50 |
| ROASTED ASPARAGUS WITH GARLIC GF, Veg | \$4.50 |
| GRILLED VEGGIE MEDLEY GF, Veg | \$4.50 |



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SALADS & SNACKS

| | |
|--|---------|
| “THAT SALAD” | \$8.95 |
| Our classic garden salad with mandarins and cranberries *always served with zesty ranch & feta dressing | |
| Add grilled chicken strips | \$12.45 |
| CHICKEN SALAD PLATE | \$11.95 |
| Greens, dried cranberries, candied pecans and balsamic glaze | |
| ZESTY RANCH AND FETA DRESSING | \$5.95 |
| Pint | |
| BIG BOWL “THAT SALAD” | \$48.00 |
| Big Bowl of "That Salad" - serves 10 - 12 - includes Pint of Zesty | |
| HOUSE MADE PIMENTO CHEESE *8oz, GF, Vegetarian | \$6.95 |
| American sharp cheddars, chopped pimento, spices, mayo | |
| FRESH CROSTINI *6oz, Veg | \$4.95 |
| French baguette slices, olive oil, parmesan | |
| CHICKEN SALAD *12oz, GF | \$7.95 |
| with red grapes, apple sticks | |
| DILL POTATO SALAD *12oz, Veg | \$4.50 |
| Baby potatoes, creamy dill sauce, chopped eggs | |
| PESTO PASTA SALAD *12oz, Veg | \$4.50 |
| Elbow noodles, parmesan, pesto cream, black olives, red peppers | |

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CASSEROLES

~To Heat and Eat~

BEEF & SAUSAGE LASAGNA \$10.95
Marinara, egg pasta, ricotta

SPINACH ARTICHOKE LASAGNA \$10.95
Marinara, egg pasta, ricotta

TURKEY TETRAZINI \$10.95
Noodles, cremini mushrooms, sweet peas,
pearl onions

MIMO'S CHICKEN PIE \$9.95
Dark & white meat chicken, homemade cream sauce

HEARTY SHEPARD'S PIE \$10.95
Ground beef, sweet peas, mashed potatoes

ROASTED VEGGIE POT PIE \$10.95
Seasonal Veggie, White Beans, Spiced Tempeh,
Roasted Garlic Cream, Butter Crust

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CLEAN & SIMPLE

*1 pound of freshly prepared meat and veggies

GRILLED CHICKEN \$12.95

1/2 pound grilled chicken &
1/2 pound grilled veggies

GRILLED BEEF \$13.95

1/2 pound grilled beef &
1/2 pound grilled veggies

ROASTED SALMON \$14.95

1/2 pound roasted salmon &
1/2 pound grilled veggies

HOMEMADE SOUPS

SEASONAL SOUPS \$6.00

Pint

TOMATO BASIL GF, Veg \$6.00

Pint

CHICKEN DUMPLINGS \$9.95

Dark & white meat chicken
Quart

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DESSERTS

| | |
|---|--------|
| KEY LIME MINI PIE | \$5.95 |
| CHOCOLATE CHIP COOKIE | \$2.00 |
| PEANUT BUTTER COOKIE | \$2.00 |
| CLASSIC LEMON BAR | \$2.50 |
| FUDGE BROWNIE | \$2.50 |
| RASPBERRY ALMOND BAR | \$3.00 |
| MAPLE PECAN BAR | \$3.00 |
| CHOCOLATE FUDGE CAKE <small>Slice</small> | \$5.95 |
| CAKE OF THE WEEK <small>Slice</small> | \$5.95 |

*Check our social media for the flavor.

BEVERAGES

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|--|--------|
| HUMMINGBIRD SWEET TEA <small>1/2 Gallon</small> | \$4.00 |
| UNSWEET TEA <small>1/2 Gallon</small> | \$4.00 |
| FRESH LEMONADE <small>1/2 Gallon</small> | \$5.00 |

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