

BREAKFAST ALL DAY LONG

served from 7am - 9pm

granola & yogurt with fruit	\$2.50/\$4.50
organic oat meal	\$2.50/\$4.50
müesli v	\$3.00/\$4.00
steel cut oats soaked in apple juice, served with almonds and currants	
breakfast burrito	\$6.80
2 eggs, cheddar, black beans, spinach, salsa	
vegan breakfast burrito v	\$6.80
tofu scramble, house "sausage," spinach, black beans, secret spicy sauce	
b'omelet gf	\$4.60
2 eggs scrambled w/ cheese & salsa	
egg & cheese	
on a croissant	\$3.75
on a bagel or savory scone	\$4.00
big daddy	\$6.00
on ciabatta bread with vegan sausage, spinach, red onion, tomato & spicy mayo	
breakfast salad	\$6.50
hard boiled egg, pecans, avocado, cranberries on mixed greens, with house dressing	
quiche gf	\$4.95
egg, cheese and vegetable pie	
frittata	\$4.50
potato, egg, cheese and veggie casserole	
strata	\$4.50
ciabatta bread, eggs, cheese, and goodies layered and baked	
Farmers' Market Brunch - <i>Sundays, 9 to noon</i> build your own brunch plate with seasonal ingredients fresh from the market	

SWEETS & EXTRAS

baked goods	
a wide selection, made in-house with organic staples; many vegan and gluten free offerings	
bagels	
delivered daily from Midtown Deli	
joe to go	
128 oz of coffee, cream, sugar, cups, stirrers	
whole beans	
100% fair trade and organic, roasted by cafe campesino - www.cafecampesino.com	

LUNCH & DINNER

served from 11am - 9pm

SALADS & SOUPS

heart of gold	\$6.95
organic greens, red onion, feta cheese, roasted red pepper, artichoke hearts and toasted walnuts served with two crostinis and our house balsamic	
house salad v	\$6.00
organic greens, red onion, carrot, tomato and cucumber, with one crostini	
salad du jour	\$7.25
whatever is fresh and delicious, with two crostinis	
curried tofu salad v	\$6.95
baked tofu, cashews, and peanuts in a curried sauce served with cucumbers and carrots on a bed of greens, with a crostini	
pump up the protein salad	\$7.25
hard boiled egg, black beans, avocado, feta, red onion, roasted red peppers & sunflower seeds on spinach, with 2 crostinis & house dressing	
vegan super-bowl	\$7.25
beans, grains, greens, veggies, marinated tempeh, avocado, nut pate & dressing, layered in a bowl	
side salad	\$3.00
soup - cup with one crostini	\$4.50
soup - bowl with two crostinis	\$5.50

PANINI SANDWICH + SIDE OF GREENS

greek isles	\$7.25
hummus, feta, kalamata olives, tomato, spinach and tadziki sauce	
zesto pesto	\$7.25
pesto, red onion, mozzarella, tomato and spinach	
panini du jour	\$7.25
seasonal vegetables and cheese	

IN A TORTILLA

black bean & cheese quesedilla	\$5.75
served with homemade salsa	
queso no queso v	\$6.75
hummus, red onion, spinach and tomato	
bbq wrap + side of greens v	\$7.25
marinated tofu, greens, cucumber, roasted red pepper and spicy mayo	
Beanie's choice + side of greens	\$7.25
trust the cook? then why decide? a surprise of the day's delicious combo in a wrap	

*many items can be made vegan and/or GF - just ask

TACOS

BBQ tofu tacos gf	\$7.75
bbq tofu, mixed greens, roasted red pepper, salad turnips and spicy sauce on 3 corn tortillas served with greens	
vegan breakfast tacos v gf	\$7.50
tofu scramble, black beans, spicy veganise and spinach on 3 corn tortillas served with salsa	
breakfast tacos gf	\$7.75
two eggs, black beans, spinach, and cheddar on 3 corn tortillas served with salsa	
Greek Tacos gf	\$7.75
hummus, feta, spinach, tomato, kalamata olives, and tzatziki on 3 warm corn tortillas served with a side of greens	
G*F*B*C* gf	\$7.75
Trust the cook? Let us make you 3 corn tacos with fresh and delicious ingredients and a side of greens	

ON A POTATO + SIDE OF GREENS

cheddar gf	\$5.75
butter, sour cream and cheddar	
stuffed gf	\$6.50
feta, butter, spinach, red onion and tomato	
green gf	\$5.75
spinach, feta and butter	

OTHER FRESH STUFF

crostini plate v	\$6.25
4 crostinis and 3 dips	
Robert's vegan entree v	\$8.25
Check the specials board to see what entree is delicious, hot, fresh, and vegan. There is no way to tell what the cook will come up with... Always served with a big, fresh side salad.	
spinach, mixed greens, red onion,	\$.50
black beans, carrots, roasted red peppers, seasonal veggies	
hummus, pesto, cheddar, mozzarella,	\$1.00
nuts, dips, goat cheese, artichoke hearts, roasted garlic	

v - vegan by design

gf - gluten free

CATERING & SPECIAL ORDERS - email: kristin@sentientbean.com

Catering is no different than most of what we do- simple, fresh, easy. Platters and boxed lunches for pick up are our specialty.

BEVERAGES

milk: from Southern Swiss Dairy

HOT

regular coffee

100% fairtrade and organic

espresso

a shot of concentrated dark coffee

americano

espresso in a cup of hot water

shot in the dark

espresso in a cup of coffee

latte

espresso with steamed milk

capuccino

espresso, steamed milk and froth

macchiato

espresso with a dollop of foamed milk

cortado

espresso with an equal amount of steamed milk

mocha

espresso, steamed milk, chocolate, a dash of vanilla, topped with whipped cream

hot tea

selection of fine teas and tisanes

chai

a spicy, sweet black tea with milk

tea latte

yerba matte or rooibos latte

hot chocolate

steamed milk with cocoa

hot apple cider

COLD

iced coffee

cold brewed coffee served over ice

shakeratto

espresso, a dash of sugar, shaken over ice

frozen mocha

espresso, chocolate, milk, and ice blended

iced tea

see our board for daily selections

italian soda

sparkling water with a flavored syrup

fresh lemon or limeade

freshly squeezed

smoothies

we use real fruit blended with yogurt, milk, pineapple juice, or soy milk

organic juices and sodas

spirits

a selection of sustainably produced beer and wine, as well as a seasonal specialty cocktail

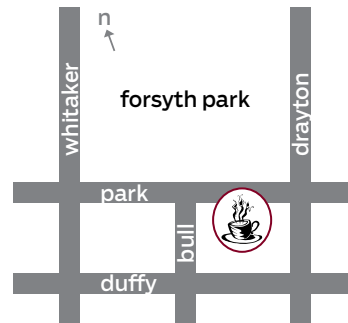


SEN·TIENT \ 'sen(t)-sh(ē-)ənt, 'sen-tē-ənt \
adj.: able to feel, see, hear, smell, or taste

BREWING COFFEE AND COMMUNITY

Some things we're proud of:

- our entire electric usage is fueled by renewable energy
- we host a wide cross-section of groups and special events
- over the years, we've sent 7 staff to 7 different countries to meet our coffee farmers
- our compost goes to community gardens
- we make a conscious effort to welcome all walks of life
- we recycle (and always have)
- our to-go ware is biodegradable
- we give a discount to customers who bring their own to-go vessel
- we give almost 25% of our profit to local nonprofits
- we have nothing fried on the menu
- we make all our food from scratch
- well over half of what we spend on food comes from small, regional producers and over 75% of what we use is produced sustainably
- 100% of our coffee is certified organic and fair-trade
- we catch our HVAC condensation to water the patio plants



13 e. park ave
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www.sentientbean.com

OPEN 7 DAYS A WEEK
7AM – 10PM

brewing coffee and community



FARMERS'
MARKET
BRUNCH
9AM – 12PM
SUNDAYS

CRAFT BEER AND WINE

Breakfast

SERVED ALL DAY!

Lunch and Dinner 11AM–9PM

music, art, and community events

www.sentientbean.com