



# goodlifecafe

get the good life



Columbia's Original Vegan, Health-Oriented Restaurant.



goodlifecaferaw

# SHAREABLES



**Nachos** <sup>gf cs</sup> corn tortilla or flax chips topped with jalapeno queso, beans, topped with fresh guacamole, mixed greens, salsa, and cashew sour cream, **13**

**Spring Rolls** <sup>gf cs cn</sup> 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** <sup>cs</sup> 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** <sup>gf cs</sup> 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** <sup>cs</sup> fried, served with house-made marinara sauce and vegan cheese, on a whole wheat bun **14**

**Mushroom Nori** <sup>gf cs</sup> 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** <sup>cn</sup> choice of regular or gluten-free pasta tossed in fresh pesto, seasonal peppers, spinach, zucchini, onions, sun dried tomatoes, **14**

**Stuffed Portobello Mushroom** <sup>gf cs cn</sup> marinated portobello mushroom stuffed with house-made pesto, topped with cashew cream cheese and parmesan, **13**

**Buffalo Cauliflower Quesadilla** <sup>cs</sup> buffalo cauliflower with celery, onions, vegan cheese, and our famous ranch sauce on a spinach tortilla **14**

**Sweet Potato Burger** <sup>cs</sup> 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** <sup>gf cs</sup> sauteed spinach, cream cheese, artichoke hearts in a crispy brown rice tortilla, served with salsa, **12**

**Tacos** <sup>gf cs cn</sup> 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** <sup>gf cn</sup> 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** <sup>cs</sup> 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** <sup>cn</sup> 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** <sup>gf cs</sup> grilled portobello mushrooms, red peppers, spinach, vegan cheese, and spicy mayo in a grilled, gluten-free wrap, **11**

**Grilled Reuben Wrap** <sup>gf cs</sup> marinated, grilled tempeh with melted vegan cheese, spicy mayo, and sauerkraut in a grilled, gluten-free wrap, **11**

**Burrito** <sup>gf cs cn</sup> sunflower seed taco meat with fresh guacamole, salsa, lettuce, cashew nacho cheese, and sour cream, served in a flax seed wrap, **14**

**Mediterranean** <sup>cn</sup> 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** <sup>cs</sup> hand-battered, tofu tossed in buffalo sauce with lettuce, tomato, and our famous ranch dressing on a toasted bun, **12**

## DIETARY RESTRICTIONS

<sup>gf</sup> Gluten-Free | <sup>cs</sup> Contains Soy | <sup>cn</sup> 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 Banana *gf cn*

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 <sup>cn</sup>

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 <sup>cs cn</sup> **8**

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

## Biscuit & Gravy <sup>cs cn</sup>

biscuit, and gravy, **8**

## Sausage Biscuit & Gravy <sup>cs cn</sup>

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

## Vegan Waffles or Pancakes <sup>cs cn</sup>

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 <sup>cs cn</sup>

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

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## Only Available Saturday & Sunday 9 AM- 2 PM

### Scramble Platter <sup>cs</sup>

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

### Breakfast Burrito <sup>cs cn</sup>

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

### Breakfast Bowl <sup>cs cn</sup>

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.