

LIMITED EDITION MENU



To celebrate 20 Years of Gratitude, we invite you to create harmony between your mind and body with our limited-edition menu co-created by Functional Medicine Practitioner, Dr. Will Cole and our Executive Chef Seizan Dreux Ellis. This menu is inspired by Dr. Cole's book 'Gut Feelings,' with the intention to create a vibrant, plant-rich, and protein packed menu. Experience Gut Feelings, where healing begins with every mindful choice and intentional thought.

exclusives

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| I AM SUPPORTED GF | 15 |
| GUT HEALING SMOOTHIE pre-pro-post biotic, DGL, zinc carnosine, L-Glutamine, hempseed, blue spirulina, strawberry, avocado, almond milk, vanilla, dates, blueberry reduction, coconut chia topping | |
| I AM COMFORTING GF | 12 |
| PLANT BONE BROTH roasted winter vegetable + kombu broth, toasted herbed hemp seeds | |
| I AM NOURISHING GF | 18 |
| CURRIED COCONUT COLLARDS & GARNET YAMS ginger, garam masala, roasted chili oil, pistachio coconut crunch, scallion, coconut basmati rice | |
| I AM WELL GF | 24 |
| ADAPTOGENIC PLANT PROTEIN BOWL lion's mane brisket, broccolini, asparagus, edamame, tomato confit, avocado, coconut goddess dressing, toasted herbed hempseeds, coconut basmati rice | |



@cafegratitude @drwillcole

PLEASE NOTIFY US OF ANY FOOD ALLERGIES / FULL INGREDIENT LIST AT [CAFEGRATITUDE.COM](https://cafegratitude.com)

CAFÉ GRATITUDE OFFERS ORGANIC, PLANT-BASED CUISINE AND YET WE CANNOT GUARANTEE THAT GUESTS WITH FOOD OR BEVERAGE ALLERGIES MAY NOT BE EXPOSED THROUGH CROSS CONTAMINATION. IF YOU HAVE A FOOD OR BEVERAGE ALLERGY (PARTICULARLY TO NUTS OR SEEDS) WE THEREFORE RECOMMEND THAT YOU NOT DINE WITH US. AS SUCH, PLEASE UNDERSTAND THAT CAFÉ GRATITUDE CANNOT BE RESPONSIBLE FOR ANY INJURY, LOSS OR DAMAGE CLAIMED BY ANY GUEST WITH A FOOD OR BEVERAGE ALLERGY WHO CONSUMES OUR FOOD OR BEVERAGES, REGARDLESS OF THE CIRCUMSTANCES.