



R Raw Item **S** Seasonal Dish **D** Substitutions Graciously Declined

SEASONAL SPECIALS

YO SOY FELIZ portobello mushroom tostadas 1 for 8 / 2 for 14 **S D**
crispy tortilla, black bean puree, grilled portobello mushrooms, mexican coleslaw, pico de gallo, maple coconut bacon, cashew queso fresco, salsa verde, avocado

DYNAMIC garnet yam cauliflower samosas 11 **S D**
two whole wheat samosas, roasted garnet yam and cauliflower filling, kale, tomato, housemade bengali garam masala, coconut mint chutney, sweet tamarind sauce, spicy tomato jam
Add an extra samosa +4

ELATED raw enchiladas 14 **R S D**
spinach tortilla, pumpkin seed and walnut chorizo, cilantro pumpkin seed pesto, shredded kale, avocado, tomatoes, carrots, radishes, raw cacao mole, salsa verde, cashew queso fresco, side of mexican coleslaw and radishes

STARTERS

ABUNDANT artisanal antipasto plate 16 **S D**
cultured cashew macadamia cheese with white truffle, pistachios and applewood smoked salt, butternut squash and radicchio pickle, pine nuts, stuffed mushrooms, brazil nut parmesan, fennel honey mustard salad, whole wheat crostini and gluten-free buckwheat crackers
Sub gluten-free sourdough baguette +3

ECSTATIC oven-roasted brussels sprouts 11 **S**
roasted brussels sprouts, maple miso glaze

VIVACIOUS oven-baked kale chips 8
kale chips, choice of garlic tahini, cashew nacho cheese or creamy cashew salsa verde dipping sauce

PRESENT Be Love Farm bruschetta 13 **S**
marinated butternut squash, red onion, raisins, cashew mozzarella, arugula, golden balsamic reduction, toasted whole wheat crostini or gluten-free buckwheat crackers
Sub gluten-free sourdough baguette +3

INSPIRED butternut squash risotto 13 **S D**
arborio rice, rosemary butternut squash, red onion, cashew crème fraîche, glazed walnuts, brazil nut parmesan, preserved lemons

COMFORTED roasted garnet yams 9
oven roasted yams, rosemary, choice of spicy cashew nacho cheese or coconut mint chutney

CELEBRATING two collard spring rolls 14 **R S D**
daikon and wakame filling, carrots, sunflower sprouts, avocado, japanese pickled vegetables, sesame wasabi and thai almond dipping sauces
Add an extra spring roll +5

CONNECTED chips and dip 8
guacamole or zucchini cilantro hummus with flax crackers, buckwheat crackers or corn tortillas

ADVENTUROUS raw soup of the day 8 **R**

THRIVING cooked soup of the day 8
Add whole wheat crostini or buckwheat crackers +2
Add gluten-free sourdough baguette +3

SALADS

LOCAL autumn kale salad 13 **R S**
shredded kale, radicchio, fennel, persimmon, pomegranate, maple walnuts, cashew mozzarella, fig balsamic dressing
Add whole wheat crostini or buckwheat crackers +2
Add gluten-free sourdough baguette +3

PURE marinated kale salad 14 **R**
shredded kale, avocado, sea palm, nori, cucumbers, carrots, cilantro, basil, green onions, teriyaki almonds, sesame wasabi and garlic tahini dressing

RESTORED roasted heirloom potato salad 12
warm baby potatoes, spinach, caramelized red onions, honey mustard marinade, dill, chipotle coconut bacon

DAZZLING caesar salad 11 **R**
romaine lettuce, avocado, brazil nut parmesan, capers, oil-free cashew caesar dressing

FULFILLED café salad 12 **R**
mixed greens, carrots, beets, tomatoes, cucumbers, sprouts, avocado, teriyaki almonds, raw flax cracker

GRACIOUS mediterranean grain salad 14 **S**
shredded radicchio, sundried tomato pistachio pesto, butternut squash, olives, crumbled cashew feta, chickpeas, capers, sweet garlic almonds, brazil nut parmesan, golden balsamic reduction, sprouted probiotic brown rice or quinoa

HOUSEMADE DRESSINGS extra dressing +1
garlic tahini fig balsamic sesame wasabi
honey mustard thai almond hempseed ranch
goji chipotle cashew caesar red pepper harissa

SANDWICHES & WRAPS

YO SOY FUERTE mexican torta 14
housemade tempeh chorizo, grilled panini bread, cilantro pumpkin seed pesto, heirloom tomato, lettuce, avocado, chipotle cashew cream, salsa verde, roasted tomatillo sauce, side of mexican coleslaw and radishes

EXTRAORDINARY house BLT 13
grilled panini bread, coconut bacon, romaine, tomato, avocado, chipotle cashew aioli, side of spicy coleslaw

AWESOME eggplant parmesan panini 14
herb-cornmeal crusted eggplant, grilled panini bread, marinara sauce, cashew ricotta, tomatoes, brazil nut parmesan, arugula, basil, side mixed green salad

MAGICAL veggie burger 13
housemade black bean patty, whole wheat bun, lettuce, tomato, pickles, onion, spicy whole grain mustard, chipotle ketchup, side mixed green salad

HAPPY mediterranean raw wrap 15 **R S D**
sundried tomato wrap, raw falafels, zucchini cilantro hummus, spinach, red onion, tomato, cucumber, harissa sauce, garlic tahini dressing, side of hemp seed tabbouleh

SUBSTITUTE
raw gluten-free sundried tomato wrap.....3
roasted garnet yams for side salad.....2

ENTRÉES

HUMBLE indian curry bowl 15
red lentil dal, spinach, roasted garnet yams, spicy mint chutney, sweet tamarind sauce, chopped scallions, sprouted probiotic brown rice or quinoa

WHOLE macrobiotic bowl 15
braised butternut squash, adzuki beans, sea vegetables, seasonal sautéed Be Love Farm greens, housemade kim chee, black sesame seed gomasio, garlic-tahini sauce, teriyaki almonds, sunflower sprouts, sprouted probiotic brown rice or quinoa

MUCHO mexican bowl 15
black beans, guacamole, pico de gallo, nopales, salsa verde, cashew nacho cheese, toasted pepitas, romaine, sprouted probiotic brown rice or quinoa
Add cilantro pumpkin seed pesto +2

TERRIFIC pad thai kelp noodles 14 **R**
marinated kelp noodles, thai almond sauce, carrots, red bell pepper, shredded kale, chopped teriyaki almonds, sunflower sprouts

TRANSFORMED two corn tacos 14
seasoned pinto beans, grilled portobello mushrooms, butternut squash, pico de gallo, creamy cashew salsa verde, raw cacao mole, avocado, side of mexican coleslaw and radishes
Add an extra taco +5

FORTIFIED sautéed vegetable bowl 14
market autumn vegetables, sprouted probiotic brown rice or quinoa, choice of sesame wasabi, garlic tahini, red pepper harissa, cilantro pumpkin seed pesto, thai almond or basil hempseed pesto

WARM-HEARTED grilled polenta 15 **S**
mushroom ragu, baby spinach, cashew ricotta, brazil nut parmesan, fresh basil
Add an basil hempseed pesto +2

HEARTY raw pizza 15 **R S D**
mixed mushroom medley, kalamata olives, arugula, capers, sundried tomato marinara, cashew mozzarella, brazil nut parmesan, cashew ricotta, sunflower seed crust, side caesar salad

GRATEFUL community bowl 10 **D**
shredded kale, black beans, garlic tahini sauce, choice of sprouted probiotic brown rice or quinoa. Profits from this bowl go to charitable organizations that we are inspired by. *Available by donation for To-Go customers only, minimum donation: \$3*

ADDITIONS

avocado.....2	sesame seed gomasio or nori.....2	sprouted quinoa or brown rice.....3	olive tapenade.....2
sautéed vegetables.....5	sea palm.....4	four flax or buckwheat crackers.....2	coconut bacon.....2
sautéed seasonal greens.....5	kelp noodles.....4	four corn tortillas.....2	raw falafels.....4
mexican coleslaw.....4	black, pinto or adzuki beans.....3	four gluten-free baguette slices.....3	housemade kim chee.....4
sauces or dressings.....1	red lentil dal.....3	four whole wheat crostini.....2	black bean burger patty.....4
basil hempseed pesto.....2	housemade tempeh chorizo.....5	sundried tomato wrap.....3	butternut squash puree.....4
pumpkin seed cilantro pesto.....2	guacamole.....4	tree nut cheeses.....3	grilled tempeh.....4
sundried tomato pistachio pesto.....2	zucchini cilantro hummus.....4	cultured tree nut cheese round.....5	pico de gallo.....2

We sauté our vegetables with organic Kosher white wine Always Plant Based & 100% Organic Please notify your server of any nut and/or food allergies

Café Gratitude is committed to supporting organic and biodynamic wine and beer makers who practice farming philosophies that are responsible, respectful to nature and make spirits that reflect the land from which they grow.

SPARKLING COCKTAILS

RADIANT mimosa 8
cold pressed orange juice, poema cava

BEER

UINTA Monkshine Belgium Ale.....7
NINKASI IPA.....7
EEL RIVER California Blonde Ale.....7
SAM SMITH Lager.....7
BISON BREWING Chocolate Stout.....7

WHITE

BRASSFIELD PINOT GRIGIO.....9 / 32
Clearlake Oaks, California – 2012
meyer lemon, white nectarine, citrus blossom

INFAMOUS GOOSE SAUVIGNON BLANC.....9 / 32
Wairau River Valley, Marlborough
crisp, nectarine, clean finish

TALBOTT “KALI HART” CHARDONNAY.....9 / 32
Monterey, California – 2013
tropical fruit, long citrus, hints of french oak

WEINSTOCK WHITE BLEND.....9 / 32
CERTIFIED KOSHER – California – 2012
citrus, light, off dry

POEMA CAVA.....8 / 30
Penedès Valley, Spain
ripe peaches, pear, toasted bread

RED

CHERRY TART PINOT NOIR.....12 / 40
California – 2012
rainier cherry, plum, wild strawberry

PORTILLO MALBEC.....9 / 32
Uco Valley, Argentina
bramble, black fruit, lush tannin

VERAMONTE RED BLEND.....9 / 32
Central Valley, Chile
velvet, blueberry, nutmeg

BENZIGER CABERNET SAUVIGNON.....11 / 40
Sonoma County, California – 2009
big, bold, round fruit

WEINSTOCK RED BLEND.....9 / 32
CERTIFIED KOSHER – California – 2014
bright, juicy, hint of cassis

PRESSED JUICE 16oz. 9

GLOWING pomegranate, apple, orange
DIVINE apple, beet, lemon, ginger
SUCCULENT grapefruit, celery, apple, mint
PLENTIFUL tomato, carrot, red pepper, celery, lemon, mixed herbs
COMPLETE kale, apple, celery, cucumber, lemon, ginger
HEALTHY kale, celery, cucumber, lemon
PASSIONATE orange, carrot, ginger

Our cold-pressed juices are unpasteurized and raw.

HOUSEMADE SPRITZERS

THRILLED shrub soda 5
seasonal shrub soda. *Shrub is a fruit and vinegar maturation, used during provincial times to preserve fruit*

EFFERVESCENT ginger ale 6
fresh ginger juice, lemon, agave, sparkling water

ELEVATED rose water lemonade 8
rose water, lemon, agave, sparkling water, drop of beet juice

REFRESHED housemade lemonade 5
lemon, agave, sparkling water

SOLE, pure Himalayan Pink Crystal Salt mixed in water, contains 84+ minerals in the same proportion which are found in human cells, supporting alkaline balance and cell metabolism. *Sole may be added to any beverage for free upon request.*

WELLNESS ELIXIRS

BRAVE immunity-boosting shot 4
fresh lemon, turmeric, ginger, essential oil of oregano, cayenne pepper

BEAMING vitamin-c shot 4
orange juice, carrot juice, goji berry, camu camu, astragalus, acerola berry, amla berry

ENLIVENED focus & clarity shot 3
E3Live blue-green algae from klamath lake, essential oil of rosemary

OUTRAGEOUS probiotic shot 25
Progut, the world's most powerful probiotic- 1 trillion CFU of live probiotic microorganisms served with seasonal juice

ACTIVE metal-extracting shot 4
pineapple juice, celery juice, cilantro, probiotic formula of fermented kelp, miso and chlorella to pull metals from the body

OPULENT digestion aid 3
sparkling mineral water, essential oils of grapefruit, lemon, peppermint, ginger and cinnamon to calm the stomach and ease digestion

SMOOTHIES & MILKSHAKES

ENRICHED savory green smoothie 9
spinach, kale, cucumber, celery, lemon, avocado, hempseeds, himalayan sole

FRUITFUL vitamin-c smoothie 9
orange juice, seasonal fruit, dates, camu camu, astragalus, acerola & amla berry

STRONG protein maca malt 9
bananas, hempseeds, chia seeds, dates, maca, Infinity Protein, vanilla bean, coconut milk

LUSCIOUS cacao smoothie 9
almond milk, figs, dates, cacao, vanilla bean

GRACE creamy coconut smoothie 9
coconut milk, almond butter, date, vanilla bean

COOL mint chip milkshake 9
cashew coconut ice cream, fresh mint, Vitamineral Green powder, raw cacao nibs, vanilla bean

BLISSFUL blueberry antioxidant smoothie 10
coconut yogurt, blueberries, strawberries, dates, chia seeds, vanilla bean

INCREDIBLE superfood smoothie 9
kale, coconut milk, hempseeds, almond butter, maca, banana, vanilla bean

ETERNAL housemade milkshakes 9
cashew coconut ice cream with chai, chocolate, vanilla, strawberry or coffee

SMOOTHIE ADDITIONS +2

cacao nibs	chia seeds	avocado	infinity protein	cacao powder	espresso shot
shredded kale	hempseeds	vitamineral green	infinity-c powder	matcha green tea	maca powder

COFFEE, ESPRESSO, TEAS & TONICS

COURAGEOUS coffee 3
arabica bean drip coffee

FOCUSED iced coffee 4
cold-brewed in house, *no refills*

AWAKE espresso shot 3
stumptown espresso

CAREFREE cappuccino 4
stumptown espresso, almond milk

LIGHT café latté 5
stumptown espresso, almond milk

● Caffeine-Free

MARVELOUS café mocha 6
stumptown espresso, almond milk, honey, cacao

VIBRANT matcha tea latté 5
matcha green tea powder, almond milk, honey

CHARISMATIC chai latté 5
chai tea, almond milk, cinnamon

COZY immune boosting tea 5 ●
lemon, ginger, honey, cayenne

GOLDEN turmeric latté 5 ●
turmeric juice, almond milk, honey

LOVE cinnamon plum iced tea 3 ●

SPLENDID citron green iced tea 3

IMMORTAL immunity and mind tonic 5 ●
reishi, shilajit, ormus, coconut milk, cinnamon, honey

POWERFUL metabolic tonic 5 ●
eight chinese herbs, coconut milk, cinnamon, honey

CALM hot tea 4
bergamot sage ● yerba mate
african rooibos ● matcha powder
chamomile ● jasmine green
fresh mint leaf ● english breakfast

Cafe Gratitude offers 100% 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 Cafe 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?

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CAFÉ GRATITUDE