

CAFÉ GRATITUDE

shareables



- I AM SEEN

GFO (+4.25)

23
- doublebatch CHEESE BOARD

pesto ricotta, muenster, brie cream, pepper jack, tamari almonds, spicy tomato jam, grapes, olives, focaccia crostini

ADD TRUFFLE HAVARTI +5.5
- I AM RESILIENT

GFO (+4.25)

18.5
- EGGPLANT CAPONATA BRUSCHETTA

heirloom cherry tomato, doublebatch almond ricotta, arugula, balsamic reduction, crispy shallots
- I AM ECLECTIC

GF

19.5
- CRISPY BUFFALO CAULIFLOWER

ranch dressing, celery, scallions
- I AM CARING

GF

19.5
- LOADED NACHOS

cashew queso fundido, soyrizo, black beans, pico de gallo, avocado, spicy pepitas, cashew crema

ADD GUACAMOLE +4.5
- I AM EXQUISITE

GF

18.5
- COCONUT CALAMARI

spicy cocktail sauce, gremolata
- I AM THRIVING

GF

12.5
- SOUP OF THE DAY

ADD FOCACCIA CROSTINI OR GF TOAST +4.5

salads



- I AM THANKFUL

GF

21.5
- SHAVED KALE, RADICCHIO + PERSIMMON

shaved fennel, pomegranate, doublebatch almond ricotta, crispy shallots, maple walnuts, balsamic dijon dressing
- I AM DAZZLING

GFO (NO CROUTONS)

20.5
- LITTLE GEM CAESAR

shiitake bacon, capers, croutons, brazil nut parmesan, dulce flakes

ADD AVOCADO +4
- I AM CLEANSED

GF 🌱 (19G)

22.5
- SUPERFOOD GREEK SALAD

butter lettuce, heart of palm, cherry tomatoes, persian cucumber, kalamata olives, chickpeas, greek marinated pumfu, maple toasted seeds, herbed hempseeds, pickled red onion, lemon thyme dressing

PROTEIN ADDITIONS

+5.5 EACH

- BLACKENED TEMPEH • SMOKED TOFU
- MUSHROOM CARNITAS • SOYRIZO

pizza



- I AM GIVING

GFO (+4.25)

21.5
- MARGHERITA

heirloom cherry tomatoes, basil hempseed pesto, housemade marinara, almond burrata, brazil nut parmesan

ADD PESTO RICOTTA +3.5
- HAWAIIAN

23.5
- pineapple, blackened tempeh, coconut bacon, housemade marinara, almond burrata, brazil nut parmesan
- VEGGIE SUPREME

22.5
- spinach, cherry tomatoes, kalamata olives, red pepper, red onion, crimini mushrooms, almond burrata, ranch, garlic levain crumb, gremolata
- TRUFFLED MUSHROOM BIANCA

24.5
- oyster, crimini, shiitake mushrooms, truffled almond béchamel, doublebatch almond ricotta, almond burrata, arugula, chili flakes

sandwiches + wraps



- SERVED WITH CHOICE OF: HOUSE SALAD, FRIES, CHIPS + PICO, SMASHED POTATOES OR ROASTED YAMS (+4.5)
- I AM ENERGETIC

GFO (+4.25) 🌱 (19G)

22.5
- 'DOUBLE DOUBLE' CHEESEBURGER

housemade black bean patty, Violife cheddar cheese, housemade pickles, red onion, tomato, gratitude 'special sauce', handcut french fries

SUB TRUFFLE HAVARTI +3.5
- I AM ORIGINAL

21.5
- SF MISSION BURRITO

mushroom carnitas, guacamole, black beans, cashew nacho cheese, brown rice, salsa verde, whole wheat tortilla
- I AM GLORIOUS

🌱 (26G)

20.5
- BLACKENED TEMPEH CAESAR WRAP

coconut bacon, romaine, tomato, capers, avocado, cashew caesar, brazil nut parmesan, whole wheat tortilla
- YO SOY FUERTE

22.5
- GRATITUDE CRUNCHWRAP

mushroom carnitas, guacamole, cashew nacho cheese, pico de gallo, romaine, corn tostada, whole wheat tortilla

bowls



SUB: COCONUT JASMINE RICE +2 / FORBIDDEN BLACK RICE +4.5

- I AM FULFILLED

GF

23.5
- BUTTERNUT BOLOGNESE LASAGNE

broccolini, spinach, truffled almond bechamel, almond burrata, gluten-free rice lasagne noodles, brazil nut parmesan, gremolata, spring mix, lemon thyme vinaigrette
- I AM INTUITIVE

GF

21.5
- ROASTED BUTTERNUT SQUASH + TRUFFLED MUSHROOM RISOTTO

oyster, crimini & shiitake mushrooms, arborio rice, cashew ricotta, brazil nut parmesan, gremolata
- I AM MINDFUL

GF 🌱 (22G)

25.5
- MEDITERRANEAN TEMPEH PROTEIN BOWL

za'atar tahini cauliflower + chickpeas, spinach basil coulis, butternut squash, olives, lemon jewelled jasmine rice, toasted cashews, pickled red onion, cilantro, dukkah
- I AM WELL

GF 🌱 (18G)

25.5
- ADAPTOGENIC PLANT PROTEIN BOWL

lion's mane brisket, broccolini, asparagus, edamame, tomato confit, avocado, coconut goddess dressing, herbed hempseeds, coconut jasmine rice
- I AM BLESSED

GFO (+4.25)

22.5
- BUTTERNUT SQUASH BOLOGNESE PASTA

broccolini, cresta di gallo pasta (or gluten-free quinoa shells +4.25), almond burrata, garlic levain crumb, red chili flakes
- I AM KANSHA

GF 🌱 (18G)

23.5
- JAPANESE SMOKED TOFU + ASPARAGUS

roasted tahini, sautéed spinach, yuzu pickled cucumber + wakame, brown rice, sesame seeds
- I AM HUMBLE

GF

24.5
- INDIAN CURRY BOWL

red lentil dal, roasted garnet yams, spinach, coconut mint chutney, spicy tomato jam, scallions, w/ brown rice, quinoa, or a mix
- I AM LOVING

GF

24.5
- FORBIDDEN BLACK RICE BOWL

roasted garnet yams, brussels sprouts, quinoa, avocado, maple sesame dressing, garlic tahini, pickled carrots + red onion, fresno chile, cilantro
- I AM WHOLE

GF 🌱 (20G)

24.5
- MACROBIOTIC BOWL

stewed adzuki beans, braised butternut squash, sautéed kale, sea palm, kimchee, garlic tahini, gomasio, tamari almonds, sprouts, w/ brown rice, quinoa, or a mix

all-day breakfast



ADD HOUSEMADE TOFU SCRAMBLE +6.5

- I AM TRUSTING

GF

22.5
- ROASTED SWEET POTATO + VEGGIE HASH

lion's mane mushroom, smashed red potatoes, bell pepper, garlic, red onion, broccolini, edamame, lacinato kale, mung bean egg scramble, spinach pesto, BBQ sauce
- I AM THRILLED

GFO (+4.25)

20.5
- PUMPKIN SPICE BRIOCHE FRENCH TOAST

brioche, pumpkin spice oat milk, roasted strawberry compote, cashew whipped cream, maple syrup, powdered sugar
- I AM VALUED

🌱 (34G)

20.5
- CHORIZO BREAKFAST BURRITO

housemade tofu scramble, soyrizo, potato, avocado, almond burrata, black beans, salsa verde, whole wheat tortilla
- I AM POWERFUL

GF

18.5
- HOUSEMADE SUPERFOOD GRANOLA

quinoa cashew granola, mixed berries, dried incan berries, coconut yogurt, cinnamon
- I AM HEARTY

GFO (+4.25) 🌱 (20G)

21.5
- HOUSEMADE TOFU SCRAMBLE

sautéed mushrooms & spinach, cherry tomato confit, smashed breakfast potatoes, toasted country levain, roasted strawberries
- I AM WORTHY

GFO (+4.25) 🌱 (23G)

22.5
- PESTO VEGETABLE OMELETTE

asparagus, broccolini, edamame, spinach, basil hempseed pesto, almond burrata, house mung bean egg, sesame levain toast, roasted strawberry preserves, smashed red potatoes
- I AM STRONG

GF 🌱 (22G)

23.5
- BLUEBERRY PROTEIN PANCAKES

doublebatch almond ricotta, maple syrup, blueberry compôte, cinnamon
- I AM GREAT

GFO (+4.25) 🌱 (25G)

22.5
- LION'S MANE 'STEAK N' EGGS' SANDWICH

house mung bean egg, doublebatch almond chipotle cheddar, sriracha mayo, crispy shallots, BBQ sauce, tomato, romaine, brioche, smashed red potatoes or side salad

SUB TRUFFLE HAVARTI +3.5
- I AM VIVID

GF

20.5
- AÇAÍ SUPERFOOD BOWL

housemade superfood granola, cashews, coconut, berries, banana, ginger syrup, and choice of 2 toppings:

· incan berries · raw honey · goji berries · almond butter · hempseeds · cacao nibs · coconut yogurt · ADDITIONAL TOPPINGS +2.5

juices + shots

I AM HEALING	MEDICAL MEDIUM	13.75
100% cold-pressed celery juice		
ADD FRESH LEMON & GINGER +3.5		
I AM ENLIGHTENED		13.75
romaine, celery, parsley, cucumber, lime		

iced spritzers + teas

I AM CHILL	10.5
TAHITIAN ISLAND SLUSH	
housemade coconut milk, coconut meat, lemon, agave, vanilla, crushed ice	
I AM LUMINOUS	8.75
SPARKLING ROSE LEMONADE	
house lemonade, Gifted tincture, rose water	
I AM REFRESHED	8.75
HOUSEMADE SPARKLING LEMONADE	

smoothies

I AM CLEAN	MEDICAL MEDIUM	19.25
HEAVY METAL DETOX SMOOTHIE		
banana, orange juice, wild blueberry juice, wild blueberries, wild blueberry powder, cilantro, barley grass juice powder, spirulina powder, atlantic dulce		
I AM GLOWING	🍌 (21G)	14.75
GREEN PROTEIN BOOST		
banana, spinach, almond milk, Sunwarrior collagen peptides, vanilla, almond butter, Truvani protein powder, maca, cinnamon		
I AM GRACE		14.5
COCONUT CREAM SMOOTHIE		
coconut milk, almond butter, coconut meat, dates, vanilla, cinnamon		
ADD ESPRESSO +3.5		

SUPPLEMENTS + ADDITIONS

ALMOND BUTTER	2.5	HEMPSEEDS	2.5	ADRENAL ESSENCE HERBS	3.5	MIND'S EYE AYURVEDIC HERBS	3.5
ASHWAGANDHA	2.5	L-CARNOSINE	2.5	ANIMA MUNDI PURE ROSE POWDER	2.5	SUNWARRIOR COLLAGEN PEPTIDES	3.5
BLUE SPIRULINA	4.5	L-GLUTAMINE	2.5	CEREMONIAL MATCHA	3.5	TRUVANI UNFLAVORED PROTEIN	3.5
CACAO POWDER	3.5	MACA	2.5	DGL DEGLYCYRRHIZINATED LICORICE	2.5	TRUVANI VANILLA PROTEIN	3.5

tonics + teas

I AM INTENTIONAL	6.75
PUMPKIN SPICE LATTE	
Seasons Change Herbal Blend, pumpkin purée, maple syrup, cinnamon, nutmeg, choice of milk	
I AM ENTICING	7.5
MATCHA TAHINI LATTE	
maple syrup, cinnamon, vanilla	
I AM SATISFIED	🍌 (15G) 8.5
PROTEIN SUPERFOOD HOT CHOCOLATE	
cocoa powder, vanilla, raw honey, Himalayan salt, Maha Craft ayurvedic protein powder, ashwagandha, cordyceps, pine pollen	
I AM VIBRANT	6.75
MATCHA LATTE	
ceremonial grade matcha, raw honey	
I AM CHARMED	6.75
CHAI LATTE	
MAKE IT DIRTY +3.5	
I AM GOLDEN	6.75
TURMERIC LATTE	
fresh turmeric, raw honey, black pepper	

coffee

I AM COURAGEOUS	COFFEE	5.75
I AM FOCUSED	COLD BREW	4.75
I AM AWAKE	ESPRESSO	4.75
I AM CAREFREE	CAPPUCCINO	5.75
I AM LIGHT	CAFÉ LATTE	5.75
I AM CURIOUS	MACCHIATO	4.75

I AM GIFTED	13.75
beet, pineapple, grapefruit, ginger, lemon	
I AM BRAVE	6.75
ANTI-VIRAL IMMUNE-BOOSTING SHOT	
turmeric, ginger, lemon, cayenne, oregano oil	

I AM EFFERVESCENT	8.75
HOUSEMADE SPARKLING GINGERALE	
I AM LOVE	5.75
ELDERBERRY HIBISCUS ICED TEA	
I AM SPLENDID	5.75
CLASSIC BLACK ICED TEA	
I AM UPLIFTED	7.75
GRATITUDE ARNOLD PALMER	

I AM STELLAR	15.5
BLUE SPIRULINA SMOOTHIE	
coconut milk, almond butter, coconut meat, dates, vanilla, goji berries, ashwaganda, cordyceps, reishi, cinnamon	
I AM SUPPORTED	16.75
GUT HEALING SMOOTHIE	
DGL, L-carnosine, L-Glutamine, blue spirulina, almond milk, avocado, strawberry, dates, hempseeds, vanilla, blueberry reduction, coconut chia topping	
I AM PRECIOUS	MEDICAL MEDIUM 14.5
MEDICAL MEDIUM ANTIOXIDANT SMOOTHIE	
banana, dates, orange juice, cherries, wild blueberry powder	

MILKS: HOUSEMADE ALMOND / OAT

I AM IMMORTAL	6.75
AYURVEDIC LATTE	
chaga, shilajit, reishi, he shou wu, raw honey	
YO SOY ALMA	6.75
HERBAL CAFE DE OLLA LATTE	
cinnamon, chicory & dandelion root, carob, milk thistle, ashwagandha, milk thistle, cocoa nibs, sweetener of choice	
I AM RESTORED	6.75
ADRENAL LATTE	
ashwaganda, pine pollen, cordyceps, honey	
I AM COZY	6.75
IMMUNE-BOOSTING TEA	
lemon, ginger, raw honey, cayenne	
I AM CALM	5.75
CLUB MAGIC HOUR CEREMONIAL TEAS	
PUMPKIN SPICE fireside chai blend	
BOHEMIAN BREAKFAST vanilla black tea blend	
GODDESS GREEN green tea blend	
RUBY MOON herbal hibiscus elderberry blend	
QUEEN OF THE SOUTH herbal cocoa detox blend	

I AM PRESENT	FLAT WHITE	4.75
I AM ELEVATED		8.75
ESPRESSO SUNRISE		
orange juice, espresso		
I AM MARVELOUS		6.25
MOCHA		
cacao powder, raw honey		

JOSHUA TREE COFFEE

cocktails

I AM MAGNETIC	13.75
COSMIC ROSEWATER SPRITZ	
Prosecco, lemon, agave, rose water, peaflower	

I AM ENCOURAGING	13.75
HARD BLUE LEMONADE	
Juneshine hard kombucha [passionfruit, guava, orange] (6%), blue spirulina, lemon, agave	

I AM REASSURING	12.75
MIMOSA FRESCA	
Prosecco, freshly squeezed orange juice	

wine

6oz POURS / CORKAGE \$25/750ML

SPARKLING

VILLA SANDI	13 / 48
Prosecco Veneto, Italy	
BIANCHI	15 / 54
Sparkling White Wine California	
LAETITIA	16 / 60
Brut Rosé Arroyo Grande Valley	

WHITE

MASON	15 / 54
Sauvignon Blanc Napa Valley 2021	
GUST	16 / 60
Chardonnay Sonoma Valley 2023	

ORANGE

THE ORANGE TOAD	15 / 54
Toad Hollow Vineyards California	

ROSÉ

ENTOURAGE	16 / 60
Rosé France 2022	

RED

SCHUG	16 / 60
Pinot Noir Carneros 2023	
BOUND + DETERMINED	18 / 66
Cabernet Sauvignon Napa Valley 2023	

brews

LUCKY LUKE*	Blonde Ale (4.9%)	8.5
SOCIETE*	India Pale Ale (7.5%)	8.5
JUNESHINE*	Hard Kombucha (6%)	8.5
BÜCHA	Hard Kombucha (6%)	6.5
SINGLE FIN	Gluten-free Cider (5.5%)	8.5
CALIDAD	Mexican Lager (4.5%)	6.5
MOTHER EARTH	Cali Creamin' Ale (5%)	6.5
JUNESHINE	Hard Kombucha (6%)	6.5
BOOCHCRAFT	Hard Kombucha (7%)	6.5

bottles + cans

BETTER BOOCH	Kombucha	5.5
CULTURE CRUSH	Amazake	10.5
HARMLESS HARVEST	Coconut H2O	6.5
MARQUIS	Organic Energy Soda	3.5
MOUNTAIN VALLEY	Still or Sparkling (1L)	6
NA BEVERAGE CO	Social Tonic	6
NOMADICA	Canned Wine	12-12.25
NOOT	Nootropic Mocktails	6.5
OLIPOP	Botanical Soda	4.5
VYBES	Magnesium Beverage	7.5

WHAT ARE YOU GRATEFUL FOR?



FOOD ALLERGIES OR SENSITIVITIES? Scan the QR code to see our allergy-friendly menus and a full listing of our ingredients or visit www.cafegratitude.com.

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.

SWEETS+BAKERY

desserts



I AM CREATIVE GF 12.75

GRATITUDE RAW PUMPKIN PIE

pecan date crust, raw pumpkin custard,
cashew whipped cream

I AM THOUGHTFUL GF 12.25

AUTUMN PEAR, APPLE + CRANBERRY CRUMBLE

oatmeal cinnamon topping, vanilla, nutmeg,
housemade vanilla coconut ice cream

I AM ADORING GF 12.75

GRATITUDE TIRAMISU

chocolate mousse, almond date cake, espresso,
cashew whipped cream, raw cacao powder

I AM OPULENT GF 15.5

WARM WALNUT CHOCOLATE

CHUNK COOKIE & ICE CREAM

miso salted caramel with choice of housemade
ice cream: vanilla, pistachio, or strawberry

I AM AWAKENING GF 13.75

KEY LIME PIE

lime avocado & coconut custard, pecan date
crust, cashew whipped cream

I AM JOYFUL GF 5.5 / 8.5

HOUSEMADE ICE CREAM

pistachio, strawberry or vanilla

coffee



I AM COURAGEOUS COFFEE 5.75

I AM AWAKE ESPRESSO 4.75

I AM CAREFREE CAPPUCCINO 5.75

I AM LIGHT CAFÉ LATTE 5.75

I AM CURIOUS MACCHIATO 4.75

I AM PRESENT FLAT WHITE 4.75

I AM MARVELOUS MOCHA (honey) 6.25

I AM ELEVATED 8.75

ESPRESSO SUNRISE orange juice, espresso

chocolates + bars

I AM WILD GF 7.5

ELISSA GOODMAN'S SUPER SEED BAR

oats, puffed quinoa, brown rice, almond butter,
sunflower seeds, hemp seeds, goji berries,
chia seeds, coconut, dates

I AM MIGHTY GF 7.5

SUPERFOOD ENERGY NUT & SEED BAR

cacao nibs, almonds, pumpkin seeds,
sunflower seeds, sesame seeds, hemp seeds,
flax seeds, goji berries, coconut, cacao butter,
raw dark chocolate

I AM SINCERE GF 4.5

WHITE CHOCOLATE PISTACHIO

CARDAMOM TRUFFLE

I AM JOY GF 4.5

GRATITUDE'S ALMOND JOY

raw dark chocolate, coconut, almond

I AM DELIGHTED GF 4.5

ALMOND BUTTER SQUARE

raw dark chocolate, himalayan salt

bakery



I AM COMFORTING GF 7

MEDICAL MEDIUM TAHINI BUTTER COOKIE

sesame tahini, maple syrup, vanilla

I AM AFFECTIONATE GF 7

WALNUT CHOCOLATE CHUNK COOKIE

I AM WHOLESOME GF 7.5

TUSCAN APPLE CAKE

I AM HONEST GF 7.5

MAPLE PUMPKIN COFFEE CAKE

I AM SERENE GF 7

CINNAMON ROLL

I AM GENTLE GF 7

BANANA BREAD



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[HAPPY HOUR]

REIMAGINED

wine

VILLA SANDI Prosecco Veneto, Italy	8
MASON Sauvignon Blanc Napa Valley 2021	8
ENTOURAGE Rosé France 2017	8
SCHUG Pinot Noir Carneros 2023	8
SEASONAL SANGRIA	8

beer

LUCKY LUKE Blonde Ale (4.9%)	6
SOCIETE India Pale Ale (7.5%)	6
JUNESHINE Hard Kombucha (6%)	6

cocktails

I AM ENCOURAGING HARD BLUE LEMONADE Juneshine hard kombucha [passionfruit, orange, guava] (6%), blue spirulina, fresh lemon, agave	9
I AM REFINED GRATITUDE FIERO SPRITZ prosecco, fiero vermouth, soda, orange	9

zero-proof

I AM LUMINOUS SPARKLING ROSE LEMONADE housemade lemonade, Gifted tincture, rose water	6
I AM CHILL TAHITIAN ISLAND SLUSH housemade coconut milk, coconut meat, lemon, agave, vanilla, crushed ice	6

\$10 plates

I AM MAGICAL

CLASSIC BLACK BEAN SLIDERS

cashew macadamia cheddar,
cashew nacho cheese, romaine,
tomato, onion, pickles, ketchup,
brioche bun

SUB GF SLIDER BUN +4.5

I AM TRANSFORMED

CHOICE OF 2 TACOS:

COCONUT CALAMARI BAJA GF

tomatillo salsa fresca, pineapple
coleslaw, cashew crema, dulce
flakes, microgreens, lime

BÁNH MÌ GF

smoked tofu, soyrizo, sriracha
mayo, shredded cabbage,
pickled carrots and red onion,
jalapeño, cilantro, black &
white sesame

I AM ABUNDANT GF

LOADED MEXICAN FRIES

house-cut fries, black beans,
soyrizo, pico de gallo, avocado,
cashew queso fundido, salsa
verde, cilantro

I AM HAPPY

PIZZETTA MARGHERITA

heirloom cherry tomatoes, basil
hempseed pesto, housemade
marinara, almond burrata,
brazil nut parmesan

SUB GF PIZZA CRUST +4.5

EXECUTIVE CHEF SEIZAN DREUX ELLIS
PLEASE NOTIFY US OF ANY FOOD ALLERGIES



**MEDICAL
MEDIUM**

to eat

I AM WISE 18.5

KELP NOODLE THAI SALAD

green papaya, red pepper, carrots, persian cucumbers, cilantro, basil, scallions, thai coconut dressing, toasted pumpkin seeds

I AM HEALTHY 19.5

MEDITERRANEAN PUTTANESCA POTATO CHICKPEA PIZZA

cherry tomatoes, sundried tomato chickpea cheese, capers, basil pesto, kalamata olives, herbed hempseeds, preserved lemon, arugula

I AM SAGE 21.5

PUMPKIN PASTA BAKE

quinoa pasta shells, kabocha squash, tomato, kalamata olives, lacinato kale, brussels sprouts, cauliflower breadcrumbs

I AM TRANSFORMATIVE 7

WILD BLUEBERRY OAT BAR

raw honey, lemon, coconut sugar, vanilla *contains coconut oil

I AM COMFORTING 7

TAHINI BUTTER COOKIE

sesame tahini, maple syrup, vanilla

to drink

I AM HEALING 15.25

CELERY JUICE

100% cold-pressed celery

I AM PRECIOUS 14.5

ANTIOXIDANT SMOOTHIE

banana, dates, orange juice, cherries, wild blueberry powder

I AM CLEAN 19.25

HEAVY METAL DETOX SMOOTHIE

banana, orange juice, wild blueberry juice, wild blueberries, wild blueberry powder, cilantro, spirulina, barley grass juice powder, atlantic dulse

**THIS
MENU IS:**

**GLUTEN
FREE**

**NUT
FREE**

**SOY
FREE**

**OIL
FREE**

**LOW
SODIUM**

MEDICAL MEDIUM Anthony William is the #1 New York Times best-selling author & chronic illness expert whose advanced healing information has reframed the natural health movement. This menu reflects his unique understanding of foods and all of their untapped benefits so we may cleanse, heal and thrive. Follow [@MEDICALMEDIUM](https://www.instagram.com/MEDICALMEDIUM) and visit [WWW.MEDICALMEDIUM.COM](https://www.MEDICALMEDIUM.COM) to learn more.