



We proudly partner with local farms & artisans including Frog Song Organics, Sugar Top, Fleet Farming, Waterkist, Lake Meadow Naturals, & Old Florida Tempeh

BREAKFAST

- MUESLI** | raw oats, almond meal, flaxseed, coconut, cinnamon, 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, free-range 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*
- SUNRISE SALAD** | one poached local, free-range egg, organic greens, tomato, radish, quinoa, carrot, lemon tahini dressing **8**
- AÇAI BOWL** | organic açai sorbet, seasonal fresh fruit, organic ancient grain granola, coconut, cacao nibs, goji berries **11**
- BREAKFAST BOWL** | cheezy grits, organic turmeric potato, organic house tempeh, organic turmeric tofu scramble, tomato, organic greens, coconut bacun, cashew cream **12.5**
- EGG SALAD SAMMY** | **G** | your choice of fermented sourdough or sprouted grain Ezekiel toast, local, free-range 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 and topping **10**

BURRITOS

*Wrapped to order in a whole wheat tortilla | **G** | or served deconstructed on a bed of organic greens for a GF option*

- SOUTHWESTERN** | **G** | organic brown rice, organic beans, onion, bell pepper, organic corn, organic turmeric tofu scramble, red cabbage slaw, cilantro, avocado ranch dressing **12.5**
- NEW YORK DELI** | **G** | local, free-range egg salad, mixed roasted vegetables, organic greens, onion, pickled radish, organic house tempeh, mustard vinaigrette, thousand island dressing **12**
- SANCTUM SIGNATURE** | **G** | organic turmeric tofu scramble, mixed roasted vegetables, tomato, onion, organic greens, cashew cream **9.5**
- BUFFALO** | **G** | organic turmeric tofu scramble, organic potato, organic house tempeh, carrot, organic celery, coconut bacun, buffalo sauce, avocado ranch dressing **12**
- GRAVY-SMOTHERED** | **G** | mixed roasted vegetables, organic beans, coconut bacun, quinoa, tomato, organic turmeric tofu scramble, organic greens, herbed tempeh-mushroom gravy **12.5**

SALADS & BOWLS

AVAILABLE AFTER 11 AM

- GAIA** | sweet potato, avocado, quinoa, radish, black sesame, organic greens, lemon tahini dressing **8 / 12**
add one poached local, free-range egg 2.5
- SAVAGE** | eggplant, brussels, cauliflower, bell pepper, onion, organic corn, jicama, organic celery, peas, zucchini, carrot, pepitas, organic greens, spicy rosemary dressing **8 / 12**
- SHIVA** | organic kale, butternut squash, organic apple, organic celery, carrot, raisins, organic house tempeh, candied walnuts, toasted chickpeas, coconut, curry peanut dressing **8.5 / 13**
- SEDONA** | sweet potato, beet, organic beans, organic corn, onion, jicama, cilantro, red cabbage slaw, pepitas, organic house tempeh, organic greens, organic brown rice or quinoa, avocado ranch dressing, queso drizzle **14.5**
- BITTY** | organic brown rice or quinoa, organic beans, sliced avocado, your choice of dressing **6.5**

DRESSINGS

- Avocado Ranch
- Sea-Sar
- Spicy Rosemary
- Curry Peanut
- Lemon Tahini
- Mustard Vinaigrette
- Thousand Island
- Ginger Miso
- Sesame Tamari

EXTRAS

- organic maple syrup **1**
- almond or peanut butter **1**
- earth balance **1**
- feta or goat cheese **1.5**

- avocado, sliced or mash **2**
- house hot sauce or dressing **1**
- organic house tempeh **2**
- poached local, free-range egg **2.5 / 3.5**

SIDES

- fermented sourdough or sprouted grain Ezekiel toast | **G** | **2**
- organic cheezy grits **4**
- organic turmeric potatoes side **4**
- organic brown rice or quinoa **3**
- seasonal fresh fruit **4**

DESSERTS

- lemon rosemary cookie **2**
- spirulina chocolate chip cookie **2.25**
- best dang brownie ever **2.95**
- coconut macaroon **3.75**
- sweet of the moment **PRICE VARIES**