

Organic Soft Drinks £1.85

Elderflower	Apple Juice
Apple & Ginger	Lemonade
Ginger Beer	Carrot & Apple
Raspberry & Pear	Orange Juice (£1.60)

Water (still/sparkling) £1.65

Organic Coffees

Americano	£2.00
Cappuccino	£2.20
Latte	£2.25
Espresso	£1.75
Mocha	£2.50
Small Coffee	£1.80
Coffee Substitute	£2.25
Hot Chocolate	£2.50
Above made with soya/rice milk	Add 25p
Decaf available	

Organic Teas £2.00

Irish Breakfast	Chamomile
Earl Grey	Peppermint
Japan Sencha Green	Apple & Cinnamon
Lemon Ginger	Clanwilliam Rooibos
Berry Fruit	Jasmine Blossom Green
Decaf English	Totonac Vanilla

The Sanctuary is a charitable trust, with treatments, complementary therapies and classes open to anyone who seeks a place of calm and healing. Everyone is welcome to use the library, meditation rooms and cafe. We also run events, talks and nutritional healing courses.



For further details of therapies and treatments and how to book an appointment please visit reception where you can also find the sanctuary gift shop.

Tel: 01254 246940
Email: info@thesanctuaryofhealing.co.uk
www.thesanctuaryofhealing.co.uk
Visit us on facebook for updates and news.

The Sanctuary of Healing

Open Monday to Friday 10am to 4pm
Breakfast served 10am to 11.30am
Lunch served 12 to 2.30pm
Last lunch order by 2.15pm
Afternoon Tea served 2.15pm to 4pm



At The Sanctuary of Healing Organic Café we strive to offer you fresh, nutritional, tasty food prepared daily by our chefs. We cater to dietary needs & food intolerances as much as possible. We offer a wide variety of home grown, freshly baked gluten-free, dairy-free and sugar-free produce that we hope you enjoy.



Sanctuary Breakfast

Served daily 10am to 11.30am (GF bread available)

Scrambled Eggs with Smoked Salmon served with our toasted home-baked bread	£7.25
Mushroom Omelette served with our toasted home-baked bread (v)	£6.50
Spinach, Tomato & Mushrooms served on toast (v)	£6.25
Greek Yoghurt, Honey, Granola & fresh Berries (v) (GF) (n)	£4.95
Toasted home-baked bread served with Jam & Butter (v)	£2.50

Sanctuary Lunch Menu

Served daily from 12pm till 2.15pm

Sanctuary Garden Salad

Lettuce, cucumber, tomatoes, pepper, beetroot & celery drizzled with our very own salad dressing and served with home-baked bread

Plain (v)	£5.95
Chicken	£8.15
Cheese (v)	£7.25
Egg Mayo (v)	£7.25

Sanctuary Speciality Salads

Served with home-baked bread, GF bread available

Soup and Salad Combo (v)	£6.95
Soup and Salad Combo with chicken	£8.95
Greek Salad with Feta cheese and olives (v)	£7.95
Cobb Salad with hot bacon & chicken, Stilton cheese and boiled egg	£8.25
Tofu Salad (Vegan) with basil & smoked tofu avocado and hummus (v)	£8.25

Chef's Organic Specials

Chef's favourites and most seasonal offerings, with a choice of vegetarian, gluten-free and dairy-free meals. Please see our chalkboards.

Sanctuary Sandwiches

Served with a choice of soup, crisps or extra salad (served with a small side salad) GF bread available

	Small	Large
Peat-smoked Salmon, Cream Cheese & Cucumber	£7.95	£8.95
Chicken, with salad & mayo	£7.95	£8.95
Balti Chicken, with salad & light Balti curry mayo	£7.95	£8.95
Farmhouse Cheddar, with salad & mayo (v)	£6.95	£7.95
Veggie, with hummus (v)	£6.95	£7.95
Egg Mayo, with salad (v)	£6.95	£7.95
Children's sandwiches available on request		
Starting from £3.95, served with crisps and a salad garnish		

Sanctuary Soup of the Day

Small Large

Vegan & Gluten free served with home-baked bread (v) (GF)

Gluten free bread also available

Please notify us of any special dietary requirements when ordering and we will do our utmost to accommodate your needs.

The availability of organic produce may also affect our menu.

(GF) gluten-free (v) vegetarian option (n) contains nuts

Sanctuary Afternoon Tea £12.50pp

Served daily from 2.15pm till 4.00pm

A selection of open sandwiches, cheeses, quiche, freshly made cakes and pastries. All served with a choice of organic tea or coffee. GF and vegan options available.

For specific dietary requirements we advise you to phone ahead so we can serve your perfect afternoon tea.

Sanctuary sandwich menu also available, each served with salad and crisps.



Sanctuary Desserts

Check our counter for a wonderful selection of home-baked cakes & biscuits all individually priced.

Organic Ice-Creams and Frozen Desserts

Gluten-free, Cholesterol free, Dairy-free options available

Ask at our counter for available flavours

1 scoop £1 2 scoops £2 3 scoops £2.50