I AM BALANCED
GF 15 12
ROASTED JAPANESE YAMS leek confit, collard greens, maple sesame glaze, black and white sesame
JAPANESE SWEET POTATOES ARE RICH IN VITAMIN C & HELP BALANCE MOOD WHILE HELPING SUPPORT BLOOD CELL PRODUCTION

I AM BELLA
13 10.4
WARM ALMOND BURRATA IN MARINARA basil hempseed pesto, focaccia crostini, crispy shallots, maple rosemary pecans, almond ricotta, balsamic dijon dressing, pomegranate molasses
ALMONDS ARE RICH IN PROTEIN, ENZYMES, MINERALS & HEALTHY FATS

I AM RESOURCEFUL GF 10-25 15.4
KALE, RADICCHIO, ROASTED BUTTERNUT & CRANBERRY fennel, crispy shallots, maple rosemary pecans, almond ricotta, balsamic dijon dressing, pomegranate molasses
KALE IS AN ALKALIZING VEGETABLE RICH IN DETOXIFYING AND LIVER-CLEANSING DIETARY SULFUR.

I AM KANSHA GF 22.5 18
GRATITUDE JAPANESE BOWL smoked tofu, asparagus, yuzu pickled cucumber, wakame, salt-cured mizuna, kumquat, brown rice, roasted sesame dressing, shaved scallion
MIZUNA PROMOTES EYE & HEART HEALTH WHILE HELPING STRENGTHEN THE IMMUNE SYSTEM

I AM WHOLE GF 24 16.8
MACROBIOTIC BOWL stewed adzuki beans, braised butternut squash, sea palm, sautéed kale, kimchee, garlic tahini, gomasio, tamari almonds, sprouts (w/ brown rice, quinoa, or a mix)
SEA PALM IS RICH IN IODINE & HELPS TO BOOST THYROID FUNCTION & REGULATE METABOLISM