

Appetizers

WE ARE HONORING

Nachos
Sprouted sunflower seed pate with our authentic Mexican guacamole, cashew nacho cheese, spicy tomato salsa & live carrot-flax crackers.

WE ARE HAPPY

Hummus Plate
Live sprouted almond-sunflower seed hummus with olive tapenade, sliced cucumber & sourdough buckwheat flatbread crackers & live carrot-flax crackers.

WE ARE PRESENT

Bruschetta Plate
Cashew mozzarella cheese & olive tapenade with live sprouted buckwheat flatbreads topped with tomato & basil.

Soups

WE ARE THANKFUL

Seasonal live soup.

WE ARE THRIVING

Cooked soup of the day (heat before serving).

Salad platters

WE ARE DAZZLING

Caesar salad
Romaine lettuce, Brazil nut parmesan & capers with our vegan Caesar dressing.

WE ARE GORGEOUS

Café salad
Café salad with mixed greens, carrots, kale, cucumber, mint, basil, apples, figs & hemp seeds with a sesame ginger dressing.

WE ARE PURE

Seasonal salad



serves 10-14

\$95 per platter

serves 6-8

\$33 per jar
(includes \$5 jar deposit)

serves 10-14

\$80

\$115

\$120

Live entrees

WE ARE TERRIFIC

Thai inspired dish with kelp noodles, carrots, shredded kale, cucumber, cilantro, basil, mint & scallions topped with teriyaki almonds & sprouts.
\$13 per person, minimum 10 people

WE ARE NOURISHED

Live sandwich with almond pate, carrot, lettuce, tomato, avocado & spicy mustard sauce on apple curry bread.
Served with a side salad.
\$13 per person, minimum 10 people

WE ARE CREATIVE

Our vision of raw pizza with tomato, basil, olive tapenade, nut parmesan & cashew ricotta cheese on our live onion sunflower pizza crust.
\$9.50 per person, minimum 10 people

Warm grain bowls

WE ARE GRATEFUL

Grateful bowl with steamed quinoa, black beans & shredded kale with garlic-tahini sauce.

WE ARE WHOLE

Macrobiotic bowl with steamed rice or quinoa with sea vegetables, house-made kim chee, shredded kale, carrots & garlic-tahini sauce with teriyaki almonds.

WE ARE ACCEPTING

Sushi bowl with steamed rice with nori, avocado, cucumbers, sesame seeds, fresh herbs & scallions with sesame-ginger sauce.

WE ARE HUMBLE

Indian bowl with curried lentils over brown rice or quinoa, with sautéed spinach and roasted potatoes, drizzled with spicy mint chutney & sweet tamarind sauce.

Breakfast

WE ARE PLENTY GREAT

Live granola & fresh fruit served with almond milk.

WE ARE BRIGHT-EYED

A live grain-free cereal of coconut milk, pecans, fruit, vanilla & cinnamon.

WE ARE PEACE

Live gluten-free onion bagel with cashew cream cheese, nori "lox", fresh tomatoes, red onions & capers.
Not your typical bagel, but extraordinary!

WE ARE MUCHO

Rice, black beans, salsa fresca, avocado & nacho cheese topped with pumpkin seeds.

serves 10-14

\$140 per bowl

serves 8-10

\$90

\$75

\$70

\$95

Desserts

Café Gratitude's award winning desserts are free from dairy, gluten and refined sugar. Our raw, vegan, organic desserts are amazingly delicious & healthy. Celebrate your aliveness!

WE ARE DELIGHTED

30 assorted macaroons - vanilla, chocolate & salted-caramel

WE ARE DECADENT

Live pies \$45 for a 6-inch pie

- Key lime
- Chocolate-hazelnut cream
- Coconut cream
- Pecan

Full size (11-inch) pies available too! \$89

WE ARE CHERISHED

Cashew cheesecakes \$89

- Mocha
- Vanilla
- Lemon coconut
- Seasonal fruit

WE ARE RAPTURE

Live layer cakes \$89 for a 9-inch cake

- Chocolate
- Lemon poppy seed
- Strawberry shortcake (seasonal)
- Carrot cake
- Tiramisu

Also available in whole and half sheet cakes.

Contact the bakery manager for more info & pricing.

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or 816.474.LOVE (5683)

