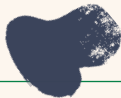




brunch



I AM GREAT 19.5
LION'S MANE 'STEAK N' EGGS'
BREAKFAST SANDWICH housemade mung bean egg, vegan mozzarella, sriracha mayo, crispy shallots, BBQ sauce, tomato, shredded romaine, brioche, choice of side salad or smashed potatoes **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, choice of side salad or smashed potatoes

I AM PEACEFUL 16.25
SMASHED AVOCADO TOAST radishes, lemon thyme vinaigrette, black sesame gomasio, microgreens, country levain

I AM HEARTY 16.75
HOUSEMADE TOFU SCRAMBLE sautéed mushrooms and spinach, cherry tomato confit, smashed breakfast potatoes, toasted country levain, roasted strawberries **SUB 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

bakery



I AM HONEST GF 6.75
MAPLE PUMPKIN COFFEE CAKE

I AM WHOLESOME GF 7.25
TUSCAN APPLE CAKE

I AM SERENE GF 6.75
CINNAMON ROLL

I AM GENTLE GF 6.75
BANANA BREAD

I AM AFFECTIONATE GF 5.75
WALNUT CHOCOLATE CHUNK COOKIE

salads & soup



I AM PURE GF 17.5
ASIAN SHAVED KALE avocado, cucumber, carrots, nori, toasted tamari almonds, garlic tahini dressing

I AM DAZZLING 18.5
LITTLE GEM CAESAR shiitake bacon, dulse, croutons, capers, brazil nut parmesan
ADD: AVOCADO +4 / BLACKENED TEMPEH +5.75

sandwiches & wraps

SERVED WITH YOUR CHOICE OF:
HOUSE SALAD, FRIES, SMASHED POTATOES, CHIPS + PICO, OR ROASTED YAMS (+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 LIBERATED GF 19.5
RAW BASIL PESTO KELP NOODLES heirloom cherry tomatoes, arugula, kalamata olives, green olives, cashew ricotta, brazil nut parmesan

I AM THRIVING GF 12.5
SOUP OF THE DAY **ADD GF TOAST +4.25**

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

I AM MAGICAL 20.75
BLACK BEAN BURGER cashew macadamia cheddar, cashew nacho cheese, romaine, tomato, onion, pickles, ketchup, brioche
SUB GF BUN +4.25

plates & bowls

SUB: COCONUT BASMATI RICE +2 / FORBIDDEN BLACK RICE +4.25

I AM BLESSED 19.75
BUTTERNUT BOLOGNESE PASTA blackened tempeh, broccolini, cashew mozzarella, garlic rosemary breadcrumbs, red chili flakes, gremolata **SUB QUINOA PASTA +4.25**

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 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

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



proteins & add-ons

CHI FOODS CHORIZO 5.75
BLACKENED TEMPEH 5.75
MUSHROOM CARNITAS 5.75
HOUSEMADE TORTILLA CHIPS 4

FRENCH FRIES 6
COCONUT BACON 3
AVOCADO 4
GUACAMOLE 4.25



smoothies



16 OZ

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, ashwagandha, 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 DEGLYCRRHIZINATED 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-BIOTIC	4	CEREMONIAL MATCHA	3.25	BLACK MAGIC REISHI ELIXIR	3.5

juices

16 OZ

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 REFRESHED 8.5
HOUSEMADE SPARKLING LEMONADE

I AM EFFERVESCENT 8.5
HOUSEMADE SPARKLING GINGERALE

YO SOY AMOR 8.5
SEASONAL AGUA FRESCA

shots

2 OZ

I AM BRAVE 6.5
IMMUNITY WELLNESS SHOT turmeric, ginger, lemon, cayenne, oregano essential oil

I AM PROTECTED 6
BEAUTY, BODY & BRAIN BROCC SHOT
broccoli sprouts, sulforaphane
CHOICE OF: ORIGINAL / PINEAPPLE + MINT / GINGER + LIME

coffee

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

I AM COURAGEOUS 4.5
COFFEE

I AM AWAKE 4
ESPRESSO

I AM CAREFREE 5.25
CAPPUCCINO

I AM LIGHT 5.75
CAFÉ LATTE

I AM CURIOUS 4.25
MACCHIATO

I AM PRESENT 4.5
FLAT WHITE

I AM ELEVATED 8.75
ESPRESSO SUNRISE orange juice, espresso

I AM MARVELOUS 5.75
MOCHA cacao powder, raw honey

tonics & teas

MILKS: HOUSEMADE ALMOND / HOUSEMADE HEMPSEED / OAT

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 ashwagandha, 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

PLEASE NOTIFY US OF ANY FOOD ALLERGIES

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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.

WHAT ARE YOU GRATEFUL FOR?

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](https://www.cafegratitude.com)

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