

[STARTERS]

I AM INSPIRED ^{GF}

BROCCOLI ROMANESCO NEW! 14.5
tomato confit, arugula, preserved lemons, kalamata olives, pickled golden raisins, lemon tahini sauce

I AM ADVENTUROUS ^{GF}

SMOKED TOFU PLATE NEW! 14
herbed cauliflower hempseed rice, kim chee, watermelon daikon, mint, cilantro, lime

I AM DYNAMIC

WHOLE WHEAT SAMOSA CHAAT 15
yam & cauliflower filling, chana masala, coconut mint chutney, spicy tomato jam

I AM ECLECTIC ^{GF}

BUFFALO CAULIFLOWER 15.5
crispy cauliflower, adobo buffalo sauce, ranch dressing, celery

I AM EXQUISITE

CRISPY-FRIED COCONUT CALAMARI 14
spicy cocktail sauce, gremolata

I AM GIVING

MARGHERITA FLATBREAD PIZZA 17.5
heirloom cherry tomatoes, house marinara, basil hemp seed pesto, almond burrata, brazil nut parm

HAWAIIAN FLATBREAD PIZZA 18.5
pineapple, housemade marinara, blackened tempeh, almond burrata, coconut bacon, brazil nut parm

I AM COMMUNITY

BAKED BUTTERNUT SQUASH DIP 14
radicchio, cashews, rosemary, garlic confit, caramelized red onion, focaccia crostini

SUB ^{GF} TOAST + 3

I AM SHARING ^{GF}

NACHOS 14.5
black beans, cashew nacho cheese, pico de gallo, avocado, spicy pepitas, pickled carrots

I AM THRIVING ^{GF}

CHEF'S SOUP OF THE DAY 8.5 / 12.5

[SALADS]

**ADD ONS: SMOKED TOFU +5 | AVO +3
BLACKENED TEMPEH +6 | KIM CHEE +4**

I AM GRACIOUS ^{GF}

ASPARAGUS & TOMATO CONFIT NEW! 16.5
arugula, persian cucumbers, avocado, cashew mozzarella, basil hempseed pesto, balsamic reduction, brazil nut parm, cauliflower hempseed rice

I AM PURE ^{GF}

KALE & SEA VEGETABLE 10.5 / 17
avocado, cucumber, carrots, nori, toasted tamari almonds, garlic tahini dressing

+ KIM CHEE (4)

I AM DAZZLING

LITTLE GEM CAESAR 10.5 / 17
shiitake bacon, croutons, capers, brazil nut parmesan, dulce

+ BLACKENED TEMPEH (6)

+ AVO (3)

I AM ENCHANTING ^{GF}

WARM BROCCOLINI & EDAMAME 14.5
mustard-marinated kale, tarragon, dill, avocado cream, maple-toasted seeds

[SANDWICHES & WRAPS]

CHOICE OF SIDE: GREEN SALAD | FRENCH FRIES | TORTILLA CHIPS + PICO | SUB SIDE FOR ROASTED YAMS +4

I AM AWESOME

EGGPLANT PARMESAN NEW! 17.5
crispy eggplant, arugula, almond burrata, marinara, basil hempseed pesto on focaccia, **SUB GLUTEN-FREE BUN +4**

I AM EXTRAORDINARY

GRATITUDE COCONUT BTLA NEW! 17
coconut bacon, tomato, lettuce, avocado, spicy cashew aioli, vegan brioche, **SUB GLUTEN-FREE BUN +4**

I AM GLORIOUS

BLACKENED TEMPEH WRAP 17.5
coconut bacon, romaine, tomato, avocado, capers, cashew caesar dressing, brazil nut parmesan, whole wheat tortilla

I AM MAGICAL

BLACK BEAN BURGER 18.5
cashew macadamia cheddar, tomato, onion, pickles, ketchup, vegan brioche, **SUB GLUTEN-FREE BUN +4**

I AM ENTHUSIASTIC

CHICKEN-FRIED MUSHROOM SANDWICH 18
tomato, pickles, romaine, buffalo sauce, ranch dressing, vegan brioche, **SUB GLUTEN-FREE BUN +4**

YO SOY FUERTE

CRUNCHY QUESADILLA 18
mushroom carnitas, guacamole, pico de gallo, romaine, cashew nacho cheese, corn tostada, wrapped & pressed in a whole wheat tortilla

[MAINS & BOWLS]

**BOWLS INCLUDE CHOICE OF: BROWN RICE, QUINOA, OR A MIX | GRAIN-FREE? SUB CAULIFLOWER HEMP SEED RICE +3.5
ADD PROTEIN: SMOKED TOFU +5 | BLACKENED TEMPEH +6 | MUSHROOM CARNITAS +6**

I AM DEVOTED ^{GF}

INDONESIAN ROASTED VEGETABLE BOWL NEW! 18
roasted butternut squash, roasted beets, red bell pepper, zucchini, kale, edamame, forbidden black rice, peanut sauce, pickled carrots, sesame

I AM LIBERATED ^{GF}

RAW BASIL PESTO KELP NOODLES NEW! 17.5
heirloom cherry tomatoes, kalamata olives, green olives, arugula, cashew ricotta, brazil nut parmesan

I AM BLESSED ^{GF}

BUTTERNUT SQUASH PASTA BOLOGNESE 18.5
blackened tempeh, broccolini, cashew mozzarella, garlic rosemary breadcrumb, red chili flakes, gremolata

SUB ^{GF} QUINOA PASTA SHELLS +3

I AM ELATED ^{GF}

SOUTHWESTERN-STYLE ENCHILADAS 18
jackfruit tinga wrapped in corn tortillas, with hatch chili sauce, creamy poblano sauce, avocado, pico de gallo, black bean puree, cashew queso fresco, brown rice, green onion, cilantro

I AM LOVING ^{GF}

FORBIDDEN BLACK RICE BOWL 18.5
roasted garnet yams, brussels sprouts, maple sesame dressing, smashed avocado, quinoa, garlic tahini, pickled carrots & red onions, cilantro

I AM HUMBLE ^{GF}

INDIAN CURRY BOWL 18.5
red lentil dal, roasted garnet yams, spinach, coconut mint chutney, spicy tomato jam, scallions

YO SOY MUCHO ^{GF}

MEXICAN BOWL 17.5
chopped romaine, black beans, pico de gallo, cashew nacho cheese, hatch chili sauce, guacamole, spicy seed mix, cilantro

I AM WHOLE ^{GF}

MACROBIOTIC BOWL 18.5
sea palm, kale, kim chee, garlic tahini, braised garnet yams, stewed adzuki beans, gomasio, tamari almonds, sprouts

I AM GRATEFUL ^{GF}

CAFÉ GRATITUDE COMMUNITY BOWL 11
shredded kale, black beans, garlic tahini sauce

[SMOOTHIES]

**MATCHA +3 | ESPRESSO +3 |
CACAO +2.5 | PLANT PROTEIN +3 |
BLUE SPIRULINA +3**

I AM EMPOWERED

ADAPTOGENIC CACAO PROTEIN SHAKE 12
hemp milk, avocado, dates, spinach,
cacao nibs, coconut water, brown rice
protein, mesquite, reishi mushroom

I AM COOL

MINT CHOCOLATE CHIP SHAKE 11
vanilla ice cream, housemade almond
milk, mint, spinach, raw cacao nibs

I AM GRACE

COCONUT CREAM SMOOTHIE 11
almond butter, dates, vanilla, cinnamon

I AM ILLUMINATED

VITAMIN-C POWER SMOOTHIE 12
orange juice, goji berries, pineapple,
coconut, banana, metabolic essential oils

I AM STELLAR

BLUE SPIRULINA SMOOTHIE 12
coconut, blue spirulina, dates, almond
butter, adrenal blend [ashwaganda,
cordyceps, goji fruit, reishi], vanilla

[JUICES]

12oz / 16oz

HOUSEMADE & COLD-PRESSED

I AM GENUINE 10.5 / 12.5
spinach, romaine, cucumber,
lemon, mint

I AM LUMINOUS 10.5 / 12.5
pear, pineapple, ginger

I AM GIFTED 10.5 / 12.5
beet, pineapple, grapefruit, ginger,
lemon

I AM ACTIVE 10.5 / 12.5
cucumber, dandelion, lemon, ginger

I AM BRAVE 5.5
2oz. antiviral immunity boost
with lemon, turmeric, ginger, cayenne,
oregano essential oil

I AM REFRESHED 5.5 / 7.5
lemonade

I AM EFFERVESCENT 5.75 / 7.75
ginger ale

[OTHER BEV]

BETTER BOOCH 16oz 4.5
citrus sunrise, ginger boost,
or morning glory

OLIPOP BOTANICAL SODA 12oz 3.5
original cola or orange squeeze

COLDBREW COFFEE 12oz 5.5
Groundworks

COCONUT WATER 16oz 6
Harmless Harvest

SPRING WATER 750ml 4
Mountain Valley

SPARKLING WATER 750ml 4
Mountain Valley

[SWEETS]

CHECK OUT OUR BAKERY CASE FOR MORE OF OUR SEASONAL TREATS

I AM HONEST ^{GF}

MAPLE PUMPKIN COFFEE CAKE NEW! 6.5

I AM VIVID ^{GF}

AÇAI SUPERFOOD BOWL 16
crispy quinoa cashew granola,
coconut, banana, mixed berries,
ginger syrup, & choose 2:
**INCAN BERRIES | ALMOND BUTTER
RAW HONEY | CACAO NIBS
HEMP SEEDS | GOJI BERRIES
COCONUT YOGURT**

[COFFEE]

MILKS: HOUSEMADE ALMOND | OAT | HOUSEMADE HEMP

I AM COURAGEOUS 4
freshly brewed coffee

I AM AWAKE 3.75
espresso

I AM CAREFREE 5.25
cappuccino

I AM LIGHT 5.75
café latté

I AM UNIQUE

CHOCO-FLAN 12.5
½ espresso cashew flan,
½ chocolate olive oil cake

I AM JOYFUL ^{GF} (DINE-IN ONLY)

**LOCALLY CRAFTED
OAT MILK GELATO 5.5 / 8.5**
pistachio or chocolate-hazelnut,
1 scoop or 2?

I AM OPULENT (DINE-IN ONLY)

**WARM WALNUT CHOCOLATE 12.5
CHUNK COOKIE & GELATO**
with miso salted caramel & your
choice of local oat milk gelato:
pistachio or chocolate-hazelnut

[TONICS & TEAS]

MILKS: HOUSEMADE ALMOND | OAT | HOUSEMADE HEMP

I AM SPICY 7.25
PUMPKIN SPICE LATTE NEW!
pumpkin coconut cream, maple,
Seasons Change adaptogenic spice blend

I AM VIBRANT 6.75
MATCHA LATTE
ceremonial grade matcha + raw honey

I AM CHARMED 6.75
CHAI LATTE
'make it dirty' with espresso **+3**

I AM MYSTICAL 7.25
ADAPTOGENIC MAYAN HOT CHOCOLATE
ashwaganda, cinnamon, goji, maca,
cacao nib, dates

I AM COSMIC 7.25
ANTIOXIDANT SPIRULINA LATTE
hemp seed milk, blue spirulina, reishi,
chaga, raw honey, **served hot or iced**

I AM IMMORTAL 6.75
AYURVEDIC LATTE
chaga, shilajit, reishi, he shou wu,
raw honey

I AM GOLDEN 6.75
TURMERIC LATTE
raw honey, black pepper essential oil

I AM RESTORED 6.75
ADRENAL LATTE
ashwaganda, pine pollen, cordyceps,
maca, raw honey

I AM COZY 6.5
IMMUNE-BOOSTING TEA
lemon, ginger, raw honey, cayenne

I AM CALM 4
HOT TEA
rooibos, earl grey, chamomile medley,
peppermint, jasmine

I AM LOVE 4.5
hibiscus iced tea

I AM SPLENDID 4.5
lemon iced tea

[BEER+BOOCH]

CALIDAD 6
Mexican Lager

PATAGONIA ORGANIC 6
Longroot Ale

EEL RIVER ORGANIC 6
India Pale Ale

JUNE SHINE ORGANIC 6
Blood Orange Mint

BOOCH CRAFT ORGANIC 6
Grapefruit Hibiscus

DRAFT
Our draft selections & prices change
seasonally. G'head and ask a CG team
member what's on tap!

[WINE]

BY NOMADICA

RED BLEND 11
Pinot Noir + Mourvedre + Merlot
Lake County, CA

ROSÉ 11
Pinot Noir | Monterey, CA

WHITE 11
Chardonnay | Arroyo Grande, CA

SPARKLING ROSÉ 11.25
Pinot Noir | Monterey, CA

SPARKLING WHITE 11.25
Albarino + Chardonnay | Lodi, CA

**ALL WINES ARE 250mL,
ABOUT GLASS AND A HALF!**