

## APPETIZERS AND SMALL PLATES

**THRIVING** *Hot Soup of the Day* Cup 6 Bowl 10

**VIBRANT** *Sautéed Greens* 11

Sautéed kale cooked in garlic-infused olive oil and red wine topped with nutritional yeast and toasted pumpkin seeds.

**GROUNDING** *Potato Bites* 13

Grilled garlic potatoes, topped with green onions and your choice of: spicy cashew chipotle cheese or mild almond-cashew ricotta, or both sauces.

**DARING** *Cauliflower "Wings"* SPICY! 15

Fried cauliflower made with garbanzo flour, tossed in house-made spicy buffalo sauce or BBQ with side of Caesar dip GF

**MAGICAL** *Fried Mushrooms* 16

Fried oyster mushroom clusters, battered in seasoned brown rice flour, served with spicy cashew cheese or creamy Caesar dip. *Gluten free.*

## SALADS

**FRESH** *Small Side Salad* 12

Half salad with spring greens, carrots, tomatoes, beets, almond-sunflower parmesan, tamari glazed almonds and your choice of dressing: garlic tahini, sesame-miso, fig-balsamic or creamy Caesar

**FULFILLED** *Large Garden Salad* 16

Made with spring greens, carrots, tomatoes, beets, avocado, sunflower sprouts, almond-sunflower parmesan, tamari glazed almonds & your choice of dressing: garlic tahini, sesame-miso, fig-balsamic, or creamy cashew Caesar.

*Add smokey maple tempeh or garlic tempeh +4.5*

**DAZZLING** *Caesar Salad* Side 11/ Full 15

Mixture of fresh romaine lettuce and baby greens tossed in a creamy cashew-sunflower Caesar dressing topped with capers & almond-sunflower parmesan. *Add Avocado +2.25 Add Garlic Tempeh +4.5*

## BOWLS:

SUBSTITUTE HALF QUINOA FOR + 75¢ OR FULL FOR +1.50

**WHOLE** *Macrobiotic Bowl* 17.5

Fresh baby greens, house made kim-chee, shredded carrots, fresh Arame seaweed, brown rice and garlic tahini sauce. Topped with sunflower sprouts and glazed almonds.

*Add garlic tempeh \$4.50 Substitute sautéed kale +2.50*

**ACCEPTING** *Sushi Grain Bowl* 17.5

Fresh baby greens, carrot, cucumber, avocado, nori flakes, and brown rice with sesame miso sauce.

*Add wasabi +50 cents Substitute sautéed kale +2.50*

## BOWLS cont...

**HUMBLE** *Lentil Curry Bowl* 17.5

Sautéed vegetables served over brown rice with curried lentils. Topped with sprouts, and a side of coconut chutney.

*Add garlic tempeh \$4.50*

*Add sautéed kale \$2.50*

*Add avocado \$3.00*

*Add Kim-Chee \$3.25*

**GRATEFUL** *Community Bowl* 17 Half bowl / 15 Full bowl

Fresh baby greens, brown rice, black beans and topped with garlic-tahini sauce.

*Fortify with sautéed vegetables for +4 Substitute sautéed kale +2.50*

**WARM-HEARTED** *Pan-Seared Polenta* 18.5

Seared yellow corn polenta cakes served with a tomato based puttanesca sauce, topped with almond-sunflower parmesan.

*Add sautéed kale +2.50*

## PLATED ENTREES

Upgrade Your Side Salad to Cup of Thriving Soup for +1 or Roasted Potatoes with Choice of Cashew Cheese for +2

\*Gluten free bread available for \$1

**TRANSFORMED** *Two Corn Tacos* 18.5

Roasted seasonal vegetables, black beans, brown rice, salsa verde & spicy chipotle cashew cheese. Served with cashew-sunflower Caesar side salad. *Add a third taco for +4*

**EXCELLENT** *Black Bean Burger* 19

Housemade burger on sesame seed bun\* with lettuce, onion, tomato, pickles and choice of spicy chipotle cashew cheese or mild almond-cashew ricotta. Served with fig balsamic side salad.

**EXTRAORDINARY** *B.L.T. Sandwich* 18.5

Maple-chipotle coconut "bacon", lettuce, sliced tomato and avocado on Companion Bakeshop's sliced sourdough\* with spicy chipotle cashew cheese. Served with fig balsamic side salad.

*Add Smokey Maple Tempeh +4*

**AMORE** *Caprese Sandwich* 18.5

Cashew mozzarella cheese, hemp seed-basil pesto, balsamic reduction, fresh spinach, and tomato on Companion Bakeshop's sliced sourdough\*. Served with fig balsamic side salad.

**ABUNDANT** *Hummus Avocado Sandwich* 17.5

House made roasted red bell pepper hummus and avocado with carrot, onion, and sprouts on Companion Bakeshop's sliced sourdough\*. Served with fig balsamic side salad.

**SOULFUL** *Tempeh Reuben Sandwich* NEW! 18.5

Garlic tempeh, caramelized onions, kim-chee, house made 1000 island dressing on toasted Companion Bakeshop sourdough. Served with fig balsamic side salad.

**BONITA** *Mexican Breakfast Plate* 17.5

Black beans on a bed of brown rice, topped with salsa verde, cashew nacho cheese, avocado, pickled jalapenos and pumpkin seeds. Served with a warm corn tortilla. *Add tempeh + 4.5*

Garlic nut-parmesan toast.....	3.5
side of quinoa.....	3
brown rice or black beans.....	2.5
kim-chee.....	3.25

sautéed garlic tempeh.....	4.5
smokey maple tempeh.....	4.5
sautéed vegetables.....	4
black bean burger patty (gf).....	5

cashew nut cheeses or pesto.....	2.75
coconut bacon, dressing, sauces.....	2.25
side of avocado.....	3

## COFFEE & TEA

SERVED HOT, AVAILABLE ICED UPON REQUEST

### CLASSIC

Pour-over coffee from Alta Organics. Decaf available.  
Small: 3/ Large: 4.25

### COURAGEOUS

Cold-Brew iced coffee served with almond or hazelnut milk. 4.5

### LOVED

Latte with steamed almond or hazelnut milk. 5

### MARVELOUS

Raw cacao mocha with almond or hazelnut milk and agave. 6

### COMFORTED

Raw cacao hot chocolate, hazelnut milk, maple syrup and vanilla.  
Small 3/Large 4

### GOLDEN

Turmeric milk latte with hazelnut milk, fresh pressed ginger, cinnamon and agave. 4.5  
Add cold brew coffee or house chai for +1

### INSPIRED

Chai tea latte with fresh ginger, almond milk & agave. 5

### COZY

Lemon and ginger juice with hot water, maple syrup, & cayenne. 4.5  
(agave or stevia substitute available upon request)

### RELAXING

Organic Fair Trade tea, hot or iced. 3.5  
Earl Grey, Assam, Jasmine Green, Gunpowder Green, Chamomile, Peppermint, Red Rooibos  
Make it a tea latte! +1

## SMOOTHIES

MADE IN HOUSE USING RAW NUT MILKS AND INGREDIENTS  
ADD Hemp hearts, Maca, Spirulina, Cacao, or Turmeric +1

### INCREDIBLE

Creamy green smoothie with almond milk, banana, spinach, almond butter, vanilla and dates. 9.5

### LUSCIOUS

Raw Cacao smoothie with hazelnut milk, figs and dates. 9.5

### GRACE

Fresh young coconut smoothie with almond butter, dates & vanilla. 9.5

## MILKSHAKES

### ETERNAL

Milkshake made with our house-made cashew ice cream.  
Flavors: Chai - Coffee - Turmeric Ginger - Orange - Vanilla - Chocolate - Cookies and Cream-Chocolate Banana 10

### COOL

Mint-chocolate milkshake made with cashew ice cream, hazelnut milk, fresh mint, cacao nibs, and spirulina. 10

## FRESH DRINKS

CONTAINING RAW, UNPASTEURIZED JUICES, MADE IN OUR OWN HYDRAULIC PRESS. FULL OF LIVING ENZYMES AND NUTRIENTS

### EFFERVESCENT

Ginger ale with fresh lemon juice, ginger, agave and sparkling water on ice. 4.5/7.5

### REFRESHED

Lemonade with fresh lemon juice, agave and sparkling water on ice. 3.5/5.5

### REVIVED

Limeade with fresh lime juice, muddled mint, sparkling water, and agave. 4.5/7.5

### ARNOLD PALMER

Black iced tea, lemonade with fresh lemon juice, and agave on ice. 3.5/5.5

### BRIGHT

House-made ginger-rooibos kombucha. A detoxifying probiotic tea. Single fermented (not carbonated) 4.5 (small only)

### HEALTHY

Celery, cucumber, kale, and lemon juice. 4.5/ 7.5

### WORTHY

Apple, beet, celery, cucumber, kale, and ginger juice. 4.5/ 7.5

## WELLNESS SHOTS

### POWERFUL

Kim-Chee juice shot. Fermented and mildly spicy. Full of probiotics, b-vitamins, and electrolytes. Great for digestion! 3

### INVINCIBLE

Pure ginger juice shot (spicy!) 3.5

### DRAVE

Immune-boosting shot with turmeric, ginger, lemon, garlic clove, and cayenne. 4

*Some cold beverages are served with plant-based compostable straws, please feel free to let us know if you would like your beverage straw-free!*

Wifi Network: Gratitude Guest

Password: iamconnected

*Due to cost and availability of organic ingredients, some substitutions will not be permitted or will have an additional charge.*

*Please make any allergies known to your server. Full ingredient lists available. Due to our extensive use of nuts and seeds, we must recommend those with severe allergies not dine with us, due to the risk of cross-contamination. Split plating is a \$1 fee. Corkage fee for outside wine is \$12.*