

GARLIC ALLERGY MENU

BREAKFAST

PATIENT TURMERIC CHIA OVERNIGHT OATS

OPEN-HEARTED BUCKWHEAT FLAX PANCAKES

LUMINOUS GLUTEN-FREE CREPE

VIVID ACAI BOWL

COLORFUL FRUIT SALAD

POWERFUL SUPERFOOD GRANOLA

PEACEFUL AVOCADO TOAST no apple cider vinaigrette

GROUNDED SMASHED RED POTATOES (BAKED POTATO STYLE ONLY)

STARTERS & VEGETABLES

INVIGORATED SHISHITO PEPPERS

WISE FRIED ROMANESCO

ECSTATIC ROASTED BRUSSELS SPROUTS

SALADS, SANDWICHES & WRAPS

PURE ASIAN KALE & SEAWEED SALAD no garlic tahini dressing, sub goji chipotle vinaigrette

BOWLS & ENTRÉES

FORTIFIED SAUTÉED VEGETABLE BOWL no garlic in vegetable saute, goji chipotle sauce only

KID'S MENU

ADORABLE ALMOND BUTTER BANANA WRAP

CUTE BUCKWHEAT PANCAKE

CHEESY MAC & CHEESE no brazil nut parmesan

COLORFUL FRUIT & YOGURT DIPPERS

PLAYFUL CHEESE QUESADILLA no pureed black beans or guacamole

NONE OF OUR SIGNATURE DESSERTS, CHOCOLATES, COOKIES OR ICE CREAM CONTAIN GARLIC

ONION ALLERGY MENU

BREAKFAST

VIVID ACAI BOWL

PATIENT TURMERIC CHIA OVERNIGHT OATS

PEACEFUL AVOCADO TOAST

OPEN-HEARTED BUCKWHEAT FLAX PANCAKES

COLORFUL FRUIT SALAD

GROUNDED SMASHED RED POTATOES (BAKED POTATO STYLE ONLY) no scallions

LUMINOUS GLUTEN-FREE CREPE

POWERFUL SUPERFOOD GRANOLA

STARTERS & VEGETABLES

CONFIDENT ROASTED CAULIFLOWER

INVIGORATED SHISHITO PEPPERS

ECSTATIC ROASTED BRUSSELS SPROUTS

BOLD ROASTED SHIITAKE & EGGPLANT

PEACE BLUE LAKE BEANS

COMFORTED GRILLED YAM

WISE FRIED ROMANESCO

SALADS, SANDWICHES & WRAPS

AWARE PEAR & ENDIVE SALAD

PURE ASIAN KALE & SEAWEED SALAD no mixed herbs (scallions)

OPEN BEET & MAITAKE SALAD

DAZZLING KALE CAESAR

ENTRÉES

GRATEFUL COMMUNITY BOWL

WHOLE MACROBIOTIC BOWL no stewed adzuki beans or braised butternut squash

GIVING CHEF'S SEASONAL PIZZA check Book of Knowledge for today's ingredient listing

TERRIFIC PAD THAI KELP NOODLES no scallions

KID'S MENU

ADORABLE ALMOND BUTTER BANANA WRAP

CUTE BUCKWHEAT PANCAKE

PLAYFUL CHEESE QUESADILLA no pureed black beans or guacamole

CHEESY MAC & CHEESE **HAPPY** CHEESE PIZZA

FUN MARINARA PASTA

NONE OF OUR SIGNATURE DESSERTS, CHOCOLATES, COOKIES OR ICE CREAM CONTAIN ONION

CAFÉ GRATITUDE OFFERS 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 CAFÉ 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.

CROSS-CONTAMINATION IS UNAVOIDABLE DUE TO THE SIZE AND VOLUME OF OUR KITCHEN. ALL MENU ITEMS LISTED, INCLUDING THEIR INGREDIENTS, ARE SUBJECT TO CHANGE.

SOY ALLERGY MENU

BREAKFAST

PEACEFUL AVOCADO TOAST

CONTENT CAST-IRON CHICKPEA QUICHE

LUMINOUS GLUTEN-FREE CREPE

POWERFUL SUPERFOOD GRANOLA

HOSPITABLE CHICKEN & WAFFLES

NURTURED BREAKFAST WRAP

HOSPITABLE CHICKEN & WAFFLES

VIVID ACAI BOWL

PATIENT TURMERIC CHIA OVERNIGHT OATS

GRACEFUL TARTINE

OPEN-HEARTED BUCKWHEAT FLAX PANCAKES

COLORFUL FRUIT SALAD

CELEBRATING BENEDICT no tempeh bacon

STARTERS & VEGETABLES

THRIVING CHEF'S COOKED SOUP *check Book of Knowledge for ingredient listing*

CONNECTED CHIPS & GUACAMOLE

COMFORTED GRILLED YAM

THOUGHTFUL SEARED ENDIVE

AUTHENTIC ANTIPASTO PLATE

CONFIDENT ROASTED CAULIFLOWER

SHARING NACHOS

WISE FRIED ROMANESCO

PEACE BLUE LAKE BEANS

SALADS, SANDWICHES & WRAPS

PURE ASIAN KALE & SEAWEED SALAD no sesame wasabi dressing

FANTASTIC TORTA ESPANOLA CHOPPED SALAD

AWARE PEAR & ENDIVE SALAD

MAGICAL GRATITUDE DOUBLE DOUBLE no vegan brioche bun, sub gluten-free bun

OPEN BEET & MAITAKE SALAD no sherry vinaigrette, sub lemon thyme vinaigrette

PHENOMENAL BUTTER LETTUCE SALAD

DAZZLING KALE CAESAR

ORIGINAL SF MISSION BURRITO

ENTRÉES

GRATEFUL COMMUNITY BOWL

WHOLE MACROBIOTIC BOWL no stewed adzuki beans

VALIANT STUFFED PEPPER

GIVING CHEF'S SEASONAL PIZZA *check Book of Knowledge for ingredient listing*

MUCHO MEXICAN BOWL

INSPIRED BUTTERNUT SQUASH RISOTTO

KID'S MENU

ADORABLE ALMOND BUTTER BANANA WRAP

CUTE BUCKWHEAT PANCAKE

CHEESY MAC & CHEESE

FUN MARINARA PASTA

PLAYFUL CHEESE QUESADILLA

HAPPY CHEESE PIZZA

GLUTEN ALLERGY MENU

BREAKFAST

PEACEFUL AVOCADO TOAST sub gluten-free bun

CONTENT CAST-IRON CHICKPEA QUICHE

VIVID ACAI BOWL

PATIENT TURMERIC CHIA OVERNIGHT OATS

TRUSTING BARBECUE TEMPEH SCRAMBLE

OPEN-HEARTED BUCKWHEAT FLAX PANCAKES

COLORFUL FRUIT SALAD

CELEBRATING BENEDICT sub gluten-free bun

GRACEFUL TARTINE sub gluten-free bun

LUMINOUS GLUTEN-FREE CREPE

POWERFUL SUPERFOOD GRANOLA

HOSPITABLE CHICKEN & WAFFLES

STARTERS & VEGETABLES

AUTHENTIC ANTIPASTO PLATE sub gluten-free bread, no breadcrumbs

COMFORTED GRILLED YAM

CONFIDENT ROASTED CAULIFLOWER

ELEGANT BEETROOT TARTARE

WISE FRIED ROMANESCO

CONNECTED CHIPS & GUACAMOLE

ECLECTIC BUFFALO CAULIFLOWER

PEACE BLUE LAKE BEANS

ECSTATIC ROASTED BRUSSELS SPROUTS

INVIGORATED SHISHITO PEPPERS

SHARING NACHOS

THRIVING CHEF'S SOUP sub gluten-free bread

THOUGHTFUL SEARED ENDIVE

BOLD ROASTED SHIITAKE & EGGPLANT

SALADS, SANDWICHES & WRAPS

OPEN BEET & MAITAKE SALAD no farro, sub brown rice or quinoa

COMMITTED PULLED MUSHROOM SANDWICH sub gluten-free bun

CLEANSED ELISSA GOODMAN SALAD

AWARE PEAR & ENDIVE SALAD

CLASSIC GRILLED LITTLE GEMS no croutons

MAGICAL BLACK BEAN BURGER sub gluten-free bun

PURE ASIAN KALE & SEAWEED SALAD

PHENOMENAL BUTTER LETTUCE SALAD

DAZZLING KALE CAESAR no croutons

FANTASTIC TORTA ESPANOLA CHOPPED SALAD

ENTRÉES

GRATEFUL COMMUNITY BOWL

WHOLE MACROBIOTIC BOWL

TERRIFIC PAD THAI KELP NOODLES

SMOKIN' CHILI BOWL no jalapeno cheddar biscuit

HUMBLE INDIAN CURRY BOWL

HEARTY ROASTED PORTOBELLO no breadcrumbs

BLESSED BLACKENED TEMPEH BOLOGNESE sub quinoa pasta

MUCHO MEXICAN BOWL

INSPIRED BUTTERNUT SQUASH RISOTTO

KID'S MENU

CHEESY MAC & CHEESE

CUTE BUCKWHEAT PANCAKE

FUN MARINARA PASTA

PLAYFUL CHEESE QUESADILLA no whole wheat tortilla, sub corn tortillas

NONE OF OUR SIGNATURE DESSERTS, CHOCOLATES, COOKIES OR ICE CREAM CONTAIN GLUTEN

CAFÉ GRATITUDE OFFERS 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 CAFÉ 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.

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TREE NUT ALLERGY MENU

BREAKFAST

TRUSTING *BARBECUE TEMPEH SCRAMBLE* contains coconut

PEACEFUL *SMASHED AVOCADO TOAST* contains coconut

OPEN-HEARTED *GLUTEN-FREE PANCAKES* no cashew coconut whipped cream, no whipped cashew butter contains coconut

STARTERS & VEGETABLES

THRIVING *CHEF'S COOKED SOUP* check Book of Knowledge for ingredient listing

PEACE *BLUE LAKE BEANS* no toasted almonds or parmesan contains coconut

COMFORTED *GRILLED YAM*

CONNECTED *CHIPS & GUACAMOLE*

THOUGHTFUL *SEARED ENDIVE*

WISE *FRIED ROMANESCO*

ECSTATIC *ROASTED BRUSSELS SPROUTS*

SALADS, SANDWICHES & WRAPS

AWARE *PEAR & ENDIVE SALAD* no almonds contains coconut

PHENOMENAL *BUTTER LETTUCE SALAD* no pistachios contains coconut

LUCKY *MEXICAN CHOPPED SALAD*

CLASSIC *GRILLED LITTLE GEMS* contains coconut

PURE *ASIAN KALE & SEAWEED SALAD* no almonds

MAGICAL *GRATITUDE DOUBLE DOUBLE* no cheddar cheese or thousand island, no nacho cheese sauce for fries- sub ketchup contains coconut

ENTRÉES

GRATEFUL *COMMUNITY BOWL* contains coconut

MUCHO *MEXICAN BOWL* no cashew nacho cheese contains coconut

HUMBLE *INDIAN CURRY BOWL* contains coconut

FORTIFIED *VEGGIE BOWL* contains coconut

WHOLE *MACROBIOTIC BOWL* no almonds contains coconut

KID'S MENU

CUTE *BUCKWHEAT PANCAKE* no cashew coconut whipped cream contains coconut

FUN *MARINARA PASTA* no cashew ricotta or brazil nut parmesan