

starters

EXECUTIVE CHEF SEIZAN DREUX ELLIS

- I AM BALANCED GF** 15
ROASTED JAPANESE YAMS leek confit, collard greens, maple sesame glaze, black and white sesame
- I AM RESILIENT** 16.5
ROASTED BUTTERNUT & RADICCHIO BRUSCHETTA butternut squash & radicchio 'in saor', red onion, *doublebatch* almond ricotta, white truffle oil, pistachio coconut crunch, sesame levain **SUB GF TOAST +4.25**
- I AM SHARING GF** 16.75
NACHOS black beans, cashew nacho cheese, pico de gallo, avocado, spicy pepitas **ADD CHI FOODS CHORIZO +6.25**
- I AM EXUBERANT GF** 14.5
YUZU MISO BRUSSELS SPROUTS pistachio coconut crunch, red chili flakes
- I AM ECLECTIC GF** 17.75
CRISPY BUFFALO CAULIFLOWER ranch dressing, celery, scallions
- I AM EXQUISITE GF** 16.25
COCONUT CALAMARI spicy cocktail sauce, gremolata
- I AM THRIVING GF** 12.5
SOUP OF THE DAY
ADD: FOCACCIA CROSTINI +4.25 / GF TOAST +4.25

I AM VIVID GF 17.75

AÇAÍ SUPERFOOD BOWL superfood granola, cashews, coconut, banana, mixed berries, ginger syrup & 2 toppings of your choice:

**INCAN BERRIES | ALMOND BUTTER | RAW HONEY | CACAO NIBS
 HEMPSEEDS | GOJI BERRIES | COCONUT YOGURT**

ADDITIONAL TOPPINGS +2 EACH

salads

- I AM RESOURCEFUL GF** 19.25
SHAVED KALE, RADICCHIO, ROASTED BUTTERNUT & CRANBERRY fennel, crispy shallots, maple rosemary pecans, almond ricotta, balsamic dijon dressing, pomegranate molasses
- I AM DAZZLING** 18.75
LITTLE GEM CAESAR shiitake bacon, capers, croutons, brazil nut parmesan, dulse flakes
ADD: BLACKENED TEMPEH +5.75 | AVOCADO +4
- I AM CLEANSED GF** 19.5
PUMFU GREEK pumpkin seed tofu, hearts of palm, butter lettuce, cherry tomatoes, persian cucumbers, kalamata olives, spiced chickpeas, herbed hempseeds, toasted maple seeds
IN COLLABORATION WITH ELISSA GOODMAN
- I AM PURE GF** 17.5
ASIAN SHAVED KALE avocado, cucumber, carrots, nori, toasted tamari almonds, garlic tahini dressing **ADD KIMCHEE +4.25**

pizzas

- I AM GIVING** **SUB GF PIZZA CRUST +4.25**
- TRUFFLED MUSHROOM BIANCA** 22
 oyster, crimini, shiitake mushrooms, truffled almond béchamel, *doublebatch* almond ricotta, almond burrata, chili flakes, arugula
- SAUSAGE & PEPPER** 22
 Chi Foods chorizo, roasted red pepper, arugula, housemade marinara, almond burrata, brazil nut parmesan
- MARGHERITA** 18
 heirloom cherry tomatoes, basil hempseed pesto, housemade marinara, almond burrata, brazil nut parmesan
- HAWAIIAN** 20.75
 pineapple, blackened tempeh, coconut bacon, housemade marinara, almond burrata, brazil nut parmesan



bowls

I AM SACRED GF 24
CUBAN PLANTAIN TOSTONES BOWL chi-rizo picadillo, sautéed collards, herbed coconut cream, pineapple coleslaw, coconut bacon, black beans, coconut basmati rice

I AM LOVING GF 21
FORBIDDEN BLACK RICE BOWL roasted garnet yams, brussels sprouts, maple sesame dressing, avocado, quinoa, garlic tahini, pickled carrots & red onions, spicy fresno chile, cilantro

YO SOY MUCHO GF 18
MEXICAN BOWL black beans, guacamole, pico de gallo, romaine, cashew nacho cheese, spicy seed mix [w/ brown rice, quinoa, or a mix]

I AM HUMBLE GF 21
INDIAN CURRY BOWL red lentil dal, roasted garnet yams, spinach, coconut mint chutney, spicy tomato jam, scallions [w/ brown rice, quinoa, or a mix]

I AM WHOLE GF 21
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]

I AM GRATEFUL GF 10
GRATITUDE COMMUNITY BOWL shredded kale, black beans, garlic tahini [w/ brown rice, quinoa, or a mix]

SUB COCONUT BASMATI RICE +2

sandwiches & wraps

**SERVED WITH YOUR CHOICE OF:
 HOUSE SALAD, FRIES, SMASHED POTATOES,
 CHIPS + PICO, OR ROASTED YAMS (+4.25)**

I AM GREAT 19.5
LION'S MANE 'STEAK N' EGGS' BREAKFAST SANDWICH housemade mung bean egg, *doublebatch* almond chipotle cheddar, sriracha mayo, crispy shallots, BBQ sauce, tomato, romaine, brioche **SUB GF BUN +4.25**

I AM VALUED 17.75
CHORIZO BREAKFAST BURRITO Chi Foods chorizo, house tofu scramble, potato, avocado, black beans, almond burrata, tomatillo salsa fresca, whole wheat tortilla

YO SOY FUERTE 20.75
GRATITUDE CRUNCHWRAP mushroom carnitas, guacamole, cashew nacho cheese, pico de gallo, romaine, corn tostada, whole wheat tortilla

plates

I AM DYNAMIC 23
WHOLE WHEAT SAMOSA CHAAT garnet yam and cauliflower filling, chana masala, coconut mint chutney, spicy tomato jam
ADD A SAMOSA +5

I AM SATTVIC GF 19.5
AYURVEDIC KITCHARI red lentil dal, basmati rice, carrot, spinach, turmeric cauliflower, coconut yogurt, kalonji seed, cilantro

I AM BELOVED 22.75
BBQ BRISKET, BRUSSELS & BUTTERNUT MAC N' CHEESE lion's mane brisket, cashew béchamel, almond burrata, yuzu miso marinade, garlic levain crumb, gremolata
SUB GF QUINOA PASTA SHELLS +4.25

proteins & add-ons

BLACKENED TEMPEH	5.75	CHI FOODS CHORIZO	5.75	KIMCHEE	4.25
MUSHROOM CARNITAS	5.75	SMOKED TOFU	5.75	AVOCADO	4
MARINATED PUMFU	5.75	FOCACCIA CROSTINI	4.25	GUACAMOLE	4.25

PLEASE NOTIFY US OF ANY FOOD ALLERGIES / FULL INGREDIENT LIST AT CAFEGRATITUDE.COM

I AM AWESOME 19.5
CRISPY EGGPLANT PARMESAN FOCACCIA basil hempseed pesto, almond burrata, house marinara, brazil nut parmesan
SUB GF BUN +4.25

I AM ENTHUSIASTIC 20.75
CHIK'N-FRIED MUSHROOM SANDWICH tomato, pickles, romaine, buffalo sauce, ranch, brioche **SUB GF BUN +4.25**

I AM MAGICAL 20.75
BLACK BEAN BURGER cashew macadamia cheddar, cashew nacho cheese, romaine, tomato, onion, pickles, ketchup, brioche
**MAKE IT A: CHEESEBURGER +3 / DOUBLE +5
 DOUBLE CHEESEBURGER +6 / SUB GF BUN +4.25**

I AM GLORIOUS 19.75
BLACKENED TEMPEH CAESAR WRAP coconut bacon, romaine, tomato, capers, avocado, cashew caesar, brazil nut parmesan, whole wheat tortilla

I AM KANSHA GF 22.5
JAPANESE SMOKED TOFU, ASPARAGUS & ROASTED TAHINI yuzu pickled cucumbers, kumquat, brown rice, shaved scallion

I AM INTUITIVE GF 19.75
BRAISED BUTTERNUT SQUASH & TRUFFLED MUSHROOM RISOTTO oyster, crimini, shiitake mushrooms, arborio rice, truffled almond béchamel, brazil nut parmesan, gremolata

I AM TERRIFIC GF 19.5
RAW ALMOND THAI KELP NOODLES green papaya, salt-cured mizuna, carrots, red bell peppers, persian cucumber, thai coconut, thai teriyaki almonds, almond thai dressing, basil, cilantro & mint

smoothies

I AM SUPPORTED GUT HEALING SMOOTHIE 15
pre-pro-postbiotic, DGL, L-carnosine, L-Glutamine, hempseed, blue spirulina, strawberry, avocado, almond milk, vanilla, dates, blueberry reduction, coconut chia topping
IN COLLABORATION WITH DR. WILL COLE

I AM BEAMING SUPERFOOD MATCHA SMOOTHIE 13.5
ceremonial matcha, Black Magic chaga elixir, almond milk, coconut meat, dates, avocado, ashwagandha, licorice root, dandelion root, burdock root, wild cherry bark, vanilla, cinnamon

I AM INVINCIBLE BRAIN BOOSTING MOCHA SMOOTHIE 13.5
Common Room cold brew coffee, Black Magic Reishi Elixir, coconut milk, coconut meat, MCT oil, cacao powder, dates, vanilla, cinnamon

I AM GLOWING GREEN COLLAGEN BOOST 13.5
banana, spinach, almond milk, moonjuice collagen protect, vanilla, almond butter, maca, cinnamon

supplements

DGL DEGLYCYYRRHIZINATED LICORICE	1.5	MCT OIL	3	PROTEIN POWDER	3	ADRENAL ESSENCE HERBS	3
L-CARNOSINE	2	HEMP HEARTS	2	MOONJUICE COLLAGEN PROTECT	3	MIND'S EYE AYURVEDIC HERBS	3
L-GLUTAMINE	1.5	MACA	2.5	BLUE SPIRULINA	4	BLACK MAGIC CHAGA ELIXIR	3.5
ASHWAGANDHA	1.5	PRE-PRO-POSTBIOTIC	4	CEREMONIAL MATCHA	3.25	BLACK MAGIC REISHI ELIXIR	3.5

I AM ILLUMINATED VITAMIN-C POWER SMOOTHIE 13.5
orange juice, coconut, banana, pineapple, goji berries, metabolic essential oil blend

I AM MAGNIFICENT BLACK SESAME DATE SHAKE 13.5
almond, dates, banana, vanilla, cardamom, sea salt

I AM GRACE COCONUT CREAM SMOOTHIE 12.5
coconut, almond butter, dates, vanilla, cinnamon

I AM STELLAR BLUE SPIRULINA SMOOTHIE 13.5
coconut, almond butter, dates, vanilla, goji berries, ashwagandha, cordyceps, reishi, cinnamon

I AM ADAPTABLE BUILD YOUR OWN SMOOTHIE 14
your choice of **1 SUPPLEMENT** and:
1 MILK almond, coconut, hemp, oat
1 BASE coconut meat, dates, almond butter
1 GREEN spinach, kale
1 FRUIT banana, strawberries, blueberries, pineapple

juices & shots

COLD PRESSED IN-HOUSE

I AM SUCCULENT 13.5
celery, grapefruit, apple, mint

I AM GENUINE 13.5
spinach, romaine, cucumber, lemon, mint

I AM PLENTIFUL 13.5
cranberry, pomegranate, beet, grape, carrot, apple, ginger

I AM GIFTED 13.5
beet, pineapple, grapefruit, ginger, lemon

I AM BRAVE IMMUNITY WELLNESS SHOT 6.5
turmeric, ginger, lemon, cayenne, oregano essential oil (2oz)

I AM PROTECTED BEAUTY, BODY & BRAIN BROCCOLI SHOT 6
broccoli sprouts, sulforaphane (2oz) **CHOICE OF: ORIGINAL / PINEAPPLE + MINT / GINGER + LIME**

coffee

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

I AM COURAGEOUS COFFEE 4.5

I AM AWAKE ESPRESSO 4

I AM CAREFREE CAPPUCINO 5.25

I AM ELEVATED ESPRESSO SUNRISE 8.75
fresh orange juice, espresso

I AM MARVELOUS MOCHA 5.75
cacao powder, raw honey

I AM LIGHT CAFÉ LATTE 5.75

I AM CURIOUS MACCHIATO 4.25

I AM PRESENT FLAT WHITE 4.5

tonics & teas

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

I AM MYSTICAL ADAPTOGENIC MAYAN HOT CHOCOLATE 7.25
ashwagandha, cinnamon, goji, maca, cacao nibs, dates

I AM COSMIC ANTIOXIDANT SPIRULINA LATTE 7.25
hemp milk, reishi, chaga, raw honey

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

I AM CHARMED CHAI LATTE 6.75
MAKE IT DIRTY +3.5

I AM GOLDEN TURMERIC LATTE 6.75
raw honey, black pepper

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

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

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

I AM CALM CLUB MAGIC HOUR CEREMONIAL TEAS 4.5
BOHEMIAN BREAKFAST vanilla black tea blend
GODDESS GREEN green tea blend
RUBY MOON herbal hibiscus elderberry blend
QUEEN OF THE SOUTH herbal cocoa detox blend

I AM LOVE ELDERBERRY HIBISCUS ICED TEA 4.75

I AM SPLENDID CLASSIC BLACK ICED TEA 4.5

I AM UPLIFTED GRATITUDE ARNOLD PALMER 7.5

brews

*DRAFT

LUCKY LUKE* Blonde Ale (4.9%) 8

SOCIETE* India Pale Ale (7.5%) 8

JUNESHINE* Hard Kombucha (6% ABV) 8

CALIDAD Mexican Lager (4.5%) 6.75

THREE WEAVERS Sour Ale (4.5%) 6.75

LUCKY LUKE Summit Session Pale Ale (3.6%) 6.75

MOTHER EARTH Cali Creamin' Ale (5%) 6.75

JUNESHINE Hard Kombucha (6%) 6.75

BOOCHCRAFT Hard Kombucha (7%) 6.75

cocktails

GRATITUDE FIERO SPRITZ 13
prosecco, fiero vermouth, soda, orange

GINGER SPRITZ 12
prosecco, house gingerale, soda, lemon

LIMONATA SPRITZ 12
white wine, house sparkling lemonade, mint

MIMOSA FRESCA 12
prosecco, freshly squeezed orange juice

SANGRIA 12
red wine, berries, citrus, beets, ginger, pineapple

wine

6OZ POURS / CORKAGE \$25/750ML

SPARKLING

DA MAR PROSECCO 13 / 48
Glera | Veneto, Italy

NOMADICA 12.25
French Colombard, Malvasia, Chardonnay | Napa

WHITE

SANTIAGO VINHO VERDE* 15 / 56
Loureiro/Trajadura | Portugal 2022 **EFFERVESCENT**

PRESQU'ILE 16 / 60
Chardonnay | Santa Maria, CA 2020

NOMADICA 12
Chardonnay, French Colombard | Napa Valley, CA

ORANGE

ROGUE VINE JAMÓN JAMÓN 14 / 52
Moscatel | Itata, Chile 2021

ROSÉ

NOMADICA 12
Merlot, Gamay, Grenache | Napa Valley, CA

NOMADICA 12.25
Grenache | Napa Valley, CA **EFFERVESCENT**

RED

VIÑA MAITI A AUPA 14 / 52
Pais/Carignan | Chile 2021 (chilled)

SOULEIL VIN DE BONTÉ 15 / 56
Syrah/Grenache/Mourvedre | France 2021

LUIS SEABRA XISTO ILIMITADO 21 / 80
Touriga Franca/Tinta Roriz | Portugal 2019

NOMADICA 12
Red Blend | Napa Valley, CA

bottles & cans

GHIA LE SPRITZ N/A Botanical Aperitivos 5.5

VINA Prebiotic Soda 4

OLIPOP Botanical Soda 4

SUPERFOOD & CO Kefir Soda 8

HARMLESS HARVEST Coconut H2O 6.5

BETTER BOOCH Kombucha 5

VYBES Hemp CBD Beverage 7.5

MOUNTAIN VALLEY Still Water (1L) 4

MOUNTAIN VALLEY Sparkling Water (1L) 4

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zero proof

I AM RADIANT CRANBERRY POMEGRANATE SPRITZ 12
housemade aromatic orange bitters, root juices, ginger, apple, star anise, yuzu

I AM SHINING GHIA APERITIF 11.5
house hibiscus syrup, orange

I AM REFRESHED HOUSEMADE SPARKLING LEMONADE 8.5

I AM EFFERVESCENT HOUSEMADE SPARKLING GINGERALE 8.5



bakery

I AM HONEST GF MAPLE PUMPKIN COFFEE CAKE	6.75
I AM WHOLESOME GF TUSCAN APPLE CAKE	7.25
I AM SERENE GF CINNAMON ROLL	6.75
I AM GENTLE GF BANANA BREAD	6.75
I AM AFFECTIONATE GF WALNUT CHOCOLATE CHUNK COOKIE	5.75
I AM INVITING GF BANANA CREAM PIE	12.75
I AM MINDFUL GF STRAWBERRY RHUBARB OAT CRISP	12.25
I AM ADORING GF TIRAMISU	12.75
I AM AWAKENING GF KEY LIME PIE	12.5
I AM MIGHTY GF SUPERFOOD ENERGY NUT & SEED BAR	7.5
I AM SINCERE GF WHITE CHOCOLATE PISTACHIO CARDAMOM TRUFFLE	4.5
I AM JOY GF GRATITUDE'S ALMOND JOY	4.5
I AM DELIGHTED GF ALMOND BUTTER SQUARE	4.5

BREAKFAST SERVED 7 DAYS A WEEK UNTIL 1PM
PLEASE NOTIFY OUR TEAM OF ANY FOOD ALLERGIES
FULL INGREDIENT LIST AT WWW.CAFEGRATITUDE.COM

sweet breakfast

I AM STRONG GF BLUEBERRY PROTEIN PANCAKES <i>doublebatch</i> almond ricotta, blueberry compôte, maple syrup, cinnamon	19.5
I AM OPEN-HEARTED GF BUCKWHEAT FLAX PANCAKES stack of three pancakes with berries, banana, maple syrup and cashew whipped cream	17.75
I AM LIVELY GF BELGIAN OAT WAFFLE & BERRIES blueberries, raspberries, strawberries, cashew whipped cream, strawberry raspberry reduction, maple syrup	17.75
I AM THRILLED PUMPKIN SPICE BRIOCHE FRENCH TOAST vegan brioche pullman loaf, pumpkin spice oat milk, roasted strawberry compote, cashew whipped cream, maple syrup, powdered sugar <i>SUB GF BUCKWHEAT TOAST +4.25</i>	17.75
I AM PATIENT GF GINGER TURMERIC OVERNIGHT OATS blueberries, banana, roasted strawberries, ginger syrup, chia seeds, hempseeds, micro flowers <i>ADD: SUPERFOOD GRANOLA +4 / MIXED BERRIES +6.5</i>	16.5
I AM VIVID GF AÇAÍ SUPERFOOD BOWL superfood granola, cashews, coconut, banana, mixed berries, ginger syrup & 2 toppings of your choice: <i>INCAN BERRIES ALMOND BUTTER RAW HONEY CACAO NIBS HEMPSEEDS GOJI BERRIES COCONUT YOGURT ADDITIONAL TOPPING +2 EACH</i>	17.75

toasts

SUB GF BUCKWHEAT TOAST +4.25

I AM COMPASSIONATE GF PALEO 'LONGEVITY TOAST' okinawan purple sweet potato 'toast', smashed avocado, CHI-Foods chorizo, herbed hemp seeds, coconut bacon, microgreens	17
I AM PEACEFUL SMASHED AVOCADO TOAST radishes, lemon thyme vinaigrette, black sesame gomasio, microgreens, sesame levain	16.25

savory breakfast

I AM GREAT LION'S MANE 'STEAK N' EGGS' BREAKFAST SANDWICH housemade mung bean egg, <i>doublebatch</i> almond chipotle cheddar, sriracha mayo, crispy shallots, BBQ sauce, tomato, romaine, vegan brioche, choice of side salad or smashed potatoes <i>SUB GF BUN +4.25</i>	19.5
I AM VALUED CHORIZO BREAKFAST BURRITO CHI Foods chorizo, house tofu scramble, potato, avocado, black beans, almond burrata, tomatillo salsa fresca, choice of side salad or smashed potatoes	17.75
I AM HOSPITABLE GF CHIK'N AND WAFFLES belgian oat waffle, 'chik'n-fried' oyster mushroom, cashew whipped cream, maple syrup, orange slices	18.75
I AM FESTIVE GF CHILAQUILES mushroom carnitas, tortilla chips, sautéed kale, roasted tomatillo sauce, <i>doublebatch</i> almond ricotta, cashew crema <i>ADD GUACAMOLE +4.25</i>	15.75
I AM HEARTY HOUSEMADE TOFU SCRAMBLE sautéed mushrooms and spinach, cherry tomato confit, smashed breakfast potatoes, toasted country levain, roasted strawberries <i>SUB GF BUCKWHEAT TOAST +4.25</i>	16.75
I AM CONTENT GF SPINACH & OLIVE QUICHE chickpea flour, kalamata olives, tomato, onion, <i>doublebatch</i> almond ricotta, spicy aioli, side salad & pickled carrots <i>ADD AVOCADO +4</i>	16

I AM MOTIVATED STRAWBERRY BANANA ALMOND BUTTER TOAST chia seed, coconut shreds, hempseeds, raw honey, sesame levain	15
I AM RESILIENT ROASTED BUTTERNUT & RADICCHIO BRUSCHETTA butternut squash & radicchio 'in saor', red onion, <i>doublebatch</i> almond ricotta, white truffle oil, pistachio coconut crunch, sesame levain	16.5

proteins & add-ons

CHI FOODS CHORIZO	5.75	SMOKED TOFU	5.75	CASHEW WHIPPED CREAM	2	AVOCADO	4
TOFU SCRAMBLE	6.25	MUSHROOM GARNITAS	5.75	FOCACCIA CROSTINI	4.25	GUACAMOLE	4.25
BLACKENED TEMPEH	5.75	MIXED BERRIES	6.5	KIMCHEE	4.25	ALMOND RICOTTA	2

juices & shots



COLD PRESSED IN-HOUSE

- I AM SUCCULENT** 13.5
celery, grapefruit, apple, mint
- I AM GENUINE** 13.5
spinach, romaine, cucumber, lemon, mint
- I AM PLENTIFUL** 13.5
cranberry, pomegranate, beet, grape, carrot, apple, ginger

- I AM GIFTED** 13.5
beet, pineapple, grapefruit, ginger, lemon
- I AM BRAVE** 6.5
IMMUNITY WELLNESS SHOT turmeric, ginger, lemon, cayenne, oregano essential oil (2oz)
- I AM PROTECTED** 6
BEAUTY, BODY & BRAIN BROG SHOT broccoli sprouts, sulforaphane (2oz)
CHOICE OF: ORIGINAL / PINEAPPLE + MINT / GINGER + LIME

zero proof

- I AM RADIANT** 12
CRANBERRY POMEGRANATE SPRITZ
housemade aromatic orange bitters, root juices, ginger, apple, star anise, yuzu
- I AM REFRESHED** 8.5
HOUSEMADE SPARKLING LEMONADE

- I AM SHINING** 11.5
GHIA APERITIF housemade hibiscus syrup, orange
- I AM EFFERVESCENT** 8.5
HOUSEMADE SPARKLING GINGERALE

coffee



MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

- I AM COURAGEOUS COFFEE** 4.5
- I AM AWAKE ESPRESSO** 4
- I AM CAREFREE CAPPUCINO** 5.25
- I AM ELEVATED ESPRESSO SUNRISE** fresh orange juice, espresso 8.75
- I AM MARVELOUS MOCHA** cacao powder, raw honey 5.75
- I AM LIGHT CAFÉ LATTE** 5.75
- I AM CURIOUS MACCHIATO** 4.25
- I AM PRESENT FLAT WHITE** 4.5

tonics & teas

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

- I AM MYSTICAL** 7.25
ADAPTOGENIC MAYAN HOT CHOCOLATE
ashwaganda, cinnamon, goji, maca, cacao nibs, dates
- I AM COSMIC** 7.25
ANTIOXIDANT SPIRULINA LATTE
hemp milk, reishi, chaga, raw honey
- I AM VIBRANT** 6.75
MATCHA LATTE ceremonial grade matcha, raw honey
- I AM CHARMED** 6.75
CHAI LATTE MAKE IT DIRTY +3.5
- I AM GOLDEN** 6.75
TURMERIC LATTE raw honey, black pepper
- I AM IMMORTAL** 6.75
AYURVEDIC LATTE chaga, shilajit, reishi, he shou wu, raw honey
- 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** 4.5
CLUB MAGIC HOUR CEREMONIAL TEAS
BOHEMIAN BREAKFAST vanilla black tea blend
GODDESS GREEN green tea blend
RUBY MOON herbal hibiscus elderberry blend
QUEEN OF THE SOUTH herbal cocoa detox blend
- I AM LOVE** 4.75
ELDERBERRY HIBISCUS ICED TEA
- I AM SPLENDID** 4.5
CLASSIC BLACK ICED TEA
- I AM UPLIFTED** 7.5
GRATITUDE ARNOLD PALMER



smoothies



- I AM SUPPORTED** 15
GUT HEALING SMOOTHIE
pre-pro-postbiotic, DGL, L-carnosine, L-Glutamine, hempseed, blue spirulina, strawberry, avocado, almond milk, vanilla, dates, blueberry reduction, coconut chia topping
IN COLLABORATION WITH DR. WILL COLE

- I AM BEAMING** 13.5
SUPERFOOD MATCHA SMOOTHIE
ceremonial matcha, Black Magic chaga elixir, almond milk, coconut meat, dates, avocado, ashwagandha, licorice root, dandelion root, burdock root, wild cherry bark, vanilla, cinnamon

- I AM INVINCIBLE** 13.5
BRAIN BOOSTING MOCHA SMOOTHIE
Common Room cold brew coffee, Black Magic Reishi Elixir, coconut milk, coconut meat, MCT oil, cacao powder, dates, vanilla, cinnamon

- I AM GLOWING** 13.5
GREEN COLLAGEN BOOST banana, spinach, almond milk, moonjuice collagen protect, vanilla, almond butter, maca, cinnamon

- I AM ILLUMINATED** 13.5
VITAMIN-C POWER SMOOTHIE orange juice, coconut, banana, pineapple, goji berries, metabolic essential oil blend

- I AM MAGNIFICENT** 13.5
BLACK SESAME DATE SHAKE almond, dates, banana, vanilla, cardamom, sea salt

- I AM GRACE** 12.5
COCONUT CREAM SMOOTHIE coconut, almond butter, dates, vanilla, cinnamon

- I AM STELLAR** 13.5
BLUE SPIRULINA SMOOTHIE coconut, almond butter, dates, vanilla, goji berries, ashwaganda, cordyceps, reishi, cinnamon

- I AM ADAPTABLE** 14
BUILD YOUR OWN SMOOTHIE

- your choice of **1 SUPPLEMENT** and:
- 1 MILK** almond, coconut, hemp, oat
- 1 BASE** coconut meat, dates, almond butter
- 1 GREEN** spinach, kale
- 1 FRUIT** banana, strawberries, blueberries, pineapple

supplements

DGL DEGLYCYRRHIZINATED LICORICE	1.5	MCT OIL	3	PROTEIN POWDER	3	ADRENAL ESSENCE HERBS	3
L-CARNOSINE	2	HEMP HEARTS	2	MOONJUICE COLLAGEN PROTECT	3	MIND'S EYE AYURVEDIC HERBS	3
L-GLUTAMINE	1.5	MACA	2.5	BLUE SPIRULINA	4	BLACK MAGIC CHAGA ELIXIR	3.5
ASHWAGANDHA	1.5	PRE-PRO-POSTBIOTIC	4	CEREMONIAL MATCHA	3.25	BLACK MAGIC REISHI ELIXIR	3.5

bottles & cans

- GHIA LE SPRITZ** N/A Botanical Aperitivos 5.5
- VINA** Prebiotic Soda 4
- OLIPOP** Botanical Soda 4
- SUPERFOOD & CO** Kefir Soda 8
- HARMLESS HARVEST** Coconut H2O 6.5
- BETTER BOOCH** Kombucha 5
- VYBES** Hemp CBD Beverage 7.5
- MOUNTAIN VALLEY WATER** Still or Sparkling 4

brunch cocktails

- GINGER SPRITZ** 12
prosecco, house ginger ale, soda, lemon
- MIMOSA FRESCA** 12
prosecco, freshly squeezed orange juice
- SANGRIA** 12
red wine, berries, citrus, beet, ginger, pineapple

PLEASE NOTIFY US OF ANY FOOD ALLERGIES

@@CAFEGRATITUDE ⚡@CAFEGRATITUDEOFFICIAL

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.



CAFÉ GRATITUDE

20 YEARS

desserts ^{GF}



- I AM INVITING** 12.75
BANANA COCONUT CREAM PIE coconut date crust, coconut custard, cashew whipped cream
- I AM MINDFUL** 12.25
STRAWBERRY RHUBARB OAT CRISP seasonal fruit, oatmeal crumble
- I AM ADORING** 12.75
TIRAMISU chocolate mousse, almond date cake, espresso, cashew whipped cream, raw cacao powder
- I AM AWAKENING** 12.5
KEY LIME PIE lime avocado & coconut custard, pecan-date crust, cashew whipped cream
- I AM DIVINE** 13
STRAWBERRY SHORTCAKE cashew whipped cream
- I AM OPULENT** 13
WARM WALNUT CHOCOLATE CHUNK COOKIE & ICE CREAM with miso salted caramel & your choice of housemade ice cream: vanilla, pistachio, or strawberry
- I AM WHOLESOME** 7.25
TUSCAN APPLE CAKE
- I AM AFFECTIONATE** 5.75
WALNUT CHOCOLATE CHUNK COOKIE
- I AM JOYFUL** 5.5 / 8.5
HOUSEMADE ICE CREAM pistachio, strawberry or vanilla
- I AM VIVID** 17.75
AÇAÍ SUPERFOOD BOWL crispy quinoa cashew granola, coconut, banana, mixed berries, ginger syrup & 2 toppings of your choice:
INCAN BERRIES | ALMOND BUTTER | RAW HONEY | CACAO NIBS
HEMPSEEDS | GOJI BERRIES | COCONUT YOGURT
ADDITIONAL TOPPINGS +2 EACH

chocolates ^{GF}



- I AM MIGHTY** 7.5
SUPERFOOD ENERGY NUT & SEED BAR cacao nibs, goji, coconut
- I AM SINCERE** 4.5
WHITE CHOCOLATE PISTACHIO CARDAMOM TRUFFLE
- I AM JOY** 4.5
GRATITUDE'S ALMOND JOY raw dark chocolate, coconut, almond
- I AM DELIGHTED** 4.5
ALMOND BUTTER SQUARE raw dark chocolate, himalayan salt



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coffee

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

I AM COURAGEOUS FRESHLY BREWED COFFEE	4.5
I AM AWAKE ESPRESSO	4
I AM CAREFREE CAPPUCCINO	5.25
I AM LIGHT CAFÉ LATTE	5.75
I AM MARVELOUS MOCHA cacao powder, raw honey	5.75
I AM CURIOUS MACCHIATO	4.25
I AM PRESENT FLAT WHITE	4.5



tonics & teas

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

I AM VIBRANT MATCHA LATTE ceremonial grade matcha, raw honey	6.75
I AM CALM CLUB MAGIC HOUR CEREMONIAL TEAS	4.5
BOHEMIAN BREAKFAST vanilla black tea blend	
GODDESS GREEN green tea blend	
RUBY MOON herbal hibiscus elderberry blend	
QUEEN OF THE SOUTH herbal cocoa detox blend	
I AM COSMIC ANTIOXIDANT SPIRULINA LATTE hemp milk, reishi, chaga, honey	7.25
I AM CHARMED CHAI LATTE MAKE IT DIRTY +3.5	6.75
I AM GOLDEN TURMERIC LATTE raw honey, black pepper	6.75
I AM IMMORTAL AYURVEDIC LATTE chaga, shilajit, reishi, he shou wu, raw honey	6.75
I AM RESTORED ADRENAL LATTE ashwaganda, pine pollen, cordyceps, maca, raw honey	6.75
I AM MYSTICAL ADAPTOGENIC MAYAN HOT CHOCOLATE ashwaganda, cinnamon, goji, maca, cacao nibs, dates	7.25
I AM COZY IMMUNE-BOOSTING TEA lemon, ginger, raw honey, cayenne	6.5



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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

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	22
CURRIED COCONUT COLLARDS & GARNET YAMS ginger, garam masala, roasted chili oil, pistachio coconut crunch, scallion, coconut basmati rice	
I AM WELL GF	26
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

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EVERY MONDAY-FRIDAY | 4PM-7PM

WELLNESS HOUR

HAPPY HOUR RE-IMAGINED

Curated by Executive Chef Seizan Dreux Ellis & our Resident Dietician Jayne Pinsky to highlight popular items from our menu and their nutritional benefits.

Enjoy 20% off in celebration of our 20th anniversary.

herbal tonic lattes

I AM COSMIC 7.25 5.8 ANTIOXIDANT SPIRULINA LATTE hemp milk, reishi, chaga, raw honey SPIRULINA IS RICH IN AMINO ACIDS, B VITAMINS, TRACE MINERALS, ENZYMES & ANTIOXIDANTS	I AM GOLDEN 6.75 5.4 TURMERIC LATTE raw honey, black pepper, choice of milk TURMERIC IS AN ANCIENT AYURVEDIC SUPERFOOD WITH POTENT ANTI-INFLAMMATORY PROPERTIES
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juice, spritzers & shots

I AM PLENTIFUL 13.5 10.8 cranberry, pomegranate, beet, grape, carrot, apple, ginger POMEGRANATES ARE RICH IN ANTIOXIDANTS & HELP PREVENT CHRONIC DISEASE DEVELOPMENT	I AM SHINING 11.5 8.2 GHIA APERITIF housemade hibiscus syrup, orange HIBISCUS IS A RICH ANTIOXIDANT THAT HELPS LOWER BLOOD PRESSURE & IMPROVE HEART HEALTH
I AM PROTECTED 6 4.8 BEAUTY, BODY & BRAIN BROG SHOT broccoli sprouts, sulforaphane CHOICE OF: ORIGINAL / PINEAPPLE + MINT / GINGER + LIME SULFORAPHANE HELPS MAINTAIN CELLULAR HEALTH, SLOW AGING, IMPROVE BRAIN FUNCTION & HEAL GUT LINING	

superfood smoothies

I AM MAGNIFICENT 13.5 10.8 BLACK SESAME DATE SHAKE black sesame, almond, dates, banana, vanilla, cardamom, sea salt SESAME IS RICH IN HEALTHY FATS, PROTEIN, FIBER & ANTIOXIDANTS	I AM BEAMING 13.5 10.8 SUPERFOOD MATCHA SMOOTHIE Black Magic chaga elixir, almond milk, coconut meat, avocado, dates, ashwagandha, licorice root, dandelion root, burdock root, wild cherry bark, vanilla, cinnamon MATCHA IS KNOWN TO BOOST ENERGY, INCREASE MEMORY, HELP DETOXYIFY THE BODY & FIGHT OFF FREE RADICALS
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nourishing plates

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 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 BELLA 13 10.4 WARM ALMOND BURRATA IN MARINARA basil hempseed pesto, focaccia crostini ALMONDS ARE RICH IN PROTEIN, ENZYMES, MINERALS & HEALTHY FATS	I AM WHOLE GF 21 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
I AM RESOURCEFUL GF 19.25 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	