

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

PLENTIFUL S 4 Cup / 7.5 Bowl Spicy chili topped with cashew ricotta cheese	HONORING RS live nachos 12 Live nachos with spicy sunflower "bean" pâté, guacamole, salsa fresca, nacho cheese & homemade crackers	GROUNDING S roasted potatoes 8.5 Garlic potatoes served with spicy nacho cheese
THRIVING 4 Cup / 7.5 Bowl Cooked soup of the day	ZESTY S buffalo cauliflower bites 11 Spicy cauliflower baked in buffalo sauce served with celery sticks & ranch dressing	COMFORTED roasted sweet potatoes 8.5 Roasted sweet potatoes topped with cilantro, coconut mint chutney & tamarind sauce
PRESENT G bruschetta 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	GLOWING R spring rolls 12 Coconut herb wrap with carrots, kim chi, kelp noodles & avocado with sesame wasabi dressing	ENOUGH G avocado toast 8.5 Toasted ciabatta with guacamole and ricotta topped with crushed red pepper Sub gluten free bread +3.25

SALADS

DAZZLING R caesar salad 6.5 Half / 11.5 Full Caesar salad with romaine lettuce, avocado, Brazil nut parmesan & capers	LUMINOUS 13 Chef's inspired salad with sweet potatoes, cucumber, carrot, quinoa, 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 or fig balsamic	PURE R marinated kale salad 7.5 Half / 13 Full Garlic-tahini & sesame-wasabi kale salad with avocado, sea palm, cucumber, carrots, cilantro, basil & green onions topped with teriyaki almonds & sprouts
GENUINE R cobb salad 7 Half / 12 Full Romaine lettuce, tomatoes, toasted coconut, avocado & pecans with ranch dressing		
ADDITIONS		
avocado 2	buckwheat or flax cracker 1.25	olive tapenade 2.25
housemade kim chee 3	extra dressing 1.75	sriracha 2.25

SANDWICHES & WRAPS

HAPPY RS raw wrap 13.75 Coconut herb wrap with cucumber, avocado, carrot, cabbage, sprouts & jalepeno with thai almond sauce. Served with a side salad	AWESOME G eggplant parm sandwich 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 SG house CLT 11.5 Our CLT sandwich on bun with spicy cashew aioli, toasted chipotle-maple coconut, pickles, romaine, tomato & guacamole. Served with a side salad
MAGICAL SG veggie burger 11.5 Homemade veggie burger on a whole wheat bun with guacamole, lettuce, tomato, pickles & onion. Served with a side salad		
SUBSTITUTE	ADDITIONS	
toasted gluten free bread 1	avocado 2	basil hempseed pesto 2.25
coconut herb wrap 3	toasted coconut 2	cashew mozzarella 2.25
		marinated mushrooms 3
		housemade kim chee 3

ENTRÉES

YO SOY FELIZ S tostadas 7 / 13 1 or 2 corn tostadas with black bean puree, Mexican coleslaw, pico de gallo, toasted maple coconut, cashew ricotta cheese, salsa verde, cilantro & avocado	DYNAMIC eggplant parmesan 13.5 Herb-cornmeal crusted eggplant over a bed of spaghetti squash noodles cooked in alfredo sauce and topped with marinara & brazil nut parmesan
FULFILLED mac & cheese 15 Gluten free brown rice noodles with mozzarella, cheddar, ricotta & parmesan cheeses Add buffalo cauliflower to Fulfilled +3.5	SENSATIONAL spaghetti squash alfredo 12.75 Spaghetti squash noodles, spinach & portabella mushrooms tossed in our alfredo sauce. Topped with Brazil nut parmesan, basil & crushed red pepper. Served with our house side salad
WHOLE macrobiotic bowl 13 Sweet potatoes, adzuki beans, sea vegetables, kale, homemade kim chee, Be Love Too Farm's sprouts & brown rice with garlic-tahini sauce & teriyaki almonds	WARM-HEARTED grilled polenta with spaghetti squash 12.5 Grilled pesto polenta over sautéed spaghetti squash, spinach & puttanesca sauce topped with Brazil nut parmesan, ricotta & basil
HUMBLE S indian curry bowl 12.5 Indian spiced curry lentils over brown rice with spinach & roasted sweet potatoes, drizzled with a coconut mint chutney & sweet tamarind sauce	TRANSFORMED S sweet potato tacos 12.5 Two organic corn tacos with sweet potatoes, black beans, guacamole, salsa fresca, verde & cashew nacho cheese. Served with a side salad
MUCHO S mexican bowl 12 Mexican bowl with black beans, guacamole, pico de gallo, salsa verde, cashew ricotta cheese, pepitas, romaine & brown rice	TERRIFIC R kelp noodle bowl 13.75 Thai inspired dish with chilled kelp noodles, carrots, shredded kale, cucumber, cilantro, basil & scallions tossed in our thai almond sauce & topped with teriyaki almonds & sunflower sprouts
FORTIFIED sauteed vegetable bowl 12.75 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 community bowl 10 Shredded kale, brown rice, adzuki 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	guacamole 3.5	hempseed pesto or olive tapenade 2.25
sautéed vegetables 6	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.