

BREAKFAST

MUESLI | raw oats, almond and flaxseed flour, coconut, cinnamon, vanilla, fresh fruit, candied walnuts, almond milk **8.5**

AVOCADO TOAST | **G** | your choice of fermented sourdough or sprouted grain Ezekiel toast, avocado mash, tomato, watermelon radish, black sesame, sprouts *half 6 / full 9* | *add* poached local, cage-free eggs *one 2.5 / two 3.5*

LOADED TOAST | **G** | your choice of fermented sourdough or sprouted grain Ezekiel toast, chocolate-hazelnut butter, banana, candied walnuts, coconut, hemp seed hearts, organic maple syrup *half 6 / full 9*

POACHED EGGS | **G** | two local, cage-free eggs, organic greens, tomato, watermelon radish, fermented sourdough or sprouted grain Ezekiel toast **8**

AÇAÍ BOWL | organic açai sorbet, seasonal fresh fruit, organic ancient grain granola, coconut, cacao nibs, goji berries **11**

BREAKFAST BOWL | organic cheezy grits, roasted turmeric potato, house tempeh, organic turmeric tofu scramble, tomato, organic greens, coconut bacon **12.5**

EGG SALAD SAMMY | **G** | your choice of fermented sourdough or sprouted grain Ezekiel toast, local cage-free egg salad, tomato, onion, organic greens **8**

FRENCH TOAST CASSEROLE | **G** | fermented sourdough and sprouted grain Ezekiel breads, chef's seasonal selection of plant-based custard, candied walnuts **10**

BURRITOS

ADD-ONS organic house tempeh or avocado mash **2**
 feta or goat cheese **1.5** / house hot sauce or cashew cream **1**

SOUTHWESTERN STYLE | **G** | organic brown rice and beans, onion, bell pepper, corn, organic turmeric tofu scramble, slaw, cilantro, avocado ranch, whole wheat tortilla **12.5**

NEW YORK DELI STYLE | **G** | local, cage-free egg salad, mixed roasted vegetables, onion, pickled radish, tempeh, mustard vinaigrette, thousand island dressing, whole wheat tortilla **12**

SANCTUM SIGNATURE | **G** | organic turmeric tofu scramble, mixed roasted vegetables, tomato, onion, organic greens, cashew cream, whole wheat tortilla **9.5**

Order your burrito deconstructed for a GF option

SALADS & BOWLS

AVAILABLE AFTER 11 AM

SIGNATURE CAESAR | organic kale, roasted rosemary potato, onion, quinoa, toasted chickpeas, sea-sar dressing **7.5 / 11**

SAVAGE | roasted eggplant, brussels & cauliflower, bell pepper, onion, celery, jicama, peas, carrot, pepitas, spicy rosemary dressing **8 / 12**

SHIVA | organic kale, butternut squash, apple, celery, carrot, raisins, organic house tempeh, candied walnuts, chickpeas, coconut, curried peanut dressing **8.5 / 13**

SEDONA | your choice of organic brown rice or quinoa, organic beans, roasted sweet potato & beet, organic greens, onion, jicama, cilantro, slaw, pepitas, organic house tempeh, avocado ranch, queso drizzle **14.5**

BITTY | your choice of organic brown rice or quinoa, organic beans, avocado, your choice of dressing **6.5**

EXTRAS & DESSERTS

organic maple syrup **.5**
 fermented sourdough or sprouted grain Ezekiel toast **2**

seasonal fresh fruit **4**
 organic turmeric roasted potatoes **4**
 organic house tempeh **2**
 avocado, sliced or mash **2**

organic cheezy grits **3**
 organic brown rice or quinoa **3**
 organic beans **3**

ginger oatmeal raisin cookie **2**
 spirulina chocolate chip cookie **2.25**
 best dang brownie ever **2.95**
 macaroonie **3.35**
 coconut macaroon **3.75**