

Urban Spoon:

- The girl behind the bar was very polite and she recommended "I am creating" which came with a generous portion of chili, rice, veggie salad, chips, guac and salsa. I frequent "The Coup" 2x per week and this was by far the best Vegan/gluten-free meal I've had since changing my diet. The Chili was hearty and perfectly spiced, veggies were great, rice...it's rice, the guac was divine!

- I eat at Gratitude twice a week and as a vegan, know of no other establishment in Calgary that has such good food. The staff is friendly and courteous, and the owner answers all of my questions about a vegan diet. I have attended the cooking class that Gratitude hosts, and it was very informative and intimate. It is nice to go to a restaurant that does not serve any meat/dairy/eggs at all, and as a vegan, it is very refreshing to be able to order anything off of the menu, rather than the one lackluster vegetarian option - which is my experience with every other restaurant in Calgary. I would recommend Gratitude to anyone who is vegetarian, vegan, or just wants a break from hurting animals to get a snack.

- I'm not even religious, but Gratitude Cafe makes me want to thank a high power like that. Great gluten free menu, great drinks, great ambiance. I come here often!

- The food was refreshingly light and flavorful and the service was very friendly and helpful.

- Love this place :) everything is tasty yummy and colorful! Vegan and gluten free everything?! Yes please. I am grateful for gratitude cafe.

- Second time here and I was not disappointed at all. I keep reading reviews on horrible service but I've had nothing but good service and food here. The waitress was very helpful with recommendations. The "I am tasteful" was amazing and the new dessert "I am privileged" was such a good addition to the end of this meal. I do for sure will be coming back.

- We just ate lunch at Gratitude Cafe and loved every second of it. The food was amazing and the service was great too. I highly recommend the curry and French toast! We will definitely be going back sometime soon.

- As a recent vegan, I'm always excited to try new dishes and share them with my non-vegan friends. Despite reading continual bad reviews about the service, I decided to invite my girlfriend for dinner at Gratitude. Since we both have a great sense of humor, and most of the food reviews I read were great, I thought we could weather any poor service with good conversation and good food. I'm sure glad we went. The food was delectable, the service was attentive, and the food arrived quickly, well presented and delicious! I will return to this friendly quaint little restaurant - the menu is varied and I look forward to another tasty culinary experience!

- As a first-time visitor, I was very impressed. Staff was very attentive, always sensitive and polite. I am not vegetarian - it didn't matter, not at all. I had the raw enchilada lettuce cups, which were aromatic, wonderfully textured, with salsa, guacamole, (and more I don't recall,) topped with alfalfa. The soup of the day was also divine. Let nothing hold you back from visiting Gratitude; it's worth it in my books. (no affiliation.). Just good food, good service, wrapped in a comfortable, refined-playful decor. I'd return.

- I'm not a vegetarian, nor do I like that lifestyle (I love meat). But, I've been very surprised by the different dishes they offer, which were both excellent, I've eaten there twice and haven't been disappointed yet! It's a really nice place to sit and relax, the staff have an awesome attitude, one even took my order after she was off work. Definitely will go again! PS: Must try the salsa, amazingly good!

- I have been to the Gratitude Cafe twice, both in the middle of the day when it was not busy. I had a very pleasant experience both times and LOVED LOVED LOVED the grilled cheese sandwich on marble rye with chutney/relish. It was so yummy that I ordered it both times. My Mum came with me the second time and ordered soup and something else (I don't remember). I tried some of hers and it was great too. The food takes

a while to come because they make it from scratch to order. If you cook grilled cheese fast it burns. The service style is a little unconventional and no-frills, casual, but I only received positive vibes from the owner and staff both times.

- Despite all the scathing reviews, Gratitude must be doing something right. Because, we recently tried to eat there on a weekend afternoon, and the place was full. Gratitude is usually our first choice for healthy, vegetarian, gluten-free food. And, it is one of the few restaurants in town where I don't experience a "sulphite reaction" after eating. Only once have we been disappointed with the food -- not because it wasn't well prepared, but because the flavor was unexpected. Yes, the service can be slow, because it seems the food is almost entirely prepared by one person (we assume the owner, because she is always there). Not once have we experienced rude service. The restaurant is quiet enough to have a pleasant conversation. I sincerely hope another reviewer's prediction that this restaurant won't last is incorrect. We'd miss it.

- Fans of vegan/vegetarian cuisine finally have a great alternative to The Coup. This place has no pretense about being the most laid back, no frills restaurant with a fantastic menu. I recommend the soup of the day (always a mish mash, always a hit) and the burrito - you can fill it with what you like. Give it a shot, it's, allergy friendly.

- Finally, a place where I feel rewarded for choosing a healthy, meat-free lifestyle. I was really hungry, ordered the pizza, and was pleasantly surprised when I was handed a list of vegetables, seeds, and other vegan-friendly foods, and instructed to check off all of the toppings I wanted. This was so refreshing, since I'm so used to having to ask for this, that, or the other thing to be removed from whatever I'm ordering in mainstream restaurants while still paying full-price. It was delicious (the crust was fantastic!) and made great leftovers. My sister and I shared a slice of the raw cheezecake (I wanted to try it out of curiosity). Didn't like it much, and I've had better raw desserts other places. I'd definitely go back.

- I had the pleasure of dining at Gratitude Cafe once again, and I have to say I just love this place! There is a feeling of "safeness" when you walk

in the door, and you are able to be YOU! Such an accepting environment where you can do, ask or say what you feel! The food! Oh my...honestly, SOOOOO delicious! You get a healthy portion of amazing healthy food! If you are on a path of healthy living and awareness, you will definitely appreciate the menu! Can't say enough, this place is a gem...and I will be a returning customer for the rest of my life!

- Having done 9 years as a vegetarian before reconversion to the land of meat, I do know a good Vegetarian Dish from a bad one. Today I ate the Curry Calzone, with an assortment of vegetables I chose myself. You hardly need a PhD to check off a few choices, and the lady who runs the place makes it all for you from scratch. Service was prompt and efficient. The food was excellent. I'd go so far as to say if you want a healthy meal in this city you'd have a hard time choosing a better location.

- I thoroughly enjoyed this healthy and inspired restaurant!! I ordered the "I am earthy" meal which is their gluten free French toast. No lie when I tell you it was like a party of deliciousness in my mouth. A blend of coconut and cashews and spices and brown rice. topped with fresh strawberries it was the best thing. I've had in a long while. The service was fantastic with a delightful owner. I loved the cozy atmosphere and inspiring menu selections. Highly recommended. I'm going back for more tomorrow!

- One of my favorite coffee shops! I'm definitely a meat-eater, but am also allergic to milk, so love that I can get vegan "milkshakes" and "cheesecake" here. Also, have taken some younger kids here and found the staff nice + the games lots of fun (cards on most tables, + we've even been able to pull out Twister when it's not a rush time!).

- i love this place! one of my favorite spots in Calgary. try the lettuce wraps with black hummus, quinoa and guacamole, or veggie sushi, or make your own custom pizza. while you're waiting, play a game of snap, or practice hula hooping. if feeling inspired, leave a grateful message on the bathroom wall! i always leave feeling refreshed and pleasantly full.

- I just ate lunch today at the Gratitude Cafe and it was as enjoyable as always. I ordered the chick pea curry, one of my fave dishes. Aside from

appreciating this place as one of the scant vegetarian restaurants in Calgary, I like the real food and the real staff!

- Truly unique. The Gratitude Cafe is not the norm and captivates you in a way that is both charming and satisfying. The food here is excellent. The menu contains a liberal sprinkling of proprietary fare, the inspiration for which I was told was drawn from old family recipes, then freshened up through the owners' creative flair. The decor is modern cafe, but tastefully done. A positive, and in this day in age refreshing, philosophy of gratitude and appreciation for what life offers is expressed by the owners through every aspect of the operation from friendly chat, to the names of the menu items, and the way they are presented to you at your table. The Gratitude Cafe is something special. One of those places that you will not find duplicated anywhere else. Its well worth a visit.

- Calgary is woefully low on vegetarian restaurants so it was refreshing to discover that this great eatery opened in one of my favorite parts of town. The decor is modern, tasteful and spacious (I could have almost imagined myself in a hip bistro in London). It is also ultra, ultra clean. The staff is welcoming, friendly and enthusiastic about the fare. And what food! I was craving carbs so I ordered the lasagna, a mouthwatering dish made with the finest mozzarella (not that plastic, tasteless stuff you buy in the stores). The tomato sauce was not overpowering, having been made from fresh tomatoes rather than concentrate, and the proportions of pasta, tomato, feta and vegetables was perfect and when you hit the pecan nuts, your taste buds literally explode. My husband had the dish of the day, zucchini with bulgar in a walnut sauce with a muffin and fresh fruit. It sounded a little off the wall but it was delicious (I stole some!). A lot of attention is paid to little details in the way the food is presented, and the price was very reasonable. Oh, and they have great coffee! This is definitely going to be one of my favorite haunts.

Google:

- After seeing all these unfortunate reviews, we were prompted to write a review of our own, because we had such a positive experience! A friend and I were on the prowl for a nice sit-down cafe that had board

games, and we stumbled upon Gratitude. The fact that that it happened to be vegan was an unexpected surprise. We ordered the nori avocado and rice roll, the "I am thrilled" sandwich/soup (me) and the lentil burrito burger (my friend), along with the almond milk hot chocolate. The portion sizes were huge and the food was great. The hot chocolate got cold a little too quickly, but then again we were sitting by a window. We loved the idea that there were areas to play board games, and the bathrooms with their graffiti were pretty cool. The owner let us know when they were closing, but was happy to let us stay for dessert (ultimately we were too full). Definitely liked the fun and quirkiness of the menu. With respect to all the comments about the owner, I think we caught her on a good night. I thought she had an outgoing, sarcastic personality, which I appreciate, although my friend said he could see how she could be construed as a bit too blunt and pushy. I'd go back. 5 star rating.

- I'm not a vegetarian, nor do I like that lifestyle (I love meat). But, I've been very surprised by the different dishes they offer, I've eaten there twice and haven't been disappointed yet. It's a really nice place to sit and relax, the staff have an awesome attitude, one even took my order after she was off work. Definitely will go again! 5 star review.

- As someone new to healthy eating, I have been exploring raw food diets, vegetarianism, veganism and just cutting back on red meat. With next to no info on these lifestyles in my back pocket when I first arrived at Gratitude, I was pleasantly surprised! It happened to be a quiet day and I sat at the "bar" and got to interact quite a bit with the owner/operator and the chef. I love their concept and the way they serve me their affirmation dishes. I think I had the "You are beautiful" that day... I forgot that was the name and my waitress - the owner - surprised me when she said it as she sat my plate down in front of me! Crazy how it threw me off to be told I'm beautiful by my waitress... we need more homegrown goodness like this in Calgary! And the raw food Friday menu is spectacularly good! Almost makes me want to give up meat completely! If I could live off their lasagna I think I would. Enjoy the cozy atmosphere and yummy food. And don't forget to put some uplifting graffiti in the bathroom! 5 star review.

- Let me start by saying I don't think the people here are "rude" so

much as informal. They talk to people as if they are your friends, I can see how for that reason, some of the things they say could come off as inappropriate to some people who are looking for Starbucks like customer service protocol, but I don't think they intend to be assholes. That said, I've worked in a fair amount of bars and restaurants in the industry and I would agree that customer retention is probably quite low on their priority list. Their focus is obviously the food, which is good. They offer things outside the box of the regular vegan fair, and I've never had anything that I didn't like there. I'm not vegan, but I have friends that are, and our vegan and non-vegan friends alike all like the food there. To summarize, no, they don't treat you like you're at a fine dining establishment, but they aren't spitting in your food or taking an hour to get it to you either. The food is generally very good, at a reasonable price point, so there's not much to lose by trying the place out and seeing for yourself.

- This is a warm and very pleasant place--good food, good wine, good prices, good people. AND, it doesn't serve meals that come from tortured animals--may there be many more soon in Calgary of which that can be said! The service may sometimes be a little scattered, so if you want everything just-so, best go elsewhere. (Tonight the food came very quickly after we had ordered--with no apparent awareness that that might not be appropriate.) Charming ingenuousness: the server encouraged us to order the wine that happened to be the least expensive on the menu--"it's really good," she said--and she was right. Even when the place is full (as it was tonight on a Saturday) it's relaxed and not too noisy, and you don't feel (as you often do at The Coup) as if you really should leave soon because so many people are waiting. This was my second time going; I recommend the Gratitude Cafe highly. Don LePan

- My wife, daughter, her husband and I had an early dinner. I ordered the sandwich with a small cup of soup and salad. The cost for it all was \$10--extremely reasonable. All four of us found the food tasty. The burrito was super abundant. Our waitress was pleasant and attentive. The food came in about 15-20 minutes. I think part of the speed issue is everything is prepared completely individually. If you are a vegetarian I suggest you check the cafe out for yourself--form your own opinion. It's wonderful to have two vegetarian restaurants in town. Melvin.

Yelp:

- I love the laid-back atmosphere of this restaurant I felt immediately upon entering as our waiter told us to sit wherever we'd like. Being one of two vegan restaurants in Calgary I was very pleased with the choices for food. The actual food itself tasted amazing and was filled with flavorful ingredients. My favorite part of this visit was when our waitress asked me if I'd like cheese with my sandwich. I told her no I'm vegan and she asked me if nutritional yeast was all right. I said yes of course, and in my head I was thinking omg, they know me so well! Can't wait to go back again! But I'll have to wait until my budget will allow it as the food is not cheap. Only because the food is made with the best ingredients though.

- I was excited to come here while visiting Alberta as raw vegan options in cowtown just seem so unlikely! but I was super nervous bringing people as there are so many negative reviews! I really hope reviews from 2009 and 2010 don't keep people from trying this place for the first time or for a second or third :) we arrived to an empty, pre-dinner rush restaurant and were quickly acknowledged. I wasn't expecting the modern and clean design after reading the reviews which made me picture some shabby-chic, disorganized, stressful place. the people I was with weren't sure they wanted to sit down but thankfully I convinced them :) we were told about a raw platter special (\$22) that ended up being perfect (and portioned for the 3 of us!) to share. it came so quick, I don't even remember waiting. it was like we called ahead! super fresh and inspiring with so many complimenting tastes and textures. we enjoyed everything! then we decided to share a delicious raw cheesecake that came with, conveniently, 3 gooseberries as garnish for us to share. and again, even though there were several other tables by this point, our service was so quick and attentive; we figured we had time to enjoy a latte as well. we ended up ordering 2 and they spit them into 3 mugs which was so nice. we felt like we stayed forever but had everything within an hour and 15 minutes (and that's with at least 20 minutes at the end when we were just talking and drinking the most-enjoyable reverse-osmosis water - I don't care that dasani bottles their water here in Alberta! it's still gross to me!) so, yes, we had low expectations and expected to be treated poorly but really, that isn't why we

had such an enjoyable experience. I figure this cafe was started with really great intentions but perhaps had no idea about customer service...at first. but they must have seen all of the reviews and made some changes to ensure that the early "kinks" (which, yes, sound very seinfeld-ian) have been worked out. we were acknowledged quickly and attentively, service was friendly and extremely quick, prices were reasonable and questions were answered with no hesitations.

I really hope that people continue to enjoy this place so that it thrives. I joined yelp so that I could write this review as I search places like this out when I go travelling. raw, vegan and organic foods are very important to me and it's extremely exciting to see them being prepared in Calgary, Alberta! and...I am grateful for this! ^_^

- Fabulous!!!!The servers are 'abrupt' but I wouldn't say rude. Regardless, the food is fabulous; Day 1 I had the hummus bruschetta, the lentil curry soup and the mousse. ALL DIVINE!!!! Especially the Bruschetta! Day 2 I decided to give the Cafe a try again; this time I took a religious meat eater with me; she had a curry and I had the Pizza- I brought the left over Pizza back to work with me which was DEVoured by my coworkers. Meat eaters and non meat / dairy eaters alike all came to the same Consensus... the PIZZA was divine!!!! All of it was DIVINE!!!! Not cheap but there definitely would be a repeat visit!

- I was actually scared to go here last week. I had heard the service was weird and not so great. I am not sure why that is, our server was wonderful, nice and helpfully. I ordered the sandwich, and the toppings I was allow to choose from where amazing. I basically topped it with every thing. It is pricey but you know that going there. I will go there again. I almost walked back in to tell the server that I had a great lunch and she was really helpful. Hopefully they will read it on here.

- I stopped in here yesterday for a pot of tea and I must say, no complaints on service from me whatsoever. As a matter of fact, it's some of the best service I've ever gotten in a cafe. We were greeted quite pleasantly by one of the staff who asked us to sit wherever we liked. When we said we were only here for a drink and not for lunch, she brought over the tea menus and waited for us to make our selections. Each of our teas came with its own pot and she came over about 3 different times while we

were chatting to see if we needed any hot water refills. It was a lovely afternoon! I'm keen to go back now!

- A - List. Recommended. Been twice. I will be back. The first visit is an experience. This place is not set up like any other conforming contemporary restaurant. There is wicker-style seating at the front as well as tables, bench seating and tighter, smaller tables and seating at the back. The space is not cut with clean angles either. You will know what I mean when you visit. The tables have games (snakes and ladders, etc.) and cards for your amusement - a nice diversion from the electronic/technological. The service is interesting and where most of the complaints are originating from. There is a particular hostess who can appear abrupt and sharp at first. If you give it some time you will find she is an interesting person with a dry sense of humor, a unique voice and delivery and some, it is obviously - given the comments, do not get her or don't want to get her. She is still there and she did a fine job on my second visit. The other servers are what you would expect and were awesome. The food is excellent, vegan style, organic, creative, tasty, well presented and delicious. Their cheesecake is like nothing else I have experienced. Be grateful and enjoy. You will likely not find a menu like this in most parts of the city. Wow! comes to mind. If you are looking for the full meal deal (lots of food, high calorie, free refills) this is not the place for you. The prices are not cheap - this is quality food and preparation and very healthy - you still get what you pay for. Of note, the kitchen starts to wind down and put limitations on the menu around or after 8 pm. What else - their wine list is small and I thought expensive by the glass. Overall, be grateful and enjoy.

- This place is excellent! If you don't usually go for the vegetarian options, try the quesadilla or burrito. The soup & sandwich is amazing for lunch, you don't even think about the fact that it's all veggies. So delicious & really filling! It's a bit pricey, but so healthy & surprisingly good

- The portions at the gratitude cafe are huge, which I never expect from a veggie place. This time I got the quesadillas and the server gave me this board with about 25 ingredients. She let me choose exactly how many I want without any limit. So if you are really hungry, you can pack your food full of as many ingredients as you want. You definitely end up getting your moneys worth.

- Very funky, unique atmosphere. Fully vegetarian menu with some vegan, but I don't miss the meat. Cute games on every table, and the staff are great - they even let me pull out Twister when I was there with some kids! Comfortable place to sit, drink coffee and people watch on 10St.

Trip Advisor:

- This restaurant is located in a very cool little area surrounded by shops, bars, and other restaurants. The service and food were both stellar! I had the nachos (which arrived in an old school frying pan) and my partner had the portabella sandwich. Both were "to die for!" I highly recommend this place not only for vegans but people who like great food.

- I'm an ovo-vegetarian visiting from the UK trying to find somewhere to eat that doesn't smother vegetarian food with layers of cheese. This was the perfect place. The best raw sushi I've ever tasted, with the perfect combination of flavors and textures to give an old favorite a new spin. Creative marinades gave our main course of raw stuffed pepper a distinct Asian taste; a welcome change from the standard Mediterranean flavor fare. Our server greeted us warmly and happily turned the music down a touch so my mom and I could chat (as a waitress I know how annoying it is when people ask to turn down the music...but as a customer I appreciate it!). The owner took time for a chat afterwards to share her passion for food and to tell us about starting her own business. Thanks for giving me a first-rate meal to go back home on.

- Thrown off by its inconspicuous curb presence, it took me far too long to give this little vegetarian cafe a try. But, dreaming of San Francisco's Cafe Gratitude, I thought I would see what this Calgary spin had to offer. I was not to be disappointed-- the food was such a well-balanced combination of flavor, texture and color that I've been thinking about it ever since! And they do take-out (a busy/lazy vegetarian's dream come true)! I am looking forward to bringing friends back to try this cafe. It offers a great alternative to the Coup and I hope it comes to enjoy the same notoriety and following amongst veggie-friendly Calgarians.

- We loved it - we wanted vegan food. I get the impression that even non-vegetarians love this place. Healthy food in the heart of Kensington. Fun atmosphere -- games and crafts at every table. Amazing deserts.

- Upon arriving in Calgary I located online restaurants that cater to gluten and raw food diets. This place popped up and upon reading the menu knew I had to go there. I was immediately greeted with the very friendly owner that made me feel welcome right away. I ordered the " I am earthy" meal which is French toast. But not your every day French toast. This was made with rice bread with an intoxicating crust of a coconut/ cashew/ and brown rice. Topped with spices and sliced strawberries. let me tell you THE BEST French toast hands down that I have ever had! It was so amazing I am going back tomorrow for more!!! I would highly recommend this creative and cozy restaurant in a really cute neighborhood. If you want a healthy delicious and inspiring menu.....RUN to Gratitude Cafe!

- We have taken two trips to this little gem of a spot for food for our souls. Lovely! The gluten free pizza is really tasty, and the salads are covered with incredible dressings making them delicious!!

- Only open about three months, this restaurant focuses on offering a wide variety of vegetarian options in a world where vegetarians don't often have many. Their main courses are completely customizable to your tastes. We ordered the thin crust (whole wheat) pizza which serves two, and we were each offered a long list of veggies to choose from - as many as we wanted. And I'm not kidding when I say long - I ordered ingredients on pizza that I don't normally try! We each made different choices, and the pizza arrived half-and-half - perfect! Two companions dropped in a little later to join us for coffee and tea, and they RAVED about the coffee! The menu is whimsically designed and comes with "positive affirmations". Some choices that I remember - burritos, lasagna, salads, chili. They slowly seem to be developing a following in the Kensington area. We hope that enough people find them so that they stay viable! We're not vegetarians, but we were very pleased with what we tried; we certainly appreciated that the food was flavorful, and not bland as so many vegetarian options tend to be. We will definitely be returning!

Happy Cow:

- LOVE this place, it's my go-to place in Calgary for great tasting healthy food. I always leave here feeling amazing! I especially love the lettuce cups and the mushroom burger, and the soup/sandwich combo is another favorite. For dessert the cheesecake and macaroons are the best :) There are also lots of fun games to entertain yourself with until your food is ready. I have always been met with exceptional service :)

- The experience at Gratitude Cafe is contrary to any other dining experience I've ever had. We chose our own seats, which games to play, and everything we wanted on our pizza (which was to die for). While I can see a few of the reviewers here don't appreciate this, you can choose to joke with your server and engage in any sort of experience you'd like. I was served quickly and attentively. The vegan pizza was delightful! When I asked for additional ingredients not on the menu, my server found them in the kitchen and added them. The black hummus rolls were unique and delicious, as well. I suspect anyone seeking a typical dining experience might be a bit confused by the atmosphere at GC but I felt right at home.

- I have visited Gratitude Cafe a few times now, and will defiantly go back! I had a wonderful server who was cheery and outgoing both times, (I think she is the owner). The pizza was amazing; I got to pick all the toppings I wanted from a list of ingredients. The lasagna was delicious as well and the raw food brownie was the best I have ever had! I was able to choose any activity or game I wanted, to occupy my time while I waited for my food. This restaurant is a great new concept that everyone needs to visit. I will make a point to return to Gratitude Cafe next time every time I am in the area.

- I've walked by the Gratitude Cafe too many times while living in Kensington to not have gone in. Last night I decided to change this and treat myself to dinner. Upon entering I was greeted by the casual clean decor and peaceful ambiance. I took a seat at the bar, which has a full view of their beautiful kitchen and put me nice and close to the personable staff. For dinner I had a bowl of the soup de jour, it was a pumpkin base soup,

creamy, yet light, savory and at the same time it had that mild sweetness I expect with all things pumpkin. A symphony of flavor. I also had the curiosity platter, which came with crispy flat bread, fresh naan and three lovely dips; tatziki, hummus and black bean. The tatziki was perfect, the hummus was well balanced with good texture and the black bean mildly bitter, which I felt complemented the hummus well. Also, as I was treating myself I had a lovely vanilla vodka cocktail that came with all the trimming including fresh cranberries and limes. The meals presentation was simple and elegant, I truly enjoyed the pleasant conversation with the staff and the ugly face photo album really made my night. I found the prices refreshingly low, the service great and atmosphere very comfortable. I look forward to my next visit, I think I will have a glass of their vegan wine and slice of that vegetarian lasagna that sounded so yummy. PS: The Gratitude Cafe is ultra kid friendly! (board games, puzzles, wall drawing... awesome)

- Had a great experience at this lovely vegetarian/vegan restaurant! Staff were friendly and knowledgeable, I'm new to vegetarian eating but some of my friends that I went with have been following vegan diets for years and were impressed with the menu. The food was excellent especially the vegan milkshake sooo good! I would recommend this restaurant to others and will be going back many times!

- Gratitude is my new favorite venue for almost every occasion of my life- friendly coffee dates, business/client meetings, a good meal after a workout and the list can go on.

Firstly, the environment is clean and fresh with still a relaxed atmosphere. The menu is unique- combination I would make myself but never make the time.. I am particular with my diet, especially because of my food allergies. Fresh ingredients, great prices and proportional servings for a fair price. The staffs are professional and very friendly. Extremely attentive making sure my glasses are always filled. Ready to answer my questions!

This business idea is fresh and well located. You will see me here at least once or twice a week relaxing with a good book or laughing with loved ones!

- My fiancé and I enjoyed an amazing dinner at Gratitude Cafe a few weeks ago. He had the calzone, I had the pizza both were fantastic tasting and it was great to watch it being made right in front of us (as we were

sitting at the bar). The person cooking our food turned out to be the owner, and we had a great chat with her. She was great to speak with and her honesty and willingness to engage in conversation was refreshing. I find that the vegetarian/vegan/raw world can be highly judgmental and pretentious in a lot of ways, this is not the case here. It's about good for you food that will rock your taste buds!!! The service was friendly and the wine was excellent. We loved it so much that we are going to the raw food Friday this week and we're taking a friend for some vegan brunch in May! We are laid back people and this was a great place for kicking back, enjoying amazing food and soaking in the ambience. We are also super thankful (grateful I should say:) that there is a restaurant that caters to raw foodists...if this Fridays meal is anything like the raw nut banana cream pie she served us, then we're going to be in heaven! Definitely go and enjoy and be healthy and happy!

- I happened upon this little gem while shopping in the area. My meat-and-potatoes friend was even more impressed than I was. The atmosphere is very laid back ("bored" games and other pastimes are abundant)so don't stop in if you're in a hurry. Some of the best vegan food I've had to date and decor is also quite pleasing. I had some minestrone soup which was the best I've ever had. The chili was delicious with the perfect balance of spices. The guacamole and salsa which accompanied the entree were also excellent. It will be my first stop when I'm back in the area!

- This place is one of the best veggie restaurant/cafes I have been to in the world! It is extremely vegan friendly and everything was fresh, delicious and very reasonably priced. The staff are so friendly and chatty. Large wine menu with many vegan and organic options. Decor is really stylish =) There's also more to it than food and drink, you can read books, play games or whatever you like... If you are a veggie in the Calgary area you MUST go here!

- I loved the flexibility offered at this restaurant. There are several options where one can choose from a list of ingredients. They are very accommodating to each person's allergies and diet concerns. The "cheesecake" made from nuts was very tasty. The service was friendly and prompt. We enjoyed the little games left on our (and every other) table.

- After reading reviews of poor service but great food, I took a chance and went with a friend to Gratitude. I figured our combined sense of humor could offset any bad service we received. I'm so glad we went. The service was attentive and prompt, the food was amazing - the taste and presentation was superb - and the atmosphere relaxing. We enjoyed lattes, an eggplant appetizer, a falafel salad, a curry with brown rice dish and ended the meal with a gluten free vegan slice of cake. Left feeling very satisfied and content. The tab was a little pricey but worth it.

Facebook:

- It is impossible to get something as simple as a delicious fresh salad in Calgary - you are the only place that offers really fresh and interesting gluten-free vegetarian cuisine that isn't over sauced, over salted or out of a plastic bag.

- What an amazing vegetarian restaurant. You can have raw, vegan and gluten free! You don't need to be a vegetarian to enjoy. Their pizza is totally indulgent and sinfully good!

- Another delicious lunch at the Gratitude Cafe today! Loved the soup of the day and the salad rolls :)

Other:

- I have been to very few restaurants where the entire menu sounds appetizing! There are incredible options for the vegetarian, vegan, and those who can't eat dairy or gluten. As I personally enjoy dairy, my grilled cheese sandwich was fantastic, although the cheese could have been a little less runny. My salad on the side was ideal, with a homemade balsamic dressing (no nasty bottled dressings here!), and had a variety of veggies in the salad. The vanilla milkshake made with sorbetto and almond milk is my new favorite indulgence. I will be back, without a doubt, as the prices were really reasonable, the atmosphere was pleasant, the servers were friendly, and the food was fresh and tasty!