



SAVtakeOut.com

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<http://www.savtakeout.com>

# Sentient Bean

Since the Bean (as it's known in the neighborhood) opened its doors in 2001, responsibly making decisions that are good for our customers, our community, and our environment in their business practices. Their fair-trade coffee is organic, as well as their produce and most of their staple ingredients.

## All Day Breakfast

Option to add avocado to all the below

- Breakfast Burrito \$9.50  
*Two bootleg farm eggs, arugula, cheddar, black beans, and house-made salsa in a flour tortilla.*
- Quiche Du Jour \$5.70  
*Local eggs, half and half, veggies, and cheese with a house-made dough. Flavors change often, check our social media to stay up to date!*
- Egg and Cheese Croissant \$4.25  
*Bootleg farms egg with cheddar on a croissant*
- Vegan Breakfast Burrito \$10.00  
*House-made vegan tofu scramble, house-made vegan sausage, house-made vegan sriracha mayo, black beans, arugula, and house-made salsa. Add a medium coffee from \$1.00. (Vegan)*
- Big Daddy Sandwich \$7.00  
*House-made vegan sausage, Bootleg Farm egg, house-made vegan sriracha mayo, cheddar, tomato, arugula, on wheat rye bread. Option to make it vegan.*
- GF Breakfast Tacos \$9.45  
*Three corn tortillas with Bootleg Farm eggs, black beans, cheddar, arugula and a side of house-made salsa. (GF)*
- Breakfast Taco Party \$16.50  
*Assortment of six vegan and non vegan breakfast tacos with house-made salsa and sriracha mayo for two to three people. Gluten Free. Option to make it vegan.*
- B'omlette \$5.50  
*Two bootleg farm eggs with shredded cheddar and a side of house-made salsa.*
- GF Vegan Breakfast Tacos \$9.35  
*Three corn tortillas with house-made tofu scramble, black beans, arugula, house-made sriracha mayo and a side of house-made salsa. (GF, Vegan)*
- Gluten Free Breakfast Bowl \$10.00
- Fried Egg  
*Black rice and mixed greens topped with tomato, onion, a fried egg, avocado and a side of house-made vegan sriracha mayo. (GF)*
- Breakfast Salad \$11.00

## Sandwiches

Option to add avocado to all the below

- Zesto Pesto Panini \$9.50  
*House-made walnut pesto, mozzarella, red onion, tomato, and arugula on ciabatta bread with a side of mixed greens. Option to make it vegan.*
- Greek Isles Panini \$9.50  
*House-made hummus, roasted red pepper and tomato dip, olives, feta, tomato, and arugula on ciabatta bread with a side of greens. Option to make it vegan.*
- BBQ Wrap \$8.00  
*House-made BBQ tofu, mixed greens, cucumber or carrot (varies seasonally), House-made sriracha mayo toasted in a flour tortilla with a side of mixed greens. (Vegan)*

## Salads & Plates

Option to add avocado to all the below

- Vegan Superbowl \$9.25  
*House-made "superbowl hot mess" with quinoa, black beans, onion, tempeh, bell peppers, and marinade on a bed of arugula with a side of avocado, house-made cashew pate and green dip.*
- Protein Salad  
*Black beans, roasted red peppers, onion, feta, avocado, boiled egg and sunflower seeds on a bed of arugula with a side of balsamic and two crostinis. Option to make it a large salad for two as well as vegan!*
- Large House Salad \$7.00  
*Carrots, onion, tomato on local mixed greens with one crostini and a side of house-made balsamic dressing. (Vegan)*
- Crostini Plate \$6.25  
*Four slices of ciabatta bread grilled with house-made red pepper and tomato dip, green herb dip, and hummus on the side. (Vegan)*
- Heart of Gold Salad \$11.50  
*Roasted red peppers, onion, artichoke hearts, walnuts, and feta on local mixed greens with two crostinis and a side of house-made balsamic. Option to make it vegan.*

## Quesadilla & Tacos

Option to add avocado to all the below

- Quesadilla \$7.00  
*Black beans and cheddar on a flour tortilla with a side of house-made salsa.*
- Queso no Queso \$7.75  
*House-made hummus, arugula, tomato, onion and salsa on a flour tortilla grilled like a quesadilla. (Vegan)*
- These Tacos are Nuts! \$10.00  
*Three corn tortillas with house-made walnut taco "meat",*

## Beverage Menu

Coffee

Fair-trade, organic. Options for size, milk varieties and flavor.

- Drip Coffee \$1.80
- Latte \$4.20
- Cappuccino \$4.20
- Cortado \$2.76
- Americano \$2.35
- Mocha \$4.50
- Hot Chocolate \$3.87
- Shakeratto \$3.60

Cold Beverages

- Banana/Chocolate Smoothie Large \$8.10  
*Blended with whole milk*
- Peanut Butter/Banana Smoothie Large \$8.10  
*Blended with whole milk*
- Green Brain Smoothie Large \$9.30  
*Blended peach and mango smoothie with energy powder, pineapple juice, soy milk and goat yogurt*
- Strawberry/Blueberry Smoothie Large \$8.10  
*Blended with pineapple juice and goat yogurt*
- Blueberry/Banana Smoothie Large \$8.10  
*Blended with pineapple juice and goat yogurt*
- Strawberry/Banana Smoothie Large \$8.10  
*Blended with pineapple juice and goat yogurt*
- Frozen Vanilla Latte \$7.80  
*Blended iced vanilla latte*
- Cold Brew Coffee \$2.76
- Frozen Mocha \$7.80  
*Blended iced mocha with half and half*
- Black Iced Tea \$4.50
- Iced Mocha \$4.50
- Lemonade \$4.38
- Iced Latte \$4.20
- Large Hella Fruit Smoothie \$8.10  
*Blended strawberry, blueberry, banana, peach, and mango smoothie made with pineapple juice and goat yogurt. (Vegan option available)*

- Giant Hella Fruit Smoothie \$9.30  
*Blended strawberry, blueberry, banana, peach, and mango smoothie made with pineapple juice and goat yogurt. (Vegan option available)*

## Need cutlery?

Cutlery provided on request

\*\* Please include cutlery pack/s

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**Standby for a phone call**

Cranberries, pecans, a hard boiled egg, 1/2 an avocado, on a bed of local mixed greens with a side of house-made balsamic dressing. Option to make it vegan.

Oatmeal \$3.50

Oatmeal topped with pecans and cranberries. Choice of size and milk option.

Chia Granola Yogurt

House-made chia almond milk yogurt with house granola and seasonal fruit. Option for small or large size. (Vegan)

Goat Granola Yogurt

Bootleg farms goat yogurt with with house granola and seasonal fruit. Option for small or large size.

## **Baked Goods**

Blueberry Bread \$3.72

Vegan Blueberry Bread alternates between lemon and almond

Croissant \$2.50

Banana Walnut Bread \$3.72

Vegan

Chocolate Croissant \$3.00

V Brownie \$3.90

Vegan Brownie- flavor varies.

Walnut Brownie \$3.90

Coffee Cake \$3.90

Sunflower Bar \$3.90

Vegan and Gluten-free

sweet potato nacho "cheese", avocado, and a side of home-made vegan spicy mayo. (GF, Vegan)

## **from our team**

**Our delivery team may need to call you to confirm directions, get access to gated communities, or for questions about your order. Please ensure that your phone is switched on and readily available for answering. It helps us to deliver your order to you and ensures you receive the best service possible.**

**\* Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.**