

WASP + SPROUT

COFFEE + FRIENDS

cappuccino / flat white / caffe latte
300/350

long black
280/320

french press
320/450

epresso / macchiato / piccalo latte
250/300

hot chocolate / mocha / matcha / golden
milk / london fog / chai latte / espresso
con panna
350

dawa - lemon, ginger & honey
290

tea / mixed tea / masala tea
250

+soy 120
+almond 150
+decaf 100
+skim 0

COLD DRINKS

fresh juice available, ask for the daily
350/400

house made cold brew
original / coconut 350

booch kombucha
ask what falvours are available 400

classic iced tea / rooibos & mint iced
tea 390

iced coffee / iced latte / iced mocha /
vietnamese iced coffee 390

SHAKES

chocolate brownie / fresh strawberry /
salted caramel / earl grey & honey /
peanut butter & chocolate / espresso
/ dirty espresso / dark chocolate &
orange 450

SMOOTHIES

banana, ginger & strawberry / berry &
coconut soul-shake (ve) / super green
(ve) / banana & date thickie / super
halva
450

OPENING HOURS

mon - thursday 8.00 - 4.00pm
friday 8.00 - 8.00pm
weekends - 8.00 - 5.00pm

bookings recommended
+254 799 873 422

>>> VISIT OUR SHOP UPSTAIRS <<<
furniture, homewares + more



waspandsprout



BREAKFAST 8-11am

bombos

three doughnut balls stuffed with nutella (v) 490

granola & berries

house made granola, greek yoghurt & berries (v) 650

waffle

large buttermilk waffle with organic honey or dulce de leche (caramel) (v) 490

bagel

toasted poppy seed bagel, with smoked salmon, cream cheese, cucumber, red onion, capers & dill 1290

croissant

plain butter croissant with jam (v) 390

sweet-potato waffle

with nut-butter, maple syrup and berries (ve) 890

harissa scrambled tofu

tossed with zucchini & spinach with sour dough (ve) 850

griddle cakes

pancakes with topped with berry coulis, creme fraiche, & maple syrup (v) 1090

toroli avo toast

smashed avo on sourdough, with marinated olives, cherry toms, dukkah and balsamic glaze (ve) 890 (add two eggs 200/- but no longer (ve))

all-in-american

southern fried chicken breast, on cheese and bacon loaded waffle with southern slaw & maple syrup 1090

breakfast sandwich

fried egg, bacon, ceddar tomato/chili chuntesy on sour dough 590
(on croissant add 200/-)

okonomiyaki update

japanese pancake with zucchini, corn, cabbage & spring onion, waffle toasted, served with poached eggs, cucumber, kewpie styled mayo and house-made okonomiyaki sauce (v) 990

ricotta scramble

softly scrambled eggs with ricotta, chili flakes on sour dough (V)790

sriracha fold

its back! sriracha folded eggs, pulled pork, sriracha mayo, red onion, red cabbage, micro herbs laid out on a chapati 1290

turkish eggs

2 poached eggs, assorted sauteed mushrooms, greek yogurt, zoug, dukkah with sour dough (v) (substitute hummus for non dairy) 950

small fry

2 beef sausages, two fried eggs, mushrooms & grilled tomato with toast 990

paraskevi

a greek inspired breakfast of two poached eggs, halloumi, tomato, cucumber, marinated olives, greek yoghurt and toasted pita 1090

chilaquiles (new)

tortilla chips, tossed in salsa roja and cheese, bbq pulled pork, quacamole & crema (substitute mexican beans for veg) 1090

We prepare our food to order, it may, during busy periods, take 45 minutes upon ordering.

our eggs are soft unless you specify upon ordering

no split bills. no menu alterations

BENEDICT - SIKOKA STYLE

on a chunky slice of sour dough with two potato croquettes and apple cider hollandaise

country ham 1090

pulled pork & slaw 1150

salmon & avo 1390



LUNCH 11.30 - 4pm

SOUP & SALAD

soup

ask for the daily 450 (v)
(add a toasted cheese on sour dough +300)

quiche & salad

daily vegetarian quiche with side salad (v) 990

tex-mex bowl

mexican ground beef, guacamole, sourcream, pico de gallo & house-made wheat tortilla bowl (go veg and swap the beef for mexican beans) 1090

cafe salad (new)

rainbow salad, beans, chickpeas all lightly tossed in w+s dressing with smashed avocado on a bed of cos lettuce. 890/-
(+falafel 150, +halloumi 200, +tuna mix 250, +MD chicken 250)

BURGERS

served with fries 1250

mega-falafel

large falafel, grilled pineapple, vegan mayo, lettuce, tomato & sriracha (ve) 1250

sprout burger

planta vegan patty, vegan mozzarella and mayo, bbq sauce, lettuce, tomato & pickle (ve) 1390

magic-dust chicken

grilled chicken breast, seasoned with spicy magic dust, lettuce, tomato, onion and aioli 1250

kim chi chook

fried chicken breast, kim chi, sriracha & mayo 1250

cheese burger

two beef patties, cheese, mustard mayo, ketchup & pickles (add bacon 100/-) 1250

pulled pork

twelve hour slow-cooked pork with aioli & southern slaw 1250

SANDWICHES

bahn mi

vietnamese style sandwich - marinated tofu, kimchi, pickled carrot & cucumber, sriracha & vegan mayo on ciabatta (ve) 890

caprese (new)

vegan mozzarella, tomato, basil pesto toasted in sourdough (ve) 990

the med sando

grilled vegetables, beetroot pesto & mozzarella on a toasted ciabatta (v) 890

chicken & avo

with rocket & aioli on toasted ciabatta 990

ham + salami

ham, salami, mozzarella, tomato and basil pesto 990

the rubeen

classic beef pastrami, sauerkraut, cheese & russian sauce toasted on sour dough 1090

the cuban

pulled pork, country ham, cheddar, mayo, pickles & american mustard toasted quesadilla style 1090

HOT

cauliflower tacos

roasted, spicy cauliflower, avo, rocket and jalepino cream on wheat tortilla

baja fish tacos

Beer Battered snapper, avocado, rocket and jalapino creme on wheat tortilla 990

the weekly worldly curry

a curry, sometimes veg, sometimes not - ask for what is on this week 1290