



Organic. Seasonal. Vegan. Homemade.

103 Lincoln Street
Downtown Santa Cruz
(831) 427-9583
Entire menu available to-go!

SOUPS & STARTERS

I AM THRIVING

Cooked Soup of the day Cup 4 Bowl 7.5

I AM SATISFIED

Half soup of the day and salad with choice of dressing 9.5
Dressings: Garlic-Tahini, Caesar, Fig-balsamic, Sesame-Ginger, Goji-Chipotle

I AM GROUNDED

Garlic roasted potatoes topped with our spicy chipotle cheese or mild cashew ricotta 8

I AM VIBRANT

Choice of either seasonal greens or mixed vegetables, sautéed in garlic & white wine and topped with toasted pumpkin seeds 7.5

I AM COMPLETE

Our Mediterranean dipping plate. Raw carrot flax crackers, sprouted almond hummus, hemp-seed herb pesto, olive tapenade, and cucumber tzatziki. Served with tahini side salad 12.25

SALADS

I AM FULFILLED

Cafe salad with mixed greens, carrots, beets, tomatoes, cucumbers, avocado, sprouts, almond-sunflower parmesan, spiced almond garnish 11.5

Dressings: Garlic-Tahini, Caesar, Fig-balsamic, Sesame-Ginger, Goji-Chipotle
-Add Raw Carrot-flax cracker for \$1-

I AM DAZZLING

Caesar salad with local lettuce, avocado, capers, cashew caesar dressing, & almond-sunflower parmesan 10.5

I AM GIVING

Savory kale salad with seaweed, carrots, and cucumbers in a sesame-tahini dressing. Topped with sunflower sprouts & spiced almonds 12.75

BREAKFAST

I AM BONITA

Mexican inspired breakfast plate with brown rice, black beans, salsa fresca, and avocado. Topped with spicy cashew cheese, toasted pepitas and a crispy corn tortilla 11

I AM SUSTAINED

Warm millet with fresh fruit, goji berries, cinnamon, maple syrup and steamed almond milk 8.5

I AM GENTLE

Raw Chia pudding with coconut milk, vanilla, maca, goji berries, buckwheat, cinnamon, and fresh fruit 10.5

I AM HOME

Roasted potatoes with sautéed onions, bell pepper and spinach, glazed with a mix of spices 8.5 Add cheese for \$1!

SPECIALTY BOWLS

I AM ACCEPTING

Sushi grain bowl with raw kale, cucumber, avocado, & nori. Choice of millet or brown rice, tossed in sesame-ginger 12.75

I AM WHOLE

Macrobiotic bowl with garlic-tahini sauce, raw kale, housemade kim-chee, carrots, sunflower sprouts, seaweed, and spiced almonds with choice of brown rice or millet 12.75

I AM FORTIFIED

Seasonal vegetables sautéed in white wine & garlic over brown rice or millet with choice of sauce 12.75

Sauces: Garlic-Tahini, Sesame-Ginger

I AM WARM-HEARTED

Pan-seared polenta topped with mushroom-veggie ragu, cashew ricotta & almond-sunflower parmesan 12.5

I AM GRATEFUL

Staple grain bowl with raw kale, brown rice or millet, black beans and topped with garlic-tahini sauce 7

PLATED SPECIALTIES

Comes with side salad or upgrade to your choice of either a small "I am Thriving" hot soup, or roasted potatoes for \$2

I AM TRANSFORMED

Corn tortilla tacos filled with black beans, local brown rice, guacamole, salsa fresca, and spicy cashew nacho cheese 11.5
-Add seasonal roasted veggies for \$1-

I AM EXTRAORDINARY

Our "BLT" with maple coconut "bacon", local lettuce, sliced tomato and avocado. Served with a cashew chipotle cheese spread on Companion Bakeshop's sliced sourdough wheat bread 11.5

I AM AWESOME

Seasonal roasted vegetable sandwich with hemp seed-pesto, cashew ricotta, lettuce and tomato 12.25

I AM ELATED

Raw enchilada with spicy sunflower seed pate in a collard green wrap topped with cacao sun-dried tomato mole, & cashew queso-fresco. Served with coleslaw and salad 12.75

I AM TRANSPARENT

Spicy sushi with sunflower seed pate, carrots, beets, kim chee, avocado and sprouts wrapped in nori. Served with wasabi & wheat-free tamari 13.75

SIDES

Sauces or Dressings 1.75

Millet, Local Brown Rice, or Black Beans 2.25


Raw Carrot-Flax cracker or Corn Tortillas 1.25 each

Cashew Cheeses, Avocado, or Coconut "bacon" 2.25

Guacamole, Raw Almond Hummus, or Kimchee 3.25

Sliced Garlic Bread 3

 **RAW**  **Can be made RAW**

 **Contains GLUTEN, gluten-free options available upon request**

BEER & WINE

BEER



We strive to bring you the best local beers available, please ask your server for our current selections!

WHITE WINE

RIVER RUN Viognier Watsonville, CA
Refreshing white with stunning bright fruit qualities. Crisp mouth-feel with a varietal perfect bouquet 7/21

GIRASOLE Pinot Blanc 2011 Mendocino, CA
Delicate white with aromas of orange blossom, citrus peel, jasmine flower and spice 7/21

RED WINE

RIVER RUN ZINFANDEL Watsonville, CA
A big red with moderate tannins. A Zinfandel from the past with a slightly sweet finish that fades into berry fruit 7/21

GIRASOLE Sangiovese 2010 Mendocino, CA
Approachable medium-bodied red brimming with cranberry and cherry fruit 8/24

COFFEE & TEA

Served hot, iced versions available upon request

I AM CLASSIC

Pour-over slow dripped coffee (decaf available) 2/ 2.5

I AM COURAGEOUS

Cold-pressed coffee (served iced or hot) 3.5

I AM LOVED

Cold-pressed coffee latte with housemade almond or hazelnut milk. Decaf available. 4.25

I AM MARVELOUS

Raw cacao mocha with almond or hazelnut milk 4.5

I AM INSPIRED

Chai tea latte with fresh ginger, almond milk and agave 4.25

I AM OPEN

Loose leaf Earl Grey black tea with natural bergamot 3

I AM GLORIOUS

Loose leaf Jasmine green tea 3

I AM PRECIOUS

Caffeine-free herbal African Rooibos red tea 3

I AM CALM

Caffeine free Chamomile OR Peppermint Tea 2.5

I AM COZY

Lemon and ginger juice with hot water, honey and cayenne 4.5
(agave substitute available upon request)

FRESH DRINKS

Containing raw, unpasteurized juices pressed freshly in our own hydraulic press. Full of living enzymes and nutrients.

I AM RENEWED

Wheatgrass shot. Essential amino acids, enzymes, antioxidants, vitamins & minerals 1 oz. 3 2 oz. 5

I AM POWERFUL

Kim-Chee juice shot. Fermented and spicy, full of probiotics, b-vitamins, and electrolytes. Great for digestion! 2

I AM INVINCIBLE

Immune-boosting, vitamin filled spicy ginger juice shot 2

I AM BRIGHT

House-made ginger-rooibos kombucha. A detoxifying probiotic tea. Single fermented (not carbonated) 4

I AM EFFERVESCENT

Ginger ale with fresh- squeezed lemon juice, ginger, agave and sparkling water on ice 3.25/5.5

I AM REFRESHED

Lemonade with fresh- squeezed lemon juice, agave and sparkling water on ice 3/5

I AM REJUVENATED

Wheatgrass cocktail with apple, ginger and lemon juice and sparkling water 5/8.5

I AM ALOHA

Fresh young Thai coconut water (when available) 4/7

I AM HEALTHY

Celery, cucumber, kale, and lemon juice 5.25/8.5

I AM WORTHY

Apple, beet, celery, cucumber, kale, and ginger juice 5.25/8.5

SMOOTHIES & SHAKES

Made with house-made raw nut milks and live ingredients

I AM FRUITFUL

Seasonal fruit smoothie with orange juice and dates 6.5
Sub Almond Milk 2

I AM INCREDIBLE

Creamy green smoothie with hazelnut milk, banana, spinach, kale, almond butter, vanilla and dates 8.5

I AM LUSCIOUS

Raw Cacao smoothie with hazelnut milk, figs and dates vanilla 8.5

I AM GRACE

Young coconut smoothie with almond butter, dates and vanilla 8.5

I AM COOL

Mint-chocolate chip shake with raw vanilla ice cream, hazelnut milk, fresh mint leaves, cacao nibs, & spirulina 8.5

I AM ETERNAL

Milkshake made with our housemade raw ice cream with your choice of one of the following flavors: 8.5

Vanilla - Chai - Coffee - Cacao - Orange Cream

No separate checks. Corkage fee for outside wine is \$10. There is a \$1 charge for split plating on dishes, although sharing is free and encouraged. We recommend that people with severe food allergies not dine with us, especially those with nut or seed allergies, as we cannot guarantee cross-contamination. Please communicate any food allergy to your server. Due to the nature of organic produce, we can only grant limited substitutions.