

Cafe del Soul

Sustenance For Everyone

Posted by [Chyna](#) on Wednesday, August 12, 2015 · [Leave a Comment](#)



photo courtesy of @sasskeland2

Our food is earth-friendly and people-friendly.

We make good food to nourish everyone — whether they be omnivore, vegetarian, dairy-free, or gluten-free — and for any mood.

There are chocolate macaroons for chocolate cravings, smoothies for feeling cool, nachos for serious comfort, soups for the light of appetite. We have kid-sized things for kids (and kids-at-heart) too.

And we make all this while being conscious of our health and the health of the planet. We use antibiotic-free, hormone-free chicken and organic produce — almost every ingredient we use is organic. Our goal is to be 100% organic and 100% GMO-free while still being accessible to as many people as possible.

We are also conscientious in other ways too. Our to-go packaging is 100% compostable, our delivery bikes are people-powered, and our Smart Cars are low-emission.

Our cafes are good-hearted, light-on-the-earth, friendly places for everyone to come and enjoy.

What's Organic and GMO-Free?

Our produce, tofu, nuts, rice, quinoa, spices, all milks, dates, coffees, tortilla chips used in nacho dishes, yogurt, bananas, hummus, sweeteners, and all house-made drinks & snacks.

What's GMO-Free?

Our fruit juices, salad oils & vinegars. Our hormone-free cheese and free-range and hormone-free chicken are in the process of certification.

What's Gluten-Free?

Everything, except the tortillas we use to make our wraps.