

GRATITUDE

STARTERS

- ▲ **GIVING ANCIENT GRAIN FLATBREAD** seasonal ingredients.....12
- CONNECTED GUACAMOLE** housemade corn tortilla chips or market vegetables.....10
- ECLECTIC BUFFALO CAULIFLOWER** flash-fried cauliflower, adobo buffalo sauce, celery, nacho cheese.....11
- SHARING NACHOS** black beans, nacho cheese, pico de gallo, avocado, spicy pepitas, escabeche.....12
- ▼ **THRIVING CHEF'S SOUP OF THE DAY** with grilled sourdough baguette.....8

SALADS

ADD BLACKENED TEMPEH +5

ADD AVOCADO +2

ADD MUSHROOM CARNITAS +4

- GRACIOUS PESTO GRAIN SALAD** cherry tomato, arugula, green beans, mozzarella, avocado, rice or quinoa.....15
- LIBERATED PESTO KELP NOODLES** cherry tomatoes, olives, arugula, ricotta, parmesan, basil.....17
- PHENOMENAL BUTTER LETTUCE** fennel, carrot, radish, olives, avocado, pistachio, shallot herb vinaigrette.....16
- DAZZLING KALE CAESAR** romaine, sea vegetables, croutons, avocado, gomasio, parmesan, caesar dressing.....15
- LUCKY MEXICAN TEMPEH CHOP** kale, romaine, escabeche, corn, cilantro pesto, tortilla strips, chickpeas.....16

CLEANSED ELISSA GOODMAN SIGNATURE SALAD 16

chickpea tofu, watercress, spinach, dandelion greens, blistered cherry tomato, roasted oyster mushrooms, caramelized onion, herbed hempseeds, green goddess dressing · in partnership with @elissagoodman

SANDWICHES & WRAPS

SERVED WITH FRENCH FRIES, SIDE SALAD OR TORTILLA CHIPS

SUBSTITUTE GLUTEN-FREE BUN

- ▼ **AWESOME EGGPLANT PARMESAN PANINI** marinara, ricotta, parmesan, arugula, ciabatta.....16
- MAGICAL DOUBLE DOUBLE** black bean patties, tomato, onion, pickles, cheddar, ketchup, gluten-free bun.....17
- ▼ **GRACEFUL TOMATO & SHIITAKE TARTINE** arugula, cashew, basil pesto, parmesan, pain de levain.....15
- ▲ **ORIGINAL MUSHROOM CARNITAS BURRITO** guacamole, nacho cheese, black beans, brown rice.....16.5
- ▲ **GLORIOUS TEMPEH CAESAR WRAP** avocado, romaine, coconut bacon, tomato, parmesan, caesar dressing.....16

ENTREES

EVOLVED BIBIMBAP BOWL 16.5

crispy brown rice, oyster mushroom bulgogi, kim chee, daikon, sea palm, cucumber, chickpea frittata, bibimbap sauce

HUMBLE INDIAN CURRY BOWL 17

red lentil dal, roasted yams, spinach, mint chutney, spicy tomato jam, brown rice or quinoa

WHOLE MACROBIOTIC BOWL 17

butternut squash, adzuki beans, sea vegetables, sauteed kale, kim chee, garlic tahini, almonds, brown rice or quinoa

▼ BOUNTIFUL EGGPLANT CAPONATA PASTA 17

cresta di gallo, braised heirloom cherry tomatoes, olives, arugula, parmesan

MUCHO MEXICAN BOWL 16

black beans, guacamole, nacho cheese, pico de gallo, romaine, brown rice or quinoa

VIVID AÇAÍ BOWL 14

crispy quinoa cashew granola, coconut, berries, ginger syrup and choice of 2 additions: incan berries, goji berries, honey, cacao nibs almond butter, coconut yogurt or hempseeds

PRESSED JUICE & SPRITZERS

CLEAN lemon, turmeric, ginger, cayenne, maple syrup, H2O.....10	WILD LAVENDER LEMONADE7
SUCCULENT spinach, cucumber, celery, pineapple, ginger, lime.....10	GUTSY LOCAL KOMBUCHA6
NOBLE carrot, beet, orange, turmeric, lime.....10	REFRESHED LEMONADE6
WONDERFUL watermelon, hibiscus, lime.....10	EFFERVESCENT GINGER ALE6
HEALING spinach, cucumber, celery, kale, lemon, mint.....10	

WELLNESS SHOTS

STIMULATED GUT HEALTH fermented kim chee juice, lemon, ginger.....5.5
BALANCED HAIR, SKIN & NAIL HEALTH coconut kefir, bioavailable B12.....5.5
BRAVE IMMUNE HEALTH lemon, turmeric, ginger, cayenne, essential oil of oregano.....5.5
WELLNESS FLIGHT STIMULATED, BRAVE & BALANCED15

CULTIVATING PROGURT PROBIOTIC with coconut water and blue spirulina.....20
 THE WORLD'S MOST POWERFUL PROBIOTIC, CONTAINING 1 TRILLION CFU OF HUMAN PROBIOTIC ISOLATES THAT RESTORE YOUR MICROBIOME, AID DIGESTIVE HEALTH & RE-BALANCE GUT FLORA

SUPERFOOD SMOOTHIES

ADD MATCHA +2 ADD BLUE SPIRULINA +2 ADD MACA +2 ADD CACAO +1 ADD ESPRESSO +3

STELLAR BLUE SPIRULINA SMOOTHIE ashwaganda, pine pollen, reishi, coconut, almond butter.....11
ILLUMINATED VITAMIN C SMOOTHIE orange juice, goji berries, pineapple, coconut, banana, citrus oil.....11
GRACE COCONUT CREAM SMOOTHIE coconut, almond butter, dates, vanilla, cinnamon.....11
DECADENT ALMOND BUTTER CUP MILKSHAKE coconut cashew ice cream, cacao nibs, almond butter.....11
EPIC 25G GREEN PROTEIN SHAKE spinach, banana, almond butter, protein powder, hempseeds, maca.....11
COOL MINT CHOCOLATE CHIP SHAKE cashew coconut ice cream, almond milk, chlorophyll.....11

HERBAL TONICS

AVAILABLE ICED OR HOT ADD MACA +2 ADD CACAO +1 ADD ESPRESSO +3

CHARMED CHAI LATTÉ indian black tea, cinnamon, ginger, clove, housemade sprouted almond milk.....6
GOLDEN TURMERIC LATTÉ black pepper essential oil, raw honey, housemade sprouted almond milk.....6.5
RESTORED ADRENAL LATTÉ ashwaganda, reishi, cordyceps, raw honey, housemade sprouted almond milk.....6.5
VIBRANT MATCHA LATTÉ ceremonial grade matcha, raw honey, housemade sprouted almond milk.....6.5

COFFEE, ESPRESSO & TEA

COURAGEOUS COFFEE4	AWAKE ESPRESSO3	LIGHT LATTÉ5
FOCUSED COLDBREW5	CAREFREE CAPPUCCINO4	MARVELOUS MOCHA6
SPLENDID ICED GREEN TEA3.5	COZY IMMUNE BOOSTING TEA lemon, ginger, honey, cayenne.....6	
LOVE ICED HIBISCUS TEA3.5	CALM TEA jasmine green, earl grey, rooibos, lemon chamomile.....4	

GRATITUDE'S MISSION IS LOVE IS SERVED. OUR CULTURE IS BUILT ON BEING GRATEFUL. WE OFFER ORGANIC, PLANT-BASED CUISINE. WE ARE WORKING TO SUPPORT A REGENERATIVE FOOD SYSTEM THAT RESTORES LIFE BY IMPROVING OUR CLIMATE, SOIL, WATER & HEALTH.

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