[ SALADS ]

ADD A PROTEIN: MUSHROOM CARNITAS +6

AGHIOITE TOFU +5 | BLACKENED TEMPEH +6

I AM CLEANSED

PUMFU GREEK 18.5
pumpkin seed tofu, butter lettuce, hearts of palm, cherry tomatoes, persian cucumbers, spiced chickpeas, herbed hemp seeds, kalamata olives, toasted maple seeds, in partnership with @elissagoodman

I AM GRACIOUS

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

I AM DAZZLING

LITTLE GEM CAESAR 17.5
shiitake bacon, croutons, capers, brazil nut parmesan, dulse ADD AVOCADO +3 ADD BLACKENED TEMPEH +6

[ SANDWICHES & WRAPS ]

SIDES: GREEN SALAD | FRENCH FRIES | CHIPS + PICO | SUB SIDE FOR ROASTED YAMS +4

I AM FIERY

SPICY BUFFALO WRAP 18.5
buffalo cauliflower, ranch dressing, pickled carrots, romaine, scallions

I AM GLORIOUS

BLACKENED TEMPEH WRAP 18.25
cashew macadamia cheddar, gluten-free bread, avocado, capers, cashew caesar dressing, basil nut parmesan, whole wheat tortilla

I AM EXTRAORDINARY

GRATITUDE COCONUT BLT 17.75
coconut bacon, tomato, lettuce, avocado, crispy cashew aioli, vegan brioche SUB GLUTEN-FREE BUN +5

[ MAINS & BOWLS ]

BOWLS INCLUDE YOUR CHOICE OF: BROWN RICE, QUINOA, OR A MIX GRAIN-FREE? SUB CAULIFLOWER HEMPSED RICE +3.5

YO SOY MUCHO

MEXICAN BOWL 18.5
chopped romaine, pico de gallo, black beans, cashew nacho cheese, guacamole, hatch chili sauce, spicy seed mix, cilantro

I AM WHOLE

MACROBIOTIC BOWL 19.5
cashew macadamia cheddar, warm and fresh corn, fresh market vegetables, garlic tahini sauce, cashew parmesan, sprouts

I AM FORTIFIED

SAUTÉED VEGETABLE BOWL 17.5
market vegetables, garlic tahini sauce, sprouts

I AM LIBERATED

BASIL PESTO KELP NOODLES 18.5
heirloom cherry tomatoes, arugula, kalamata olives, green olives, cashew ricotta, cashew nut parmesan

I AM RENEWED

ANTIOXIDANT BLUE BOWL 15
Blue Majik spirulina, chia seed pudding, blueberries, superfood granola, ginger syrup, micro flowers

[ BRUNCH ]

YO SO YIDA

‘MACHACA’ MEXICAN BREAKFAST HASH 15.5
mushroom carnitas, tofu scramble, tomato, red onion, red pepper, black beans, brown rice, salsa rustica, choice of corn tortillas or tortilla chips

I AM RENEWED

ANTIOXIDANT BLUE BOWL 15
Blue Majik spirulina, chia seed pudding, blueberries, superfood granola, ginger syrup, micro flowers

[ SALADS ]

ADD A PROTEIN: MUSHROOM CARNITAS +6

AGHIOITE TOFU +5 | BLACKENED TEMPEH +6

I AM CLEANSED

PUMFU GREEK 18.5
pumpkin seed tofu, butter lettuce, hearts of palm, cherry tomatoes, persian cucumbers, spiced chickpeas, herbed hemp seeds, kalamata olives, toasted maple seeds, in partnership with @elissagoodman

I AM GRACIOUS

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

I AM DAZZLING

LITTLE GEM CAESAR 17.5
shiitake bacon, croutons, capers, brazil nut parmesan, dulse ADD AVOCADO +3 ADD BLACKENED TEMPEH +6

[ SANDWICHES & WRAPS ]

SIDES: GREEN SALAD | FRENCH FRIES | CHIPS + PICO | SUB SIDE FOR ROASTED YAMS +4

I AM FIERY

SPICY BUFFALO WRAP 18.5
buffalo cauliflower, ranch dressing, pickled carrots, romaine, scallions

I AM GLORIOUS

BLACKENED TEMPEH WRAP 18.25
cashew macadamia cheddar, gluten-free bread, avocado, capers, cashew caesar dressing, basil nut parmesan, whole wheat tortilla

I AM EXTRAORDINARY

GRATITUDE COCONUT BLT 17.75
coconut bacon, tomato, lettuce, avocado, crispy cashew aioli, vegan brioche SUB GLUTEN-FREE BUN +5

[ MAINS & BOWLS ]

BOWLS INCLUDE YOUR CHOICE OF: BROWN RICE, QUINOA, OR A MIX GRAIN-FREE? SUB CAULIFLOWER HEMPSED RICE +3.5

YO SOY MUCHO

MEXICAN BOWL 18.5
chopped romaine, pico de gallo, black beans, cashew nacho cheese, guacamole, hatch chili sauce, spicy seed mix, cilantro

I AM WHOLE

MACROBIOTIC BOWL 19.5
cashew macadamia cheddar, warm and fresh corn, fresh market vegetables, garlic tahini sauce, cashew parmesan, sprouts

I AM FORTIFIED

SAUTÉED VEGETABLE BOWL 17.5
market vegetables, garlic tahini sauce, sprouts

I AM LIBERATED

BASIL PESTO KELP NOODLES 18.5
heirloom cherry tomatoes, arugula, kalamata olives, green olives, cashew ricotta, cashew nut parmesan
[ SMOOTHIES ]
MATCHA +3 | ESPRESSO +3 | CACAO +2.5 | PLANT PROTEIN +3 | BLUE SPIRULINA +3

I AM INFINITE
ADAPTACCINO MOCHA SHAKE 12.5
almond milk, Mind’s Eye powder, cacao powder, cacao nibs, espresso, cinnamon, date, sweet almond whip, smoked salt

I AM FRUITY
BRIGHT SUPERFRUIT SMOOTHIE 12.5
orange juice, banana, strawberries, pineapple, dates, goji berries, collagen protect, infinity C

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
cocnut, almond butter, dates, vanilla, cinnamon

I AM ILLUMINATED
VITAMIN-C POWER SMOOTHIE* 12.5
orange juice, goji berries, pineapple, coconut, banana

I AM STELLAR
BLUE SPIRULINA SMOOTHIE 12.5
cocnut, blue spirulina, dates, almond butter, goji fruit, reishi, vanilla, cinnamon

*SUPERFOOD GARNISH: SHREDDED COCONUT, HEMPSEEDS, CHIA SEEDS

[ BAKERY ]

I AM VIVACIOUS
RAW STRAWBERRY MERINGUE PIE 11.5

I AM AWAKENING
KEY LIME PIE 11.5

I AM HARMONIOUS
PEACH PIE 12

I AM HOLY
BAKED DOUGHNUTS 5

I AM BRIGHT
LEMON BLUEBERRY COFFEE CAKE 6.5

I AM WHOLESALE
TUSCAN APPLE CAKE 7

I AM BEAUTIFUL
MUFFIN WITH SEASONAL FRUIT 5.5

I AM SERENE
CINNAMON ROLL 6

I AM GENTLE
BANANA BREAD 5.5

I AM AFFECTIONATE
WALNUT CHOCOLATE CHUNK COOKIE 5.5

I AM SINCERE
WHITE CHOCOLATE PISTACHIO CARDAMOM TRUFFLE 4.5

I AM JOY
GRATITUDE’S ALMOND JOY 3.5
raw dark chocolate, coconut, almond

I AM DELIGHTED
ALMOND BUTTER SQUARE 4.5
raw dark chocolate & himalayan salt

[ COFFEE ]

MILKS: HOUSEMADE ALMOND | OAT | HOUSEMADE HEMP SEED

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

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

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

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

I AM CALM
HOT TEA 4
wild berry, pu-er classic, jasmine green, hibiscus, green tea citrus

I AM LOVE
ELDERBERRY HIBISCUS ICED TEA 4.5

I AM SPLENDID
CLASSIC BLACK ICED TEA 4.5

[ JUICES ]

HOUSEMADE & COLD PRESSED | 16oz

I AM SUCCULENT 12.75
grapefruit, celery, apple, mint

I AM GENUINE 12.75
spinach, romaine, cucumber, lemon, mint

I AM GIFTED 12.75
beet, pineapple, grapefruit, ginger, lemon

I AM ACTIVE 12.75
cucumber, dandelion, lemon, ginger

I AM BRAVE 2oz ANTIVIRAL IMMUNITY BOOST 5.75
lemon, turmeric, ginger, cayenne, oregano essential oil

I AM REFRESHED 7.75
housemade sparkling lemonade

I AM EFFERVESCENT 7.75
housemade ginger ale

I AM GUTSY 6.5
local kombucha