

The Sentient Bean – Savannah, GA

Reviewed by DairyFreeGina

August 2015

Note: All meals were paid for by DairyFreeGina. Opinions are my own



This little coffee shop and café touts itself as “Savannah’s only vegetarian restaurant” but much of its menu is actually vegan. Recommended by Chef Drew at the Embassy Suites where we stayed, The Sentient Bean offers breakfast all day, serves organic fair trade coffee and tea, offers no fried foods makes everything from scratch. Sit in the outdoor patio and you can find the Bean’s lemon tree and herbs growing in the garden ad a tank to catch HVAC condensation to water the plants. In addition, all food scraps are composted and used in community gardens.



I ordered the Curried Tofu Salad made with baked tofu, cashews, cucumbers, carrots, currents, celery, curry, homemade vegan mayo and served on bed of greens with vegan crostini. It was delicious, fresh and filling.



Dean ordered the Zesto Pesto Panini made with pesto, red onion, mozzarella, tomatoes, and spinach. He said it was yummy but wished the Panini included more spinach.



He enjoyed the brownie which was like a chocolate cake and the vegan peach cake I thought was ok. I would have liked more peaches and less cake.

Prices are very reasonable at the Sentient Bean and I was impressed with the staff that seemed knowledgeable about cross contamination and making sure I'd eat safely. Kudos especially to Ryan. Read more about The Sentient Bean at <http://www.sentientbean.com/about>