

# 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 / SALADS

<b>ADVENTUROUS <b>R</b><b>S</b></b> 5 Cup / 8 Bowl Coconut curry raw soup	<b>PRESENT <b>G</b></b> bruschetta 9 Cashew mozzarella, tomatoes, and fresh basil on grilled ciabatta bread. Drizzled with extra virgin olive oil & balsamic vinegar <b>Substitute gluten-free bread +3.5</b>	<b>GROUND <b>S</b></b> roasted potatoes 9 Garlic potatoes served with spicy nacho cheese and green onions
<b>THRIVING</b> 5 Cup / 8 Bowl Cooked soup of the day	<b>GLOWING <b>G</b></b> spring rolls 10 Nori wraps with carrots, kimchi, kelp noodles, and avocado. Served with sesame-ginger sauce for dipping	<b>COMFORTED</b> roasted sweet potatoes 9 Roasted sweet potatoes topped with cilantro, coconut-mint chutney & tamarind sauce
<b>HONORING <b>R</b><b>S</b></b> live nachos 12 Live nachos with spicy sunflower "bean" pâté, guacamole, salsa fresca, nacho cheese & homemade crackers	<b>INCLUSIVE</b> mediterranean bowl 12 Quinoa tabbouleh with tomatoes, onions, parsley & mint, roasted red pepper hummus, olive tapenade, and cucumbers with dill sauce, on a bed of mixed greens <b>Extra dill sauce 2.25</b>	<b>ZESTY <b>S</b></b> buffalo cauliflower bites 12 Spicy baked cauliflower served with celery sticks & ranch dressing
<b>DAZZLING <b>R</b></b> caesar salad 7 Half / 12 Full Romaine, avocado, Brazil nut parmesan & capers, tossed with cashew Caesar dressing	<b>PURE <b>R</b></b> marinated kale salad 8 Half / 13.50 Full Sesame-Garlic Tahini kale salad with avocado, sea palm, cucumber, carrot, cilantro, basil, green onion, teriyaki almonds & sprouts	<b>LUMINOUS</b> chef's rainbow salad 13 Mixed greens, sweet potatoes, cucumber, carrot, quinoa, cabbage, toasted pumpkin seeds, hemp seeds, Brazil nut parmesan, & avocado. Served with a flax cracker  <b>Choice of dressings: garlic-tahini, ranch, sesame-ginger, goji-chipotle, or fig balsamic</b>
<b>avocado 2.25</b> <b>homemade kimchi (3 oz) 3.50</b>	<b>buckwheat or flax cracker 1.25</b> <b>extra dressing 1.75</b>	<b>olive tapenade 2.25</b> <b>basil hempseed pesto 2.25</b> <b>ciabatta toast (3 pc) 2</b> <b>gluten-free toast (2 pc) 3</b>

## SANDWICHES & BURGERS

<b>MAGICAL <b>G</b></b> veggie cheeseburger 11.5 Homemade veggie burger on a whole wheat bun with cashew cheddar, lettuce, tomato, pickles & onion. Served with a side salad	<b>AWESOME <b>G</b></b> eggplant parm sandwich 14 Herb-cornmeal crusted eggplant, marinara, cashew ricotta, Brazil nut parmesan, & fresh spinach on grilled ciabatta. With side salad	<b>HAPPY <b>G</b></b> fresh veggie sandwich 13.50 Guacamole spread, cashew cheddar, tomato, pickle, onion and fresh farm sprouts on grilled ciabatta bread. Served with a side salad
<b>EXTRAORDINARY <b>G</b></b> house CLT 11.5 Chipotle-maple toasted coconut, lettuce, & tomato on a whole wheat bun with guacamole & spicy cashew aioli. Served with a side salad	<b>RESOLVED <b>G</b></b> bbq mushroom plate 15 BBQ King Trumpet & Crimini mushrooms atop a slice of ciabatta, drizzled with cashew cream. Served with pickles & goji-chipotle vinegar slaw	<b>Substitute gluten-free bread 1.75</b>
<b>avocado 2.25</b> <b>toasted coconut 2</b>	<b>basil hempseed pesto 2.25</b> <b>nut cheese 2.25</b>	<b>marinated mushrooms 3</b> <b>homemade kimchi (3 oz) 3</b> <b>caramelized onions (2 oz) 2</b> <b>bbq or buffalo sauce side 2.25</b>

## BREAKFAST (AVAILABLE ALL DAY)

<b>GENTLE</b> gluten-free banana bread 4.25	<b>SUSTAINED</b> fruit & quinoa 9.50 Steamed quinoa, fresh fruit, goji berries, cinnamon, maple syrup & coconut milk	<b>PEACE <b>R</b></b> raw savory breakfast 7 Raw flatbread with cashew cream cheese, tomatoes, onions, capers, nori, & sprouts <b>Add Avocado +2.25</b>
<b>SATISFIED</b> gluten-free cinnamon roll 6	<b>OPEN-HEARTED</b> pancakes 10.75 Gluten-free pancakes with maple syrup <b>Extra maple syrup (1 oz) +2.50</b> <b>Cashew whipped cream +2</b> <b>Fresh fruit cup +2</b>	<b>LOVEABLE <b>R</b></b> raw sweet breakfast 8 Raw flatbread with cashew cream cheese, almond butter, maple syrup, toasted coconut & fresh fruit

## ENTREES & BOWLS

<b>MUCHO <b>S</b></b> mexican bowl 12 Mexican bowl with black beans, guacamole, pico de gallo, spicy salsa verde, cashew ricotta cheese, pepitas, romaine & brown rice	<b>TRANSFORMED <b>S</b></b> sweet potato tacos 12.5 Two organic corn soft tortillas filled with sweet potatoes, black beans, guacamole, pico de gallo, spicy salsa verde, and cashew nacho cheese. Served with a side salad	<b>WHOLE <b>R</b></b> macrobiotic bowl 13 Sweet potatoes, black beans, sea palm, kale, kimchi, Be Love Too Farm's sprouts & brown rice with garlic-tahini sauce & teriyaki almonds	<b>FULFILLED</b> mac n' cheese 15 Gluten-free rice noodles in a creamy blend of delicious cashew & Brazil nut cheeses <b>Add spicy buffalo cauliflower to Fulfilled +3.5</b>	<b>HUMBLE <b>S</b></b> indian curry bowl 12.5 Indian spiced curried lentils, brown rice, a bit of spinach and roasted sweet potato, with coconut mint chutney & sweet tamarind sauce	<b>FORTIFIED</b> veggie bowl 12.75 Sautéed seasonal vegetables, kale & brown rice, topped with sesame-ginger or garlic-tahini sauce. <b>Sub quinoa for rice in Whole, Humble, Mucho or Fortified +1</b>	<b>DYNAMIC</b> eggplant parmesan 13.5 Herb-cornmeal crusted eggplant, spaghetti squash noodle alfredo, spinach, marinara, Brazil nut parmesan and basil	<b>SENSATIONAL</b> spaghetti squash alfredo 12.75 Spaghetti squash noodles, spinach & mushrooms tossed in our alfredo sauce. Topped with Brazil nut parmesan, basil & crushed red pepper. Served with our house side salad	<b>FELIZ <b>S</b></b> 1 or 2 tostada(s) 7.25 / 13.50 Crunchy tostada(s) topped with black beans, toasted spiced coconut, goji chipotle slaw, pico de gallo, spicy salsa verde, cashew crema, and guacamole	<b>GRATEFUL</b> community bowl 10 Fresh 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
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## SIDES & ADDITIONS

<b>avocado 2.25</b>	<b>brown rice 2.5</b>	<b>2 tortillas 1.25</b>
<b>black beans or lentils 3</b>	<b>quinoa 3.5</b>	<b>1 flax or buckwheat cracker 1.25</b>
<b>kelp noodles 5</b>	<b>side salad 3.5</b>	<b>3 flax or buckwheat crackers 3.25</b>
<b>sautéed vegetables 6</b>	<b>guacamole 3.5</b>	<b>hempseed pesto or olive tapenade 2.25</b>
<b>raw vegetables 3</b>	<b>kimchi 3.5</b>	<b>cheddar, nacho, mozzarella or ricotta 2.25</b>

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.