



goodlifecafe

get the good life



Columbia's Original Vegan, Health-Oriented Restaurant.

SHAREABLES



Nachos ^{gf cs} corn tortilla or flax chips topped with jalapeno queso, beans, topped with fresh guacamole, mixed greens, salsa, and cashew sour cream, **13**

Spring Rolls ^{gf cs cn} rice paper wraps stuffed with kelp noodles, fresh lettuce, cucumbers, carrots, red cabbage, red peppers, avocado, and mango served with our house-made Asian dressing and sweet and sour dressings, **10**

Avocado Toast choice of sourdough or 7 grain bread with freshly smashed avocados, hint of orange, assorted spices, diced tomatoes, locally grown hydroponic microgreens, **9**

Sushi Rolls ^{cs} nori wrap stuffed with baked tempeh, fresh cucumber, avocado, carrots, cream cheese, topped with house-made spicy mayo, **9**

Buffalo Cauliflower Bites a customer favorite! tossed in buffalo sauce, served with house-made ranch dressing and celery, **9**

Chili Cheese Fries freshly sliced potato fries topped with our house-made chili and vegan jalapeno queso, **9**

French Fry Plate freshly chopped russet potatoes fried to order and seasoned to perfection, **5**

Dip Trio ^{gf cs} house-made guacamole, salsa, and queso, served with your choice of corn tortilla chips or flax crackers, **14**

SPECIALTY DISHES



Comes with a choice of one side Available 11 AM - close | Saturday after 2 PM

Eggplant Parmesan Burger ^{cs} fried, served with house-made marinara sauce and vegan cheese, on a whole wheat bun **14**

Mushroom Nori ^{gf cs} nori wrap stuffed with marinated portobello mushrooms, cauliflower rice, our famous kale salad, carrots, avocado, red cabbage, and served with Asian dressing, **13**

Basil Pesto Pasta ^{cn} choice of regular or gluten-free pasta tossed in fresh pesto, seasonal peppers, spinach, zucchini, onions, sun dried tomatoes, **14**

Stuffed Portobello Mushroom ^{gf cs cn} marinated portobello mushroom stuffed with house-made pesto, topped with cashew cream cheese and parmesan, **13**

Buffalo Cauliflower Quesadilla ^{cs} buffalo cauliflower with celery, onions, vegan cheese, and our famous ranch sauce on a spinach tortilla **14**

Sweet Potato Burger ^{cs} mix of beans, sweet potatoes, grains, and spices cooked to perfection in a grilled whole wheat bun with lettuce, tomato, and spicy mayo, **14**

Spinach & Artichoke Quesadilla ^{gf cs} sauteed spinach, cream cheese, artichoke hearts in a crispy brown rice tortilla, served with salsa, **12**

Tacos ^{gf cs cn} three sunflower seed meat tacos served on crispy flax shells and topped with fresh guacamole, salsa, lettuce, cashew nacho cheese and vegan sour cream, **14**

Raw Manicotti ^{gf cn} cashews and spices blended to create a creamy cheese; wrapped in sliced zucchini, topped with raw marinara sauce, cashew cream and parmesan cheese, **14**

Good Life Hot Dog ^{cs} vegan protein, topped with chili, coleslaw, and sauerkraut, served in a warm bun, **13**

SANDWICHES & WRAPS

Comes with a choice of one side

Eggplant Bacon ^{cn} our famous thinly sliced eggplant bacon with fresh lettuce, tomato, cucumber, guacamole, and cashew mayo on your choice of flax wrap, spinach wrap, sourdough bread, or 7 grain bread, **15**

Grilled Portobello Wrap ^{gf cs} grilled portobello mushrooms, red peppers, spinach, vegan cheese, and spicy mayo in a grilled, gluten-free wrap, **11**

Grilled Reuben Wrap ^{gf cs} marinated, grilled tempeh with melted vegan cheese, spicy mayo, and sauerkraut in a grilled, gluten-free wrap, **11**

Burrito ^{gf cs cn} sunflower seed taco meat with fresh guacamole, salsa, lettuce, cashew nacho cheese, and sour cream, served in a flax seed wrap, **14**

Mediterranean ^{cn} zesty pesto and tomato sauce with fresh lettuce, tomato, cucumber, olives, and basil vinaigrette, with your choice of flax wrap, spinach wrap, sourdough bread, or 7 grain bread, **15**

Buffalo Tofu ^{cs} hand-battered, tofu tossed in buffalo sauce with lettuce, tomato, and our famous ranch dressing on a toasted bun, **12**

DIETARY RESTRICTIONS

^{gf} Gluten-Free | ^{cs} Contains Soy | ^{cn} Contains Nuts

Brown Rice *gf*

Chef's Choice of Beans *gf*

Macaroni and Cheese *cs*

Fresh Fruit *gf*

Kale Salad *gf cs*

Roasted Sweet Potatoes *gf*

Hand-Cut Fries

Quinoa *gf*

Vegetable of the day

SALAD BOWLS

Burrito Bowl *gf cs cn*

rice and beans and topped with lettuce, fresh guacamole, salsa, vegan nacho cheese, and cashew sour cream, **13**

Goodlife Salad *gf cn* mixed

greens, local vegetables, freshly baked croutons, microgreens, with a red wine vinaigrette, **13**

Harmony Bowl *gf cs* quinoa

and beans topped with a hearty serving of kale salad, ginger tahini dressing, and vegan parmesan cheese, **13**

Quinoa Cauliflower *gf cn*

quinoa, roasted cauliflower, red peppers, mushrooms, and walnuts, served with lemon vinaigrette, **14**

Asian Noodle Salad *gf cs cn*

sweet potato noodles, zucchini noodles, and kelp noodles tossed in spring mix with fresh vegetables, shredded coconut, mango, and candied cashews, served with house-made Asian dressing, **14**

Seasonal Bowl chef's choice

of vegan specialty proteins and local vegetables, **14**

Buffalo Tofu Salad *cs*

tofu tossed in buffalo sauce, with mixed greens, cucumbers, and tomatoes, served with ranch dressing, **13**

Kale Salad *gf cs* fresh kale

with carrots and red cabbage, served with ginger tahini dressing, **11**



SMOOTHIES

Bursting with fresh fruit and vegetables, it's pure healthiness to energize your day! Switch to house-made almond milk | additional \$1

Super Green *gf cn*

pineapple, mango, kale, spinach, raw agave, and oat milk, **10**

Maca Power *gf cn*

banana, maca powder, hemp protein, spirulina, raw agave, and oat milk, **10**

Chocolate *gf cn* Banana

banana, cacao, almond butter, raw agave, and oat milk, **10**

Strawberry Shortcake *gf cn*

strawberries, banana, almond butter, dates, raw agave, and oat milk, **10**

Tropical *gf cn*

pineapple, banana, mango, dates, raw agave, and oat milk, **10**

SMOOTHIE BOWLS

Power Plus *gf cn*

strawberries, kale, almond butter, acai powder, hemp protein, bananas blended with home-made oat milk, topped with granola, pumpkin seeds, chia seeds, and fresh fruit, **12**

Blue Majik *gf*

pineapple, mango, raw agave, blue majik blended with house-made oat milk and topped with granola, shredded coconut, chia seeds, and fresh fruit, **12**

Acai Power *gf cn*

bananas, cacao powder, acai powder, almond butter, dates, and a dash of pure maple syrup blended with house-made oat milk and topped with granola, shredded coconut, chia seeds, almond butter, and fresh fruit, **12**

Nitro Energy *gf cn*

bananas, dates, almond butter, raw cacao, charcoal powder, and locally brewed nitro coffee blended and topped with granola, shredded coconut, chia seeds and fresh fruit, **12**



SOUP & SALAD

Warm Chili *gf*

beans, corn, tomatoes, seasoned to perfection

Bowl | **8** Cup | **5**

Add grilled cheese | +7

Pick two | **12**

Chili

Chef's Soup

House Salad

Kale Salad

Grilled Cheese

Seasonal Soup

Chef's Choice

DESSERTS

Homemade Ice Cream

made from scratch with a coconut cream base, flavors vary by the week **One Scoop** | **4** **Two Scoops** | **7**

Milkshakes coconut ice cream whipped into a fresh milkshake and topped with coconut whip cream, flavors vary by the week **9**

Baked Goods variety of baked vegan desserts, ask your server about our fresh, locally-made desserts

BREAKFAST & BRUNCH

Monday - Friday, 7-11 AM | All Items served with fresh fruit

Almond Butter Bacon Toast ^{cn}

almond butter, eggplant bacon, and bananas on sliced toast sprinkled with cinnamon and sugar, **9**

Avocado Toast choice of sourdough or 7 grain bread with freshly smashed avocados, hint of orange, assorted spices, diced tomatoes, locally grown hydroponic microgreens, **9**

Steel Cut Organic Oatmeal

Choose up to 4 toppings: agave nectar, almond butter, chia seeds, chocolate chips, fresh fruit, granola, chopped walnuts, or pumpkin seeds, **8** additional toppings **2** each

Muffin + Fresh Fruit ^{cs cn} **8**

Your choice of freshly made muffin, served with fresh fruit.

Biscuit & Gravy ^{cs cn}

biscuit, and gravy, **8**

Sausage Biscuit & Gravy ^{cs cn}

two organic sausages, biscuits and gravy, Adluh grits, **15**

Vegan Waffles or Pancakes ^{cs cn}

warm and fluffy waffles with maple syrup, powdered sugar, and your choice of topping: blueberries, strawberries, bananas, or chocolate chips, **10** additional toppings **2** each

Kids Waffle or Pancake ^{cs cn}

choice of 1 waffle or 1 panckae, **7**

Only Available Saturday & Sunday 9 AM- 2 PM

Scramble Platter ^{cs}

tofu scramble, warm biscuit and gravy, served with Adluh grits, **14**

Breakfast Burrito ^{cs cn}

tofu scrambler, hash browns, spinach, salsa, and cheese rolled up in a spinach tortilla **13**

Breakfast Bowl ^{cs cn}

tofu scrambler with local Adluh grits, tempeh sausage and gravy, with hashbrowns, **14**

BEVERAGES

Iced Nitro Coffee, **6**

Organic Local Coffee, **4**

Organic Herbal Tea, **4**

Cold Pressed Juices, **8**

Iced Coffee, **4**

Kombucha, **6**

Juice Flight, **9**

Boylan's Soda, **3**

Kangen Water, **2**

BRUNCH SIDES | 4

Eggplant Bacon

Tofu Scramble

Hash Browns

Vegan Sausage

Adluh Grits

Fresh Fruit

We at **Good Life** strive to incorporate the **freshest local organic ingredients** possible to prepare our original in-house designed recipes.

Due to the high food cost, our premium ingredients and labor involved in our unique creations we do not offer refunds or exchanges based on taste preferences.

Allergen warning: This facility uses tree nuts, soy, and gluten but is peanut and dairy free. We strive to maintain a very clean and safe environment to prevent cross-contamination but cannot guarantee that any menu item can be completely free of allergens. Allergen codes are listed on the menu.

GF= gluten free **CN=** contains nuts **CS=** contains soy

Please take a moment to read our menu descriptions and ask our staff any additional questions you may have before ordering.