

ALLERGY MENU :

ONION



THIS MENU CONTAINS OPTIONS AND SUBSTITUTES THAT DO NOT CONTAIN ONION OR CAN BE MODIFIED TO REMOVE ONION, BUT CONTAIN INGREDIENTS SHARED ON EQUIPMENT CROSS-CONTAMINATED WITH ONION

breakfast

GROUND **SMASHED RED POTATOES**
only cashew ricotta sauce

HOSPITABLE **SWEET BELGIAN OAT WAFFLES + BERRIES**

PEACEFUL **SMASHED AVOCADO TOAST**

STRONG **BLUEBERRY PROTEIN PANCAKES**

VIVID **AÇAÍ BOWL**

shareables

EXQUISITE **COCONUT CALAMARI**
no spicy cocktail sauce

salads

ACTIVATED **SUPERFOOD SALAD**

BALANCED **SNAP PEA + HERBY GREEN GODDESS SALAD**

CLEANSED **SUPERFOOD GREEK SALAD**
no pickled red onions

DAZZLING **LITTLE GEM CAESAR**

WISE **GREEN PAPAYA + KELP NOODLE SALAD**
no chopped scallions

pizzas

GIVING **MARGHERITA PIZZA**

GIVING **VEGGIE SUPREME PIZZA**
no red onion

mains + bowls

FORTIFIED **SAUTÉED VEGETABLE BOWL**
no scallion garnish

INNOVATIVE **AMBA TOFU + JEWELLED QUINOA TABBOULEH**

KANSHA **JAPANESE SMOKED TOFU**
no scallion garnish

LOVING **FORBIDDEN RICE BOWL**
no pickled red onion

kids

ADORABLE **ALMOND BUTTER BANANA WRAP**

CHEESY **MAC & CHEESE**

CUTE **BLUEBERRY PANCAKE**

FUN **MARINARA PASTA**

JOLLY **CHEESE PIZZA**

PLEASE NOTIFY US OF ANY FOOD AND/OR NUT ALLERGIES / SCAN FOR A FULL LIST OF OUR INGREDIENTS >

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.



ALLERGY MENU : GARLIC



THIS MENU CONTAINS OPTIONS AND SUBSTITUTES THAT DO NOT CONTAIN GARLIC OR CAN BE MODIFIED TO REMOVE GARLIC, BUT CONTAIN INGREDIENTS SHARED ON EQUIPMENT CROSS-CONTAMINATED WITH GARLIC

breakfast

GROUND **SMASHED RED POTATOES**

only cashew ricotta or coconut mint chutney for dipping

HOSPITABLE **SWEET BELGIAN OAT WAFFLES + BERRIES**

PEACEFUL **SMASHED AVOCADO TOAST**

no lemon thyme dressing

STRONG **BLUEBERRY PROTEIN PANCAKES**

VIVID **AÇAI BOWL**

shareables

EXQUISITE **COCONUT CALAMARI**

no spicy cocktail sauce, sub coconut mint chutney
no gremolata

salads

ACTIVATED **SUPERFOOD SALAD**

BALANCED **SNAP PEA + HERBY GREEN GODDESS SALAD**

PURE **ASIAN SHAVED KALE SALAD**

no garlic tahini, sub coconut mint chutney

bowls + mains

FORTIFIED **SAUTÉED VEGETABLE BOWL**

no garlic in sauté
no garlic tahini, sub coconut mint chutney

INNOVATIVE **AMBA TOFU + JEWELLED QUINOA TABBOULEH**

no kim chee

LOVING **FORBIDDEN BLACK RICE BOWL**

no pickled carrots or red onions
no garlic tahini, sub coconut mint chutney

kids

ADORABLE **ALMOND BUTTER WRAP**

CHEESY **MAC & CHEESE**

no brazil nut parmesan

CUTE **BLUEBERRY PANCAKE**

PLEASE NOTIFY US OF ANY FOOD AND/OR NUT ALLERGIES / SCAN FOR A FULL LIST OF OUR INGREDIENTS >

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.



ALLERGY MENU :

SOY



THIS MENU CONTAINS OPTIONS AND SUBSTITUTES THAT DO NOT CONTAIN SOY OR CAN BE MODIFIED TO REMOVE SOY, BUT CONTAIN INGREDIENTS SHARED ON EQUIPMENT CROSS-CONTAMINATED WITH SOY

breakfast

GROUND **SMASHED RED POTATOES**

HOSPITABLE **'CHIK'N' + WAFFLES**

HOSPITABLE **SWEET BELGIAN OAT WAFFLES + BERRIES**

PEACEFUL **SMASHED AVOCADO TOAST**

STRONG **BLUEBERRY PROTEIN PANCAKES**

VIVID **AÇAÍ BOWL**

shareables

CARING **LOADED NACHOS**
no soyrito, sub mushroom carnitas

ECLECTIC **BUFFALO CAULIFLOWER**
no ranch dressing, sub cashew ricotta or nacho cheese

EXQUISITE **COCONUT CALAMARI**
no spicy cocktail sauce, sub coconut mint chutney or nacho cheese

SEEN **DOUBLEBATCH CHEESE BOARD**
no tamari almonds

THRIVING **SOUP OF THE DAY**
check book of knowledge

salads

ACTIVATED **SUPERFOOD SALAD**
no tamari ginger dressing, sub lemon thyme vinaigrette
no tamari almonds

BALANCED **SNAP PEA + HERBY GREEN GODDESS SALAD**
no herby green goddess dressing, sub lemon thyme vinaigrette

CLEANSER **SUPERFOOD GREEK SALAD**
no marinated pumfu

DAZZLING **LITTLE GEM CAESAR**
no shiitake bacon

PURE **ASIAN SHAVED KALE**
no tamari almonds

WISE **GREEN PAPAYA + KELP NOODLE SALAD**

pizzas

GIVING **MARGHERITA**

GIVING **TRUFFLED MUSHROOM PIZZA BIANCA**

GIVING **VEGGIE SUPREME**
no ranch dressing

HEALTHY **MEDITERRANEAN PUTTANESCA PIZZA**

sandwiches + wraps

ENTHUSIASTIC **'CHIK'N-FRIED' MUSHROOM**
no ranch, sub cashew ricotta or nacho cheese
no brioche bun, sub gf bun

ENERGETIC **BLACK BEAN BURGER**
no gratitude special sauce, sub cashew nacho cheese
no brioche bun, sub gf bun, whole wheat wrap or focaccia

ORIGINAL **SF MISSION BURRITO**

bowls + mains

FORTIFIED **SAUTÉED VEGETABLE BOWL**

GRATEFUL **GRATITUDE COMMUNITY BOWL**

LOVING **FORBIDDEN RICE BOWL**
no maple sesame dressing

MINDFUL **MEDITERRANEAN PROTEIN BOWL**
no blackened tempeh

MUCHO **MEXICAN BOWL**

SAGE **PUMPKIN PASTA BAKE**

VIVID **AÇAÍ BOWL**

kids

ADORABLE **ALMOND BUTTER BANANA WRAP**

CHEESY **MAC & CHEESE**

CUTE **BLUEBERRY PANCAKE**

FUN **MARINARA PASTA**

JOLLY **CHEESE PIZZA**

PLAYFUL **BEAN + CHEESE QUESADILLA**

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ALLERGY MENU : GLUTEN



THIS MENU CONTAINS OPTIONS AND SUBSTITUTES THAT DO NOT CONTAIN GLUTEN OR CAN BE MODIFIED TO REMOVE GLUTEN, BUT CONTAIN INGREDIENTS SHARED ON EQUIPMENT CROSS-CONTAMINATED WITH GLUTEN

breakfast

BONITA BREAKFAST TACO PLATE

GROUNDED SMASHED RED POTATOES

HEARTY TOFU SCRAMBLE

no sesame levain, sub gf country loaf

HOSPITABLE SAVORY 'CHIK'N' + WAFFLES

HOSPITABLE SWEET BELGIAN OAT WAFFLES + BERRIES

PEACEFUL SMASHED AVOCADO TOAST

no sesame levain, sub gf country loaf

STRONG BLUEBERRY PROTEIN PANCAKES

VIVID AÇAÍ BOWL

WORTHY PESTO VEGETABLE OMELETTE

no sesame levain, sub gf country loaf

shareables

CARING LOADED NACHOS

ECLECTIC BUFFALO CAULIFLOWER

EXQUISITE COCONUT CALAMARI

NEXT-LEVEL WATERMELON POKE

SEEN DOUBLEBATCH CHEESE BOARD

no focaccia crostini, sub gf country loaf

THRIVING SOUP OF THE DAY

check book of knowledge

salads

ACTIVATED SUPERFOOD SALAD

BALANCED SNAP PEA + HERBY GREEN GODDESS SALAD

CLEANSED SUPERFOOD GREEK SALAD

DAZZLING LITTLE GEM CAESAR

no croutons

PURE ASIAN SHAVED KALE

WISE GREEN PAPAYA + KELP NOODLE SALAD

pizzas

GIVING MARGHERITA, HAWAIIAN & TRUFFLED MUSHROOM BIANCA
sub gf pizza crust

GIVING VEGGIE SUPREME

no garlic levain crumb / sub gf pizza crust

HEALTHY MEDITERRANEAN PUTTANESCA PIZZA

sandwiches + wraps

ENTHUSIASTIC 'CHIK'N-FRIED' MUSHROOM

no brioche bun, sub gf buckwheat bun

ENERGETIC DOUBLE DOUBLE CHEESEBURGER

no brioche bun, sub gf bun

bowls + mains

BEAMING BUTTERNUT BOLOGNESE PASTA

no cresta di gallo, sub gf quinoa shells / no garlic levain crumb

FORTIFIED SAUTÉED VEGETABLE BOWL

GRATEFUL GRATITUDE COMMUNITY BOWL

HUMBLE INDIAN CURRY BOWL

INNOVATIVE AMBA TOFU + JEWELLED QUINOA TABBOULEH

KANSHA JAPANESE SMOKED TOFU

LOVING FORBIDDEN RICE BOWL

MINDFUL MEDITERRANEAN PROTEIN BOWL

MUCHO MEXICAN BOWL

SAGE PUMPKIN PASTA BAKE

WELL ADAPTOGENIC PROTEIN BOWL

kids

CHEESY MAC & CHEESE

sub gluten-free pasta shells

CUTE BLUEBERRY PANCAKE

FUN MARINARA PASTA

sub gluten-free pasta shells

PLEASE NOTIFY US OF ANY FOOD AND/OR NUT ALLERGIES / SCAN FOR A FULL LIST OF OUR INGREDIENTS >

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ALLERGY MENU:

TREE NUTS



THIS MENU CONTAINS OPTIONS AND SUBSTITUTES THAT DO NOT CONTAIN TREE NUTS OR CAN BE MODIFIED TO REMOVE TREE NUTS, BUT CONTAIN INGREDIENTS SHARED ON EQUIPMENT CROSS-CONTAMINATED WITH TREE NUTS

NOTE: THIS MENU DOES NOT INCLUDE COCONUT AS A TREE NUT; IF YOU HAVE A COCONUT ALLERGY, PLEASE REFER TO THE COMPLETE BOOK OF KNOWLEDGE.

breakfast

GROUND **SMASHED RED POTATOES**
no cashew nacho cheese

HEARTY **TOFU SCRAMBLE**

PEACEFUL **SMASHED AVOCADO TOAST**

STRONG **BLUEBERRY PROTEIN PANCAKES**
no almond ricotta

WORTHY **PESTO VEGETABLE OMELETTE**
no brazil nut parmesan

shareables

EXQUISITE **COCONUT CALAMARI**
no spicy cocktail sauce

NEXT-LEVEL **WATERMELON POKE**

THRIVING **SOUP OF THE DAY**
check book of knowledge

salads

ACTIVATED **SUPERFOOD SALAD**
no tamari almonds

BALANCED **SNAP PEA + HERBY GREEN GODDESS SALAD**
no toasted pistachios

CLEANS **SUPERFOOD GREEK SALAD**

PURE **ASIAN SHAVED KALE**
no tamari almonds

WISE **GREEN PAPAYA + KELP NOODLE SALAD**

pizzas

GIVING **MARGHERITA, HAWAIIAN, VEGGIE SUPREME**
no almond burrata / no brazil nut parmesan

HEALTHY **MEDITERRANEAN PUTTANESCA PIZZA**

sandwiches + wraps

FUERTE **GRATITUDE CRUNCHWRAP**
no cashew nacho cheese / no cashew ricotta

ENERGETIC **DOUBLE DOUBLE CHEESEBURGER**

bowls + mains

FORTIFIED **SAUTÉED VEGETABLE BOWL**

GRATEFUL **GRATITUDE COMMUNITY BOWL**

HUMBLE **INDIAN CURRY BOWL**

INNOVATIVE **AMBA TOFU + JEWELLED QUINOA TABBOULEH**

KANSHA **JAPANESE SMOKED TOFU**

LOVING **FORBIDDEN RICE BOWL**

MUCHO **MEXICAN BOWL**
no cashew nacho cheese

SAGE **PUMPKIN PASTA BAKE**

WELL **ADAPTOGENIC PROTEIN BOWL**

WHOLE **MACROBIOTIC BOWL**
no tamari almonds

kids

CUTE **BLUEBERRY PANCAKE**

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

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