



starters, salads & raw noodle bar

GF=Gluten-Free CN=Contains Nuts CS=Contains Soy *Customer Favorite
All of our items are fresh-made per order. If you are in a hurry, please notify your server.

STARTERS

Guacamole (GF)

avocado, cilantro, lime juice, onion, garlic
served with flax crackers \$7.95

Spring Rolls (GF/CS)

kelp noodles, avocado, carrots, lettuce or spinach,
mango, red pepper, herbs, cucumber
rolled in a rice paper wrap
served with 2 dipping sauces (rice paper not raw) \$8.50

Spicy Spinach Avocado Dip (GF)

spinach, avocado, red pepper, curry
served with flax crackers \$9.50

Cajun Stuffed Portobello (GF/CN/CS)

portobello mushroom stuffed with walnut sausage
served on a bed of greens
drizzled with sweet mustard sauce \$7.95

Trio Plate (GF/CN/CS)

cashew hummus, pimento-less cheese and pesto
served with house flax crackers \$12.95

Queso (GF/CN/CS)

cashews, lemon, tomatoes and spices
served with flax crackers \$8.50

SALADS

* Our Famous Kale Salad (GF/CS)

our famous kale salad with carrot, cabbage
and our signature dressing \$6.95 (small) \$9.95 (large)

* Taco Salad (GF/CN/CS)

cashew nacho cheese, salsa, cashew sour cream,
nut meat, guacamole on a bed of lettuce and fresh
vegetables, served with corn chips \$12.95

Caesar Salad (GF/CN)

kale, romaine lettuce, Parmesan nut cheese, house
made Caesar dressing \$11.95

* Asian Noodle Salad (GF/CN/CS)

kelp noodles and zucchini noodles with red pepper,
candied cashews, jicama and mango
served on a bed of greens with Asian dressing \$12.95

* Good Life Cafe Salad (GF/CS)

assortment of fresh vegetables with choice of dressing:
basil vinaigrette, Thai no-peanut, tahini-ginger, ranch,
blue cheese \$11.95

Spinach-Pear Salad (GF/CN)

spinach, carrots, pears, apples and candied walnuts
with a lemon basil dressing \$11.95

Garden Salad (GF/CN/CS)

spring mix, carrots, tomatoes, red cabbage
with dressing of your choice:
basil vinaigrette, Thai no-peanut, tahini-ginger, ranch,
blue cheese \$7.95

Fruit Salad (GF)

assorted fresh seasonal, available fruit
\$4 (side) \$7.95 (medium) \$10.95 (large)

* BLT Salad (GF/CN)

crispy eggplant bacon, lettuce, tomato, house blue
cheese dressing \$11.95

RAW NOODLE BAR

*The colorful array of spiralized noodles and sauces
come together in a wonderful symphony of flavor and
beauty! Served with 2 sides.*

* Noodles and Sauces (GF/CN/CS)

Select your noodles:
zucchini, sweet potato, daikon radish, kelp or mixed
noodles (all GF)

Select your sauce:
pesto, mushroom stroganoff, pad Thai, marinara
\$12.95

BEVERAGES

Cold-press Juices

100% fresh fruits and vegetables juiced on site
\$7.95

Organic Coffee \$3

coconut cream and coconut palm sugar on request

Organic Herbal Tea \$2.75

Coconut Water \$7

Iced Coffee \$5

organic coffee concentrate, almond milk, maple syrup

Natural Organic Sodas \$3.25

Kombucha (small) \$4.50 (large) \$6.50

cooked items, wraps & sandwiches

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Please Note: Cooked items are not available until 11:30 a.m. Wraps and sandwiches include 2 raw sides: kale salad, fresh fruit or side of the day.

COOKED ITEMS

* **Veggie Burger of the Day (GF/CS)**
beans, vegetables, grains, spices, served on a grilled bun
with 1 side \$10.95

* **4-Vegetable Plate (GF)**
4 fresh vegetables of the day \$8.95

* **Grilled Reuben Wrap (GF/CS)**
marinated tempeh, sauerkraut, melted cheese and
special house-made spicy mayo in a grilled wrap,
with fruit \$9.95

* **Burrito Bowl (GF/CN)**
rice, beans, mixed greens, salsa, guacamole, cashew
sour cream, nacho cheese, corn salad \$11.95

* **Harmony Bowl (GF/CN/CS)**
beans, grains, kale salad, with our house-made tahini
ginger dressing \$11.95

Sushi Roll (GF/CS)
avocado, baked tofu, cucumber, vegan cream cheese,
carrots, with our house Teriyaki and spicy mayo \$6

Grilled Portobello Wrap (GF/CN/CS)
grilled portobello mushroom, roasted red peppers and
cheese in a gluten-free wrap, with fruit \$9.95

Bean & Sweet Potato Burrito (GF on Request)
beans, sweet potatoes, quinoa, cheese, lettuce, salsa,
with fruit \$10.95 add tofu \$2 add tempeh \$2

Rice & Bean Burrito (CN)
rice, beans, lettuce, cheese, salsa, with fruit \$10.95

* **Thai Tater Tots (GF/CS/CN)**
house tater tots with our spicy mayo chili sauce \$8.95

Noodle Bowl of the Day (GF/CS/CN)
beans, noodles, house-made sauce, tofu, veggies on a
bed of greens \$11.95

Tofu Wrap (GF)
BBQ tofu, lettuce, Vegemaise, cheese, with fruit \$10.95

WRAPS & SANDWICHES

* **Eggplant Bacon Wrap (GF/CN)**
crispy eggplant bacon, cucumber, cashew mayo,
guacamole, lettuce and tomato
served in a flax wrap \$10.95 (half) \$13.95 (whole)

Hummus Wrap (GF/CN/CS)
house-made cashew-based hummus with lettuce,
tomato, cucumber and basil vinaigrette
served in our flax wrap \$10.95 (half) \$13.95 (whole)

* **Burrito (GF/CN/CS)**
walnut meat, salsa, lettuce, cashew sour cream,
guacamole served in our flax wrap \$12.95

Pimento-less Wrap (GF/CN)
pimento-less cheese (cashews, spices, lemon juice, and
hot 4-pepper sauce) served in our flax wrap
\$10.95 (half) \$13.95 (whole)

Nori Wrap (GF/CN)
nori stuffed with pimento-less cheese, lettuce,
cucumber, avocado and carrot
served with our special sauce and kale salad \$11.75

* **Mushroom Nori Wrap (GF/CN/CS)**
marinated mushrooms, kale, cauliflower rice, avocado,
red pepper, pickled cabbage with house sauce \$11.75

Hummus Sandwich (GF/CS)
our cashew-based hummus on our onion bread with
lettuce, tomato, cucumber and basil vinaigrette \$12.95

Pimento-less Sandwich (GF/CN)
our signature pimento-less cheese served on our onion
bread with lettuce, tomato and cashew mayo \$12.95

* **Almond Butter Bacon Sandwich (GF/CN)**
almond butter, banana, crispy eggplant "bacon"
served on our sweet bread \$10.95

Mediterranean Wrap (GF/CN)
pesto, tapenade and lettuce with basil dressing
in a flax wrap \$10.95 (half) \$13.95 (whole)

Veggie Sandwich (GF/CN)
cucumber, carrot, tomato, cashew mayo, lettuce and
avocado on our onion bread \$10.95
(add \$3 for eggplant bacon)

CAUTION: Many of our items include nuts. A few entrees, sauces and dressings contain soy. Notify your server of any allergies. We encourage first-time guests to ask for recommendations from our staff. Whenever possible, we'll gladly let you sample a dish.

raw entrees, acai bowls & smoothies

Raw Entrees are served with 2 raw sides (kale, fruit or raw side of the day).



RAW ENTREES

- * **Tacos (GF/CN/CS)**
cashew nacho cheese, salsa, cashew sour cream, lettuce,
walnut meat, guacamole
served on flax taco shells \$10.95 (2) \$13.95 (3)
- * **Sample Plate (GF/CN)**
choice of 3 entrees, wraps, sandwiches or noodles
and choice of 3 sides \$19.95
- * **Manicotti (GF/CN)**
layers of zucchini stuffed with cashew cheese,
topped with marinara sauce \$11.95
- * **Flatbread Pizza (GF/CN/CS)**
spread of the day, chopped vegetables, olives,
mushrooms, and our signature marinara sauce \$10.95
- * **Lasagna (GF/CN)**
layers of zucchini noodles, cashew cheese and pesto
topped with our signature marinara sauce \$15.95
- * **Portobello Steak (GF/CN/CS)**
portobello steak marinated and dehydrated, stuffed
with pesto, pimento-less cheese or hummus \$11.95
- * **4-Side Plate**
kale salad, fruit salad and two sides of the day \$11.95

ACAI BOWLS

Add \$1.00 for each of these add-ins: nuts, goji berries,
hemp seeds, mulberries, chia seeds, pumpkin seeds

- * **Power Plus**
kale, hemp protein, almond butter, acai powder,
almond milk, bananas, strawberries
Toppings: granola, fresh raspberries, pumpkin seeds,
chia seeds \$8.95
- Tropical Paradise**
acai powder, orange juice, banana, mango, spinach,
dates
Toppings: granola, coconut, pineapple, cacao \$8.95
- * **The Mojave (Hydrate Me)**
acai powder, orange juice, blueberries, dates, cinnamon
Toppings: coconut, chia seeds, strawberries, agave
nectar \$8.95
- Recover Me**
acai powder, almond butter, bananas, dates, almond
milk, maple syrup, cacao powder
Toppings: granola, coconut, chia seeds, bananas,
almond butter \$8.95

SMOOTHIES

- * **Super Green**
pineapple, kale, mango, almond milk, maple syrup or
agave nectar, spinach \$8.95
- * **Power**
banana, maca, hemp protein, almond milk, maple syrup
or agave nectar, spirulina \$8.95
- Joint Power**
banana, maca, hemp protein, spirulina, almond milk,
maple syrup or agave nectar, turmeric \$10.95
- * **Funky Monkey**
banana, chocolate, almond butter, dates, maple syrup
or agave nectar, almond milk, vanilla \$9.95
- Strawberry Shortcake**
strawberry, banana, almond butter, vanilla, almond
milk, maple syrup or agave nectar, dates \$8.95
- Tropical**
pineapple, banana, mango, maple syrup or agave
nectar, almond milk, dates, vanilla bean \$8.95
- Create Your Own**
choose any 3 fruits or 2 add-ins:
banana, mango, pineapple, blueberry, strawberry, hemp
protein, pea protein powder, fresh mint leaves, maca
powder, spirulina, Vitamineral Green, chlorella,
vitamin C, dates, almond butter, cashew butter \$9.95

Add \$1.75 for each additional add-in. Coconut water
can replace almond milk for an additional \$5.00.

NOTE: Unless specified, we use maple syrup.

ADDITIONAL ITEMS

- Please Note: Breakfast items not served after 11 a.m.
- * **Almond Butter Bacon Sandwich (GF/CN)**
almond butter, banana, crispy eggplant "bacon"
served on our sweet bread \$9.25 (no sides)
 - * **Parfaits (GF/CN)**
cashew lemon cream yogurt, raspberries, granola \$7
 - Granola Bowl (GF/CN)**
house granola, maple syrup, almond milk, banana
\$7.95
 - Oatmeal Bar (GF/CN)**
choice of toppings: maple syrup, coconut palm sugar,
raisins, walnuts \$6
 - * **Donuts (GF)**
made fresh, and with love \$2.50 each
 - * **Muffins**
may contain nuts, also made from scratch \$3.75
 - * **Waffle with Side of Fruit** \$8

craft beer, wine & signature cocktails

Happy Hour is from 4:00-7:00 PM Monday-Friday (most appetizers \$5).

CRAFT BEER

Allagash White Spice Beer	\$6
Anderson Valley Boont Amber Ale	\$4.50
Bell's Porter	\$5.25
Cellar Door Stillwater Artisanal	\$6
Daura Märzen Lager (GF)	\$6
Doc's Hard Apple Cider	\$6
Dragon's Milk Bourbon Barrel Stout	\$6
Duck Rabbit Amber Ale	\$6
DuClaw Sweet Baby Jesus Chocolate Peanut Butter Porter	\$6
Duvel Belgian Gold Ale	\$6
Founder's Dirty Bastard, a Scotch Style Ale	\$6
Hoppy Young IPA	\$6
Mastiff Oatmeal Stout	\$6
McKenzie's Green Hard Apple Cider	\$6
Midwestern Pale Ale	\$6
New Planet Tread Lightly Ale	\$6
Off Color Brewing's Scurry (Dark Honey Ale)	\$6
River Dog Empire Pilsner	\$3.50
River Rat Hazelnut Brown Ale	\$6
Rodenbach Young Ale (Aged 2 Years)	\$6
Sam Smith's Organic Chocolate Stout	\$6
Southern Barrell	\$5.50
Southern Barrell Brewing's Helles Lager	\$5.50
Torch Pilsner	\$6
Unity Vibration Kombucha Beer	\$6
Victory Golden Monkey (Belgian Tripel Style)	\$6
Victory Storm King Imperial Stout	\$6
Westbrook Gose	\$5.50
Westbrook IPA	\$5.50
Westbrook One Claw Rye	\$5.50

WHITE WINE

	Glass	Bottle
Urban Riesling	\$6	\$23
Heron Chardonnay	\$8	\$32
Black Ridge Chardonnay	\$5	\$20
Il Cantico Pinot Grigio	\$5	\$20
Alverdi Pinot Grigio	\$8	\$32
Pere et Fils Rose	\$6	\$24
Basalti Soave	\$8	\$32
Manta Sauvignon Blanc	\$8	\$32
Sycamore Lane Chardonnay	\$8	\$32
Ziobaffa Pinot Grigio	\$8	\$32
Pamela's Un-oaked Chardonnay	\$8	\$32
Pennywise Sauvignon Blanc	\$8	\$32

RED WINE

	Glass	Bottle
Pacific Redwood Red Blend	\$6	\$24
Pacific Redwood Syrah	\$8	\$32
Pacific Redwood Cabernet	\$8	\$32
Flaco Caberet Sauvignon	\$5	\$20
Leese-Fitch Merlot	\$5	\$20
Black Ridge Pinot Noir	\$8	\$32
Simple Life Pinot Noir	\$8	\$32
Reunion Malbec	\$8	\$32

SIGNATURE COCKTAILS

Sangria	
red or white wine blended with cold-pressed juice	\$6
Spring Spritzer	
Kai Lemongrass Vodka with fresh muddled lime basil, topped off with soda water	\$8
Hibiscus Lemonade	
Absolute Hibiskus Vodka blended with fresh lemons, agave syrup and coconut sugar	\$8
Cucumber Mojito	
white rum with muddled cucumbers, mint and limes, topped off with soda water	\$8
Coconut Iced Coffee	
Kai Coconut Pandan Vodka (GF) mixed with Loveland coffee concentrate and coconut cream	\$8
Pomegranate Sweet Tea Spritzer	
Firefly Sweet Tea Vodka blended with pomegranate liquor, finished with soda water	\$8

COLD-PRESSED JUICE COCKTAILS

\$8 Regular Price / \$5 Happy Hour

Apple-a-Day
Keep the Doc Away & vodka
Feeling Fresh
Spring Cleaning & vodka
The Southern
Red Hot & bourbon
Asian Zinger
Asian Greens & gin
Spicy Southern Gentleman
Light My Fire & bourbon



We book some of the best musical talent in the Midlands every First Thursday, Tap Takeover and Poetry Night. Stay connected on Facebook, Twitter, and Instagram so you don't miss out!

weekend brunch menu

Brunch is served Saturdays from 8:00 a.m.-2:00 p.m. and Sundays from 9:00 a.m.-2:00 p.m.

* Indicates Items Available Gluten Free

BRUNCH ENTREES

* Organic Vegan Waffles \$8

* Organic Vegan Pancakes \$8

add chocolate chips \$2

add banana or strawberry \$2

add banana, strawberry and candied pecans \$3

Organic Tempeh Sausage, Biscuits & Gravy, Creamy Organic Local Grits, Fresh Fruit \$8

* Organic Scramble Platter \$10.95

tofu scramble, biscuit and gravy served with creamy local grits and fresh fruit (biscuit not GF)

* Breakfast Bowl \$12.95

biscuit, grits, tempeh sausage, gravy, tofu scramble and hash browns (biscuit not GF)

Biscuits & Gravy \$8.50

2 house-made biscuits with our signature gravy

* Kids' Organic Pancake or Waffle served with Fresh Fruit \$4.75

(for kids 12 and under)

* Collegiate's Organic Pancake or Waffle served with Fresh Fruit \$7

(please show ID)

À LA CARTE

Organic Biscuit with Butter and Jelly \$3

Organic Vegan Muffin \$3.75

Side of Organic Local Grits \$3

Side of Hash Browns \$4.50

Side of Fresh Fruit \$3

Enjoy a cold-press juice or iced coffee available in our cooler!

1614 Main Street
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www.goodlifecafe.net

Let us cater your next event!

