

Organic Soft Drinks £2.45

Elderflower	Apple Juice
Apple & Ginger	Lemonade
Ginger Beer	Carrot & Apple
Raspberry & Pear	Orange Juice
Apple & Cherry	

Water (still/sparkling) £2.20

Organic Coffees

Espresso	£2.00
Americano	£2.40
Cappuccino	£2.85
Latte	£2.95
Flat white (Double shot)	£3.10
Mocha	£2.95
Coffee Substitute	£2.40
Hot Chocolate	£2.95
Soya milk available	
Decaf available	

Teas £2.25

English Breakfast	Chamomile
Earl Grey	Peppermint
Three Ginger	

The Sanctuary is a registered charity, 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

Menu

Open Monday to Friday 10am to 4pm

Lunch served 12 to 2.30pm

Last lunch order by 2.15pm



Organic

At The Sanctuary of Healing Organic Café we strive to offer you fresh, nutritional, tasty food prepared daily by our chefs. We cater for dietary needs & food intolerances as much as possible.

We offer a wide variety of freshly made gluten-free, dairy-free and sugar-free produce that we hope you enjoy.



Lunch Menu

Served daily from 12pm till 2.15pm

Chef's Organic Specials

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

—Please see chalkboards for daily specials—

Soup of the Day

—Please see the Soup board—

Vegan & Gluten Free. Served with fresh-baked bread	Small	Large
	£4.10	£6.20

Gluten Free bread also available

Organic salads

A fresh selection of seasonal produce, drizzled with dressing and served with fresh bread.

Why not add a cup of our delicious soup for £1.50

Garden salad (VE)	£8.70
Garden salad with Cheese (V)	£9.70
Garden salad with Egg Mayo (V)	£9.70
Garden salad with Chicken	£10.70
Greek Salad with Feta cheese and olives (V)	£10.95
Cobb Salad with hot chicken & bacon, Stilton cheese and boiled egg	£12.45
Tofu Salad with basil & smoked tofu avocado and hummus (VE)	£11.95

Sandwiches

All sandwiches are prepared on wholemeal bread. If you prefer white bread, please ask when ordering.

Served with a salad garnish and crisps.

Why not add a cup of our delicious soup for an extra £1.50

Smoked Salmon <i>with Cream Cheese & Cucumber</i>	£8.00
Chicken <i>with salad & mayo</i>	£7.00
Balti Chicken <i>with salad & Balti mayo</i>	£7.50
Cheddar Cheese <i>with salad & mayo (V)</i>	£6.50
Veggie (VE) <i>A salad filling with avocado and hummus</i>	£6.50
Egg Mayo (V)	£6.50

Lighter bites

For the smaller appetite

A smaller sandwich, prepared on a bread roll, served with crisps and a salad garnish.

Chicken	£4.50
Cheese, or Egg Mayonnaise	£4.00

Add a cup of soup for £1.50

Please note:

Our mayonnaise and Salad Dressing are Vegan and Gluten Free.

Gluten Free Bread is always available. (Contains Egg)

Our Daily Fresh Baked Bread is Vegan.

Cake & Biscuit Selection

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

Gluten Free and Vegan cakes and biscuits are available, why not try them, you might be pleasantly surprised!

Organic Ice-Cream

Vanilla flavour

1 scoop £1.25 2 scoops £2 .50 3 scoops £3.75

We are aware of Food Allergies and Intolerances. Please enquire about the ingredients in your meal when placing your order.

Please notify a member of staff about any special dietary requirements, and we will do our best to accommodate your needs.

The availability of organic produce may affect our menu.

(GF) Gluten-Free (V) Vegetarian (VE) Vegan



Organic Shop

We also stock a range of organic produce available for purchase. This includes pulses, beans, rice, pasta, butters, snacks and teas.