The Bean Sprout®

Gluten Free, Nut or Peanut Free, MSG Free

Frozen Menu

Spring Rolls

1.Vegan Spring Rolls (4 PCS)	$14.99
2.Chicken Spring Rolls (4 PCS)	$15.99
3.B.B.Q.Pork Spring Rolls (4 PCS)	$15.99

Egg Rolls

4.Vegetarian Egg Rolls (2 PCS)	$7.99
5.BBQ.Pork Egg Rolls (2 PCS)	$8.99
6.Chicken Egg Rolls (2 PCS)	$8.99

Buns and Pan Cake

7. B.B.Q. Pork Buns (2 PCS)	$ 12.99
8.Chicken Buns (2 PCS)	$ 12.99
9.Green Onion Pan Cake (5 PCS)	$ 8.99

Dessert

10.Sesame Ball with red bean paste (2 PCS)	$8.99
11.Sweet Buns with red bean paste (2 PCS)	$7.99

Sticky Rice Wrap

12.Sticky Rice Wrap With B.B.Q.Pork (2 PCS)	$16.99
13.Sticky Rice Wrap With Chicken (2 PCS)	$16.99
14.Sticky Rice Wrap With Beef (2 PCS)	$19.99

Dumplings

15.Vegan Dumplings (6 PCS)	$16.99
16.Chicken Dumplings (6 PCS)	$16.99
17.B.B.Q. Pork Dumplings (6 PCS)	$16.99
18.Beef Dumplings (6 PCS)	$17.99
19.Shrimp Dumplings (6 PCS)	$16.99
20.Fried Dumplings / BBQ.Pork (5 PCS)	$16.99
Or Chicken (5 PCS)	$16.99

Rice/Noodles

21.Vegetables Fried Rice	$ 8.99
22.Vegetables Rice Noodles	$ 9.99
23.Chicken Fried Rice	$13.99
24.B.B.Q.Pork Fried Rice	$13.99

Stir-fry

25.Sesame Chicken	$17.99
26.Black Bean Sauce Chicken	$18.99
27.Kung Pao Chicken🌶	$17.99
28.Beef with Broccoli	$19.99

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29.Beef with Broccoli in Black bean Sauce	$19.99
30.Black Pepper Beef🌶	$21.99
31.B.B.Q.Pork Slices	$22.99
32.Honey Garlic Pork Ribs	$22.99
33.General Tao Chicken 🌶	$19.99

Golden Fried

34.Onion Rings	$ 11.99
35.Onion Rings (Vegan)	$ 12.99
36.Fish Fillet	$16.99
37.Fried Chicken Wings	$16.99
38.Pop Corn Chicken	$16.99
39.Sweet & Sour Chicken (Sauce On The Side)	$17.99
40.Spicy Thai Chicken (Sauce On The Side)🌶	$17.99
41.Honey Garlic Chicken (Sauce On The Side)	$17.99
42.Sweet & Sour Pork (Sauce On The Side)	$17.99
43.Breaded Lemon Chicken (Sauce On The Side)	$17.99
44.Chicken Meat Balls (10 PCS Sauce On The Side)	$17.99
45.**Chicken Balls** (8 PCS Sauce On The Side)	$19.99
46.Honey Garlic Crispy Beef (Sauce On The Side)	$21.99
47.Breaded Shrimp	$15.99

Vegan Chicken (Sauce On The Side)

47.Vegan Sweet & Sour Chicken	$17.99
48.Vegan Spicy Thai Chicken	$17.99
49.Vegan Honey Garlic Chicken	$17.99
50.Vegan Lemon Chicken	$17.99

Wonton (Sauce On The Side)

51.Fried Wonton with Chicken (6 PCS)	$ 9.99
52.Fried Wonton with B.B.Q.Pork (6 PCS)	$ 9.99
53.Chicken Wonton (6 PCS No Soup)	$11.99
Soup Extra	$ 2.99

*** Please inform us of any food allergies. If possible, we will accommodate for your needs.**

* Prices and menu subject to change without notice.
* Pop Up / Pick Up prices subject to charges **12%.**
*** Prices do not include tax**
* Prices subject to errors and omissions.

905-597-8996
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No Artificial Flavours OR Preservatives
Gluten Free, Nut Free,MSG Free
Dairy Free (excluding Buns)

The Bean Sprout®

Gluten Free, Nut or Peanut Free, MSG Free

Frozen Menu

Frozen Special Combo

Medium Size $17.99 + tax
(Half Container of Rice Or Noodles + 3

Items To Choose From ↓

Vegetable Fired Rice
Vegetable Rice Noodle
Garlic Green Beans
Mix Vegetables with ToFu
Vegetable Chow Mein

Chicken in Black Bean Sauce
Honey Garlic Crispy Beef
Spicy Thai Chicken
Sesame Chicken
Diced Lemon Chicken

Black Pepper Beef
Salt & Pepper Fillet
Beef Broccoli
Sweet and Sour Pork

Special Combo's Your must Order 1 week BEFORE pick up date
*** Gluten Free, Nut or Peanut Free, Dairy Free, MSG Free ***