[ STARTERS ]

I AM INSIGHTFUL | CRISPY ASIAN SPRING ROLLS | 11
rice paper wrap, smoked tofu, carrots, kale, green onion, shiitake mushrooms, nori, tamari glaze, vegan fish sauce
ADD A SPRING ROLL +3/ea

I AM FORTUNATE | SHITAKE MUSHROOM TARTINE | 15
sesame levin toast, sun-dried tomato pesto, tomato confit, almond burrata, basil nut parmesan
BUFFALO CAULIFLOWER | 20
housemade marinara, almond burrata, buffalo sauce, vegan ranch dressing, pickled vegetables, gremolata, scallions
SUB GLUTEN-FREE TOAST +4

I AM ENCHANTING | WARM BROCCOLINI & EDMAME | 15
mustard-marinated kale, tarragon, dill, avocado cream, maple-toasted seeds

I AM ECLECTIC | BUFFALO CAULIFLOWER | 16
crispy cauliflower, buffalo sauce, ranch dressing, celery, scallions

I AM EXQUISITE | COCONUT CALAMARI | 14
spicy cocktail sauce, gremolata

I AM SHARING | NACHOS | 15
black beans, cashew nacho cheese, pico de gallo, avocado, spicy pepitas, escabeche

I AM THRIVING | SOUP OF THE DAY | 9 / 12
ADD FOCACCIA CROSTINI +4
ADD GLUTEN-FREE TOAST +4

[ SALADS ]

I AM CLEANSED | PUMPFU GREEK | 10
pumpkin seed tofu, butter lettuce, hearts of palm, cherry tomatoes, persian cucumbers, spiced chickpeas, herbed hempseeds, kalamata olives, toasted maple seeds, in partnership with gelissagoodman

I AM FANTASTIC | TORTA ESPAÑOLA CHOPPED | 18
kale & romaine, chickpea frittata, pickled veggies, tamari almonds, sun-dried tomato pesto, garlic & hazelnut, kalamata olives, cashew mozzarella
ADD AVOCADO +3

I AM GRACIOUS | ASPARAGUS & TOMATO CONFIT | 17
arugula, persian cucumbers, avocado, cashew mozzarella, basil hempseed pesto, balsamic reduction, basil nut parmesan, cauliflower hempseed rice

I AM LIBERATED | RAW BISTRO PESTO KELP NOODLES | 18
heirloom cherry tomatoes, kalamata olives, green olives, arugula, cashew ricotta, basil nut parmesan

I AM DAZZLING | LITTLE GEM CESAR | 11 / 17
shiitake bacon, croutons, capers, basil nut parmesan, dulse
ADD BLACKENED TEMPEH +6
ADD AVOCADO +3

I AM PURE | ASIAN SHAVED KALE | 11 / 17
avocado, cucumber, carrots, nori, toasted tamari almonds, garlic tahini dressing
ADD KIMCHEE +4

[ PIZZAS ]

I AM GIVING | PERSONAL PIES MARGHERITA | 18
heirloom cherry tomatoes, housemade marinara, basil hemp seed pesto, almond burrata, basil nut parmesan

I AM CHARISMATIC | SMOKED TOFU BAHN MI | 18
sesame baguette, lentil faux gras, sriracha mayo, cucumbers, pickled carrots & red onions, cilantro, spicy fresno chili
SUB GLUTEN-FREE SOURDOUGH +4

I AM FIERY | SPICY BUFFALO WRAP | 18
buffalo cauliflower, ranch dressing, pickled carrots, romaine, scallions, whole wheat tortilla
ADD AVOCADO +3

I AM AWESOME | EGGPLANT PARMESAN | 18
spicy eggplant, arugula, almond burrata, marinara, basil hempseed pesto on focaccia
SUB GLUTEN-FREE BUN +5

[ MAINS & BOWLS ]

I AM PHÔNOMENAL | BLACKENED TEMPEH CAESAR WRAP | 18
coconut bacon, romaine, tomato, avocado, capers, cashew caesar dressing, whole nut parmesan, whole wheat tortilla
ADD EXTRA RICE NOODLES +3

I AM GRACIOUS | INDIAN CURRY BOWL | 15
red lentil dal, roasted garnet yams, spinach, coconut milk chutney, spicy tomato jam, scallions

I AM HUMBLE | MEXICAN BOWL | 15
black beans, guacamole, pico de gallo, cashew nacho cheese, red enchilada sauce, chopped romaine, spicy seed mix

I AM BOUNTIFUL | SICILIAN ALMOND PESTO PASTA | 19
cresta di gallo, grilled asparagus, arugula, preserved lemon, tomato confit, garlic levain crumb, gremolata
SUB QUINOA PASTA SHELLS +4

I AM LOVING | FORBIDDEN BLACK RICE BOWL | 19
roasted garnet yams, brussels sprouts, maple sesame dressing, avocado, quinoa, garlic tahini, pickled carrots & red onions, spicy fresno chile, cilantro

I AM ELATED | SOUTHWESTERN STYLE ENCHILADAS | 19
jackfruit lingua, corn tortillas, red enchilada sauce, creamy poblano sauce, avocado, pico de gallo, black bean puree, cashew cheese fresco, brown rice, green onion, cilantro

I AM WHOLE | MACROBIOTIC BOWL | 19
stewed adzuki beans, braised yams, sautéed kale, sea palm, kimchee, garlic tahini, gomasio, tamari almonds, sprouts

[ SANDWICHES & WRAPS ]

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

I AM MAGICAL | BLACK BEAN BURGER | 19
cashew macadamia cheddar, tomato, onion, pickles, ketchup, vegan brioche
SUB GLUTEN-FREE BUN +5

I AM ENTHUSIASTIC | CHICKEN-FRIED MUSHROOM SANDWICH | 18
tomato, pickles, romaine, buffalo sauce, ranch dressing, vegan brioche
SUB GLUTEN-FREE BUN +5

YO SOY FUERTE | GRATITUTE CRUNCHWRAP 18
mushroom carnitas, guacamole, pico de gallo, romaine, cashew nacho cheese, corn tostada, whole wheat tortilla
[ SMOOTHIES ]
MATCHA | ESPRESSO | PLANT PROTEIN | BLUE SPIRULINA
I AM INFINITE
ADAPTACINO MOCHA SHAKE 13.5
almond milk, Mind’s Eye blend, espresso, cacao powder, cacao nibs, cinnamon, dates, sweet almond whip, smoked salt
I AM EMPOWERED
RAW CACAO GREEN PROTEIN SHAKE* 12.5
hemp milk, avocado, dates, spinach, cacao nibs, coconut water, brown rice protein, mesquite, reishi mushroom
I AM COOL
MINT CHIP SHAKE 11.5
vanilla ice cream, housemade almond milk, mint, spinach, raw cacao nibs
I AM GRACE
COCONUT CREAM SMOOTHIE* 11.5
coconut, almond butter, dates, vanilla, cinnamon
I AM ILLUMINATED
VITAMIN-C POWER SMOOTHIE* 12.5
orange juice, goji berries, pineapple, coconut, banana, metabolic essential oils
I AM STELLAR
BLUE SPIRULINA SMOOTHIE 12.5
coconut, blue spirulina, dates, almond butter, adrenal blend [ashwaganda, cordyceps, goji fruit, reishi], vanilla, cinnamon
* SUPERFOOD GARNISH: SHREDDED COCONUT, HEMPSEEDS, CHIA SEEDS

[ JUICES ]
HOUSEMADE & COLD PRESSED 12oz x 10.75 | 16oz x 12.75
I AM SUCCULENT
grapefruit, celery, apple, mint
I AM GENUINE
spinach, romaine, cucumber, lemon, mint
I AM GIFTED
beet, pineapple, grapefruit, ginger, lemon
I AM ACTIVE
cucumber, dandelion, lemon, ginger
I AM BRAVE
2oz ANTIVIRAL IMMUNITY BOOST 5.75
lemon, turmeric, ginger, cayenne, oregano essential oil
I AM REFRESHED
SPARKLING LEMONADE 5.75 / 7.75
I AM EFFERVESCENT
GINGER ALE 5.75 / 7.75

[ OTHER BEV ]
BETTER BOOCH 16oz
Island Hopper* NEW| Ginger Boost, Morning Glory
OLIPOP BOTANICAL SODA 12oz | 4
Strawberry Vanilla NEW| Original Cola, Orange Squeeze
VYBES* NEW| 14oz, 25mg CBD 7.5
Strawberry Lavender, Ginger Lemonade
COLD BREW COFFEE 10oz | 6
Groundworks
COCONUT WATER 16oz | 6.5
Harmless Harvest
STILL / SPARKLING WATER 750ml | 4.5
Mountain Valley

[ SWEETS ]
CHECK OUT OUR BAKERY CASE FOR MORE OF OUR SEASONAL TREATS
I AM MINDFUL
STRAWBERRY RHUBARB PIE 12
with miso salted caramel & your choice of housemade ice cream: pistachio, chocolate macadamia or vanilla (dine-in only)
I AM ADORING
GRATITUDE’S RAW TIRAMISU 11.5
I AM UNIQUE
CHOCO-FLAN 12.5
½ espresso cashew flan, ½ chocolate olive oil cake
I AM JOYFUL
HOUSEMADE ICE CREAM 5 / 8.5
pistachio, chocolate macadamia or vanilla (dine-in only)

[ COFFEE ]
MILKS: HOUSEMADE ALMOND | OAT | HOUSEMADE HEMP
I AM COURAGEOUS
FRESHLY BREWED COFFEE 4
I AM AWAKE
ESPRESSO 3.75
I AM CAREFREE
CAPPUCCINO 5.25
I AM LIGHT
CAFÉ LATTÉ 5.75

[ TONICS & TEAS ]
MILKS: HOUSEMADE ALMOND | OAT | HOUSEMADE HEMP
I AM SUPER
SUPERFOOD HOT CHOCOLATE 6 pea protein, greens & veggies, superfruits, GF ancient grains & seeds, oat milk, zero added sugar
I AM VIBRANT
MATCHA LATTÉ 6.75
ceremonial grade matcha, raw honey
I AM CHARMED
CHAI LATTÉ 6.75
‘MAKE IT DIRTY’ +3
I AM COSMIC
ANTIOXIDANT SPIRULINA LATTÉ 7.25
hemp seed milk, blue spirulina, reishi, chaga, raw honey, served hot or iced
I AM MYSTICAL
ADAPTOGENIC MAYAN HOT CHOCOLATE 7.25
ashwaganda, cinnamon, goji, maca, cacao nib, dates
I AM IMMORTAL
AYURVEDIC LATTÉ 6.75
chaga, shilajit, reishi, he shou wu, raw honey

[ WINE ]
BY NOMADICA
RED BLEND 12
Pinot Noir • Mourvedre • Merlot
Lake County, CA
ROSE 12
Pinot Noir • Monterey, CA
WHITE 12
Chardonnay • Arroyo Grande, CA
SPARKLING ROSE 12.25
Pinot Noir • Monterey, CA
SPARKLING WHITE 12.25
Albarino • Chardonnay • Lodi, CA
ALL WINES ARE 250ml
ABOUT GLASS AND A HALF, AKA THE PERFECT POUR!

[ BEER + BOOCH ]
CALIDAD 6.75
Mexican Lager
LUCKY LUKE 6.75
Summit Session Pale Ale NEW
EEL RIVER ORGANIC 6.75
India Pale Ale
MOTHER EARTH 6.75
Call Creamin’ Vanilla Cream Ale NEW
JUNE SHINE ORGANIC 6.75
Blood Orange Mint
BOOCHCRAFT ORGANIC 6.75
Apple Jasmine NEW
DRAFT
Our draft beers & prices change seasonally. Please ask what’s on tap!
KISS THE GROUND
A portion of every pint sold is going to Kiss The Ground, a nonprofit committed to balancing our climate through building healthy soil.