

## BREAKFAST ALL DAY LONG

served from 7am - 9pm

granola & yogurt with fruit	\$2.50/\$4.50
organic oat meal	\$2.50/\$4.50
müesli <b>v</b>	\$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 <b>v</b>	\$6.80
tofu scramble, house "sausage," spinach, black beans, secret spicy sauce	
b'omelet <b>gf</b>	\$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 <b>gf</b>	\$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 <b>vegan</b> and <b>gluten free</b> 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 <b>v</b>	\$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 <b>v</b>	\$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 <b>v</b>	\$6.75
hummus, red onion, spinach and tomato	
bbq wrap + side of greens <b>v</b>	\$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 <b>gf</b>	\$7.75
bbq tofu, mixed greens, roasted red pepper, salad turnips and spicy sauce on 3 corn tortillas served with greens	
vegan breakfast tacos <b>v gf</b>	\$7.50
tofu scramble, black beans, spicy veganise and spinach on 3 corn tortillas served with salsa	
breakfast tacos <b>gf</b>	\$7.75
two eggs, black beans, spinach, and cheddar on 3 corn tortillas served with salsa	
Greek Tacos <b>gf</b>	\$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* <b>gf</b>	\$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 <b>gf</b>	\$5.75
butter, sour cream and cheddar	
stuffed <b>gf</b>	\$6.50
feta, butter, spinach, red onion and tomato	
green <b>gf</b>	\$5.75
spinach, feta and butter	

### OTHER FRESH STUFF

crostini plate <b>v</b>	\$6.25
4 crostinis and 3 dips	
Robert's vegan entree <b>v</b>	\$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](mailto: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

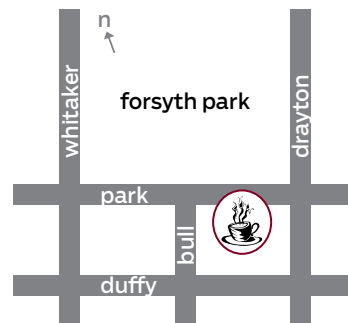


**SEN·TIENT** \ 'sen(t)-sh(ē-)ənt, 'sen-tē-ənt \  
adj.: able to feel, see, hear, smell, or taste

### 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



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[www.sentientbean.com](http://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](http://www.sentientbean.com)