



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

Organic. Seasonal. Vegan. Homemade.

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 8.5

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 HONORING

Raw nachos with spicy sprouted sunflower seed paté, our fresh guacamole, cashew chipotle cheese, salsa fresca and dehydrated veggie-flax crackers 12.5

I AM BALANCED

Fresh assorted vegetable dipping plate with creamy garlic-tahini and pesto-ranch dipping sauces 9.5

SALADS

I AM FULFILLED

Cafe salad with mixed greens, carrots, beets, tomatoes, cucumbers, avocado, sprouts, almond-sunflower parmesan, spiced almond garnish 12.75

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

I AM DAZZLING

Caesar salad with your choice of local lettuce or baby kale, avocado, capers, cashew caesar dressing, & almond-sunflower parmesan 11.5

I AM ENTHUSIASTIC

BLT salad with romaine, toasted chipotle coconut "bacon" avocado, tomato & sprouts in creamy pesto ranch dressing 13

I AM TERRIFIC

Zucchini noodle pad-thai with carrots, baby kale, cucumbers, tomatoes, and herbs, tossed in a thai-almond sauce, topped with sunflower sprouts and teriyaki almonds 13.25

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 11.5

I AM SUSTAINED

Warm millet with fresh fruit, goji berries, cinnamon, maple syrup and steamed almond milk 9

I AM HOME

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

I AM MAGICAL

Kid-friendly sandwich with almond butter, banana, and raw honey. Served with small fruit side 9.5

SPECIALTY BOWLS

I AM ACCEPTING

Sushi grain bowl with raw kale, cucumber, avocado, & nori. Choice of millet or brown rice, tossed in sesame-ginger 13

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 13

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, Thai Almond-Basil

I AM WARM-HEARTED

Pan-seared polenta topped with spiced tomato puttanesca, cashew ricotta & almond-sunflower parmesan 12.75

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 12.5
-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 12.5

I AM AWESOME

Seasonal roasted vegetable sandwich with hemp seed-pesto, cashew ricotta, spinach and tomato 12.75

I AM TRANSPARENT

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



 RAW  Can be made RAW

Contains GLUTEN, gluten free options available upon request

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, or Kimchee 3.25

Sliced Garlic Bread 3

BEER & WINE

BEER



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

WHITE WINE

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

SAN FRANCISCO WINE PRESS Chardonnay Mendocino, CA
Bright, crisp California Chardonnay 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 house-made almond or hazelnut milk. Decaf available. 4.25

I AM MARVELOUS

Raw cacao mocha with cold pressed coffee, raw cacao, almond or hazelnut milk 4.5

I AM INSPIRED

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

I AM GOLDEN

Tumeric milk latte with ginger, cinnamon and agave 4
Add coffee elixir for +1

I AM COMFORTED

Hot chocolate with almond or hazelnut milk and agave 3.25/4

I AM RELAXING

Our tea selection includes earl grey, jasmine green tea, chamomile, peppermint, and African red rooibos tea 3

I AM COZY

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

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

Pure ginger juice shot (spicy!) 2.5

I AM BRAVE

Immune-boosting shot with ginger, lemon, garlic clove, and cayenne 3.5

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 3.50/6.25

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 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

I AM INCREDIBLE

Creamy green smoothie with almond 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 BERRY SWEET

Creamy almond milk and strawberry smoothie, with dates and vanilla 8.5

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. We can only grant limited substitutions on dishes**



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