

## APPETIZERS & SMALL PLATES

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**THRIVING** *Hot Soup of the Day* Cup 5.5 Bowl 9

**VIBRANT** *Sautéed Greens* 8.5

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

**GROUNDED** *Potato Bites* 10.5

Grilled garlic potatoes, cooked in sunflower oil, topped with green onions and your choice of: spicy cashew chipotle cheese or mild almond-cashew ricotta.

**DARING** *Cauliflower "Wings"* SPICY! 12.5

Fried cauliflower breaded in garbanzo flour, tossed in house-made spicy buffalo sauce, served with side of Caesar dip.

**MAGICAL** *Fried Mushrooms* 13.5

Fried oyster mushrooms, battered in seasoned brown rice flour, served with spicy cashew cheese or creamy caesar dip.

## SALADS

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**FRESH** *Small Side Salad* 9.5

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 Caesar.

**FULFILLED** *Large Garden Salad* 14.5

Made with spring greens, carrots, cucumber, 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 or garlic tempeh +3.5

**DAZZLING** *Caesar Salad* Side 9.5/ Full 13.5

Mixture of fresh romaine lettuce and baby kale tossed in a creamy cashew-sunflower Caesar dressing topped with capers & almond-sunflower parmesan. Add Avocado +2.25 Add Garlic Tempeh +3.5

## BOWLS

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SUBSTITUTE HALF QUINOA FOR + 50¢ OR FULL FOR +1

**WHOLE** *Macrobiotic Bowl* 15.5

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

Add garlic tempeh \$3.50 Substitute sautéed kale +2.50

**HUMBLE** *Lentil Curry Bowl* 15.5

Sautéed vegetables served over brown rice with curried lentils.

Topped with sprouts, and a side of coconut chutney.

Add garlic tempeh \$3.50 Add sautéed kale \$2.50

Add avocado \$3.00 Add Kim-Chee \$3.25

**ACCEPTING** *Sushi Grain Bowl* 15.5

Fresh baby kale, carrot, cucumber, avocado, nori seaweed flakes and brown rice topped with a sesame miso sauce.

Add wasabi +50 cents Substitute sautéed kale +2.50

**GRATEFUL** *Community Bowl* 10 Half bowl /13.5 Full bowl

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

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

## PLATED ENTREES

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Upgrade salad to roasted potatoes with choice of spicy or mild cashew cheese for +2

**BONITA** *Mexican Breakfast Plate* 14.5

Black beans on a bed of brown rice, topped with salsa verde, spicy cashew chipotle queso, avocado, pickled jalapeños and pumpkin seeds. Served with a warm corn tortilla. Add tempeh +3.5

**WARM-HEARTED** *Pan Seared Polenta* 15.5

Seared yellow corn polenta cakes served with a puttanesca sauce and topped with almond-sunflower parmesan crumble.  
Add sautéed kale +2.50

**TRANSFORMED** *Two Corn Tacos* 15.5

Sautéed vegetables, black beans, brown rice, salsa verde & spicy chipotle cashew cheese. Served with cashew-sunflower caesar side salad. Add a third taco for +3

**EXCELLENT** *Black Bean Burger* 16

House made 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* 15.5

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 for extra protein +3

**AMORE** *Caprese Sandwich* 15.5

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* 14.5

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.

\*Gluten Free Sandwich Bun substitute available +1

## SIDES

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avocado.....	3
side of quinoa.....	3
kim-chee .....	3.25
sautéed vegetables.....	4
sautéed garlic tempeh.....	4
smokey maple tempeh.....	4
coconut maple bacon.....	3.25
brown rice or black beans.....	2.5
garlic nut-parmesan toast.....	3.5
dressings, coconut bacon and sauces.....	2.25
black bean burger patty .....	5

We make all of our menu items in house. Please inform your server of ANY allergies or intolerances before ordering. Due to our extensive use of nuts, we recommend that those with severe nut or seed allergies not dine with us. Full ingredient lists are available upon request. [WIFI PASSWORD: iamconnected](#)

## COFFEE & TEA

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SERVED HOT, AVAILABLE ICED UPON REQUEST

### CLASSIC

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

### COURAGEOUS

Cold-pressed iced coffee served with almond milk. 4.5

### LOVED

Cold pressed coffee latte with steamed almond milk.. 5

### MARVELOUS

Raw cacao mocha with cold pressed coffee, almond milk and agave. 5

### GOLDEN

Turmeric milk latte with almond milk, fresh pressed ginger, cinnamon and agave. 4.5

Add cold brew coffee or house chai for +1

### INSPIRED

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

### COZY

Lemon, fresh ginger juice, maple syrup, & cayenne. 4.5  
(agave, honey, or stevia substitute available upon request)

### RELAXING

Earl Grey, Ceylon Orange Pekoe, Black, Jasmine Green, 3.5  
Gunpowder Green, Chamomile, Peppermint, Red Rooibos.  
Available hot or iced Make it a tea latte! +1

## SMOOTHIES & MILKSHAKES

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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, kale, almond butter, vanilla and dates. 9.5

### LUSCIOUS

Raw cacao smoothie with almond milk, figs and dates. 9.5

### GRACE

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

### 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, almond milk, fresh mint, cacao nibs, and spirulina. 10

## FRESH DRINKS

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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

### ALOHA

Fresh Thai young coconut water (when available) 4.5/ 7.5

## WELLNESS SHOTS

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### 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 compostable straws, please feel free to let us know if you would like your beverage straw-free!*

*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.

*Because of our commitment to vegan and organic ingredients, outside food and cakes are not permitted.*

**Maximum two forms of payment per party.**