

I A M . . .

R = Raw Item
S = Spicy Item
G = Gluten Item

Please note that we use nuts for many items. If you have a nut allergy, we recommend not dining with us.

STARTERS

ADVENTUROUS R S 4 Cup / 7.5 Bowl Coconut curry raw soup	HONORING R S 12 Live nachos with spicy sunflower "bean" pâté, guacamole, salsa fresca, nacho cheese & homemade crackers	GROUNDED S 8.5 Roasted potatoes Garlic potatoes served with spicy nacho cheese
THRIVING 4 Cup / 7.5 Bowl Cooked soup of the day	CONNECTED S 7 Roasted red pepper & garlic hummus with homemade crackers	COMFORTED 8.5 Roasted sweet potatoes served with coconut mint chutney & tamarind sauce
PRESENT G 8.75 Bruschetta – toasted ciabatta with cashew mozzarella topped with tomatoes, drizzled with olive oil, balsamic vinaigrette & fresh basil Sub gluten free bread +3.25	VIVACIOUS S 12 Mediterranean plate Hummus, olives, mozzarella, figs, pickles, flax crackers & a side of housemade sriracha	ENOUGH G 8.5 Avocado toast Toasted ciabatta with guacamole and ricotta topped with crushed red pepper Sub gluten free bread +3.25

SALADS

DAZZLING R 6.5 Half / 11.5 Full Caesar salad with romaine lettuce, avocado, Brazil nut parmesan & capers	LUMINOUS S 13 Chef's inspired salad with sweet potatoes, cucumber, carrot, chickpeas, red cabbage, pumpkin seeds, hemp seeds, Brazil nut parmesan, avocado & flax cracker on a bed of spring mix with choice of dressing: garlic-tahini, sesame-wasabi, goji chipotle, caesar & fig balsamic	PURE R 7.5 Half / 13 Full Marinated kale salad with garlic-tahini & sesame-wasabi kale salad with avocado, sea palm, cucumber, carrots, cilantro, basil & green onions topped with teriyaki almonds & sprouts
GORGEOUS R 7 Half / 12 Full Large café salad with mixed greens, carrots, kale, cucumber, mint, basil, apples, figs & hemp seeds with a sesame-wasabi dressing	ADDITIONS avocado 2 buckwheat or flax cracker 1.25 olive tapenade 2.25 housemade kim chee 3 extra dressing 1.75 basil hempseed pesto 2.25	

SANDWICHES & WRAPS

HAPPY R 13.75 Spinach and sunflower seed raw wrap with mozzarella, spinach, tomatoes, avocado & fig balsamic spread. Served with a side salad	AWESOME G 13.75 Eggplant parmesan sandwich with herb-cornmeal crusted eggplant, marinara sauce, cashew ricotta, tomatoes, brazil nut parmesan, spinach, basil on grilled ciabatta. Served with a side salad	EXTRAORDINARY S G 11.5 Our CLT sandwich on bun with spicy cashew aioli, toasted chipotle-maple coconut, romaine, tomato & guacamole. Served with a side salad
MAGICAL S G 11 Homemade veggie burger on a whole wheat bun with lettuce, tomato, pickles, onion & hummus. Served with a side salad	SUBSTITUTE toasted gluten free bread 1 raw spinach/sunflower wrap 3	ADDITIONS avocado 2 basil hempseed pesto 2.25 marinated mushrooms 3 toasted coconut 2 cashew mozzarella 2.25 housemade kim chee 3

ENTRÉES

YO SOY FELIZ S 7 / 13 1 or 2 corn tostadas with black bean puree, Mexican coleslaw, pico de gallo, toasted maple coconut, cashew ricotta cheese, salsa verde & avocado	DYNAMIC 13.5 Eggplant parmesan Herb-cornmeal crusted eggplant over a bed of spaghetti squash noodles cooked in alfredo sauce and topped with marinara & brazil nut parmesan
FABULOUS R 10.5 Raw lasagna This dish is the whole reason Cafe Gratitude is in KC. A raw lasagna layered with veggies, pesto, olive tapenade drizzled with sun-dried marinara & cashew ricotta cheese. Served chilled	SENSATIONAL 12.75 Spaghetti squash alfredo Spaghetti squash noodles, spinach & portabella mushrooms tossed in our alfredo sauce. Topped with Brazil nut parmesan & basil. Served with our house side salad
WHOLE 13 Macrobiotic bowl Braised butternut squash, adzuki beans, sea vegetables, kale, homemade kim chee, Be Love Too Farm's sprouts & brown rice with garlic-tahini sauce & teriyaki almonds	WARM-HEARTED 12.5 Grilled polenta with spaghetti squash Grilled pesto polenta over sautéed spaghetti squash, spinach & puttanesca sauce topped with Brazil nut parmesan, ricotta & basil
HUMBLE S 12.5 Indian curry bowl Indian spiced curry lentils over brown rice with spinach & roasted sweet potatoes, drizzled with a coconut mint chutney & sweet tamarind sauce	TRANSFORMED S 12.5 Butternut squash tacos Two organic corn tacos with butternut squash, black beans, guacamole, salsa fresca, verde & cashew nacho cheese. Served with a side salad
MUCHO S 12 Mexican bowl Mexican bowl with black beans, guacamole, pico de gallo, salsa verde, cashew ricotta cheese, pepitas, romaine & brown rice	TERRIFIC R 13.75 Pad Thai kelp noodles Thai inspired dish with chilled kelp noodles, carrots, shredded kale, cucumber, cilantro, basil, mint & scallions tossed in our thai almond sauce & topped with teriyaki almonds & sunflower sprouts
FORTIFIED 12.75 Sautéed vegetable bowl Sautéed seasonal vegetables, kale & brown rice, topped with your choice of sauce: sesame-wasabi, garlic-tahini or thai almond Sub quinoa for rice in Whole, Humble, Mucho or Fortified +1	GRATEFUL 10 Community bowl Shredded kale, brown rice, black beans & garlic tahini sauce. Feed yourself & feed your community. If you need financial assistance with this bowl, you may make a minimum donation of 3. If you would like to contribute to someone else, let your server know the amount and we will set it aside

SIDES & ADDITIONS

avocado 2	brown rice 2.5	2 tortillas 1
black beans or lentils 3	quinoa 3.5	1 flax or buckwheat cracker 1.25
creamy coleslaw 4	side salad 3.5	3 flax or buckwheat crackers 3.25
kelp noodles 5	red pepper hummus 3.5	hempseed pesto or olive tapenade 2.25
sautéed vegetables 6	guacamole or kim chee 3.5	nacho, mozzarella or ricotta 2.25

OUR MENU IS PLANT BASED AND 100% ORGANIC

Cafe Gratitude is our expression of a world of plenty. Our food and people are a celebration of our aliveness. We select the finest organic ingredients to honor the earth and ourselves, as we are one and the same. We support local farmers, sustainable agriculture, and environmentally-friendly products. Our food is prepared with love. We invite you to step inside and enjoy being someone who chooses: loving your life, adoring yourself, accepting the world, being generous and grateful every day, and experiencing being provided for. Have fun and enjoy being nourished.