menu

acai bowl \$14

Served chilled. Acai, coconut, seasonal fruit, house cashew granola, almond butter

quinoa breakfast bowl* \$15

add chicken or GT smoked salmon \$7, crumbled bacon \$3 Quinoa, sauteed veggies, vegan pesto, poached eggs

sweet potato hash bowl* \$15

add avocado \$3 Diced sweet potatoes, black pepper bacon, apples, red onion, brussels sprouts, two poached eggs

chicken fajita bowl* \$16

add eggs \$3.50 Cilantro lime rice, jalapeno, red onion, red bell pepper, avocado, roasted corn

southwestern bowl* \$15

add eggs \$3.50 Roasted potatoes, chorizo, bell peppers, onions, cheddar

GT fried rice* \$14

add chicken or GT smoked salmon \$7, bacon \$4 Onion fried rice, red cabbage, carrot, squash, sunny egg

chilaquiles* \$16

Chips, tomato basil salsa, cabbage, sunny egg, chicken, pico de gallo, avocado aioli

substitute gluten free toast for \$2.50

garden toast \$14

add eggs \$3.50, GT smoked salmon \$7, bacon \$4, or feta \$2 Mashed avocado, tomatoes, pickled onions, radish on semolina

GT smoked salmon toast \$16

add eggs \$3.50 House cured & smoked salmon, cream cheese, capers, onion, sea salt on semolina

caprese toast \$15

add eggs \$3.50, GT smoked salmon \$7 Apples, tomatoes, fresh mozzarella, balsamic glaze, olive oil, basil, mint on semolina

add chicken, GT smoked salmon or chicken salad \$7

chop chop salad \$15

Cherry tomatoes, cucumber, avocado, egg, sunflower seeds, cheese, bacon, basil vinaigrette

arugula field salad \$14

Arugula, avocado, pickled red onion, grated parmesan, lemon vinaigrette, toasted baguette

rachel from Friends salad \$15

add avocado \$3 Quinoa, feta, cucumber, chickpeas, mint, parsley, red onion, lemon vinaigrette

summer salad \$15

Spinach, strawberries, red onion, avocado, candied pecans, balsamic vinaigrette

chips + dip \$7 hash browns \$5 cup of fresh fruit \$6 yogurt parfait \$8 cup of yogurt \$4 cup of cashew granola \$5 sautéed veggies \$6 grilled portobello \$6 yam bacon \$4 black pepper bacon \$6 cup of chicken salad \$7 breakfast sausage \$6 GT smoked salmon \$7

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sandwiches served with house greens, substitute fresh fruit \$2



B Ripp burrito* \$16 covered in queso \$4 Chorizo, scrambled eggs, hash brown potatoes,

cheese, pickled red onion, pico, avocado with a side of salsa verde

breakfast sammie* \$16

Egg, cheddar, choice of bacon (black pepper or yam), onion jam on baguette

garden table

breakfast burger* \$18

covered in queso \$4 Beef burger (or sub portobello mushroom), cheese, bacon, hash brown, over easy egg, sriracha aioli. Add greens, tomato, and onion for \$1

eggplant sandwich \$14

Breaded and toasted eggplant, feta, black olives, romaine, tomato, italian dressing on a bun

chicken caesar wrap* \$15

buffalo style \$1 Grilled chicken, parmesan, romaine, tomato, house croutons

mediterranean veggie \$14

add eggs \$3.50 Roasted red pepper, grilled zucchini, feta, arugula, basil pesto on baguette

vegan portobello \$14

add melted mozzarella \$2 Marinated and grilled portobello mushrooms, pesto, arugula, on semolina

BLT smash* \$15 add eggs \$3.50 Bacon. mix

add eggs \$3.50 Bacon, mixed greens, tomato, smashed avocado, Sriracha aioli on semolina

chicken salad sandwich \$15

add extra bacon \$4 Homemade chicken salad (bacon, shallot, celery, lemon, mayo) with mixed greens, tomato, avocado on focaccia

substitute gluten free toast for \$2.50

blueberry hotcakes \$14

Blueberry hotcakes, blueberries, powdered sugar, whipped butter, syrup

basic b* \$16 Eggs your way, hash browns, choice of meat, toast or biscuit

garden benedict* \$16 add bacon \$4, GT smoked salmon \$7 Mashed avocado toast, poached eggs, basil hollandaise on semolina

andouille sausage hash* \$15 Russet potato, roasted pepper, onions, poached eggs, cajun hollandaise

 $B\&G^{\star}$ \$15 add bacon \$4 Sausage gravy, house biscuit, sunny egg

vcgan pesto B&C \$14 add eggs \$3.50 Tempe, navy bean gravy, pesto, tomato, jalapeño cornbread

breakfast stack* \$17

Hash browns, cheese, \mbox{GT} smoked salmon, scrambled eggs, smashed avocado, house greens

egg white omelette \$15

Mushrooms, asparagus, onion, spinach, cherry tomatoes, pesto (no substitutions)



kids plate* \$8

Egg any way, bacon, toast with side of jam

muffin monster* \$8

English muffin with scrambled egg, bacon, almond butter and berries

mini blueberry hotcakes \$6



menu

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garden table

garden gate \$9

beet, carrot, apple, celery, lemon, turmeric, ginger, black pepper

We call this the gateway juice because it's vibrant, sweet, soothing, and approachable. Beets oxygenate and strengthen the blood, carrots ward off infections with their abundance of vitamin A, lemon and celery detoxify the liver, turmeric reduces inflammation, and ginger calms the nervous system. The hint of black pepper does more than complete the flavor profile, it supports absorption of the fresh turmeric root.

neon nectar \$9

cold-pressed iui

orange, carrot, apple, lemon, turmeric, ginger

Not your common orange juice, this lively blend is the ideal morning starter, brimming in vitamins and antioxidants. Boost your immune system with an abundant amount of Vitamin C combined with antiinflammatory turmeric.

detox dream \$9

filtered H2O, lemon, maple, ginger, activated charcoal, cayenne

Flush your system with powerful detoxifying agents to reduce bloating and cleanse the liver. Feel energized from the natural sugars in maple syrup. Be sure only to drink Detox Dream on an empty stomach, as activated charcoal is like a sponge, and will disrupt the absorbency of nutrients from your food as it pushes the toxins out.

cashew concoction \$10

filtered H2O, coconut water, cashew, spirulina, maple, vanilla bean, Himalayan pink sea salt

A luscious blend of raw cashews, hydrating coconut water, sweet maple syrup, as well as mineral-rich and detoxifying spirulina provide a boost of protein and essential fatty acids that help to repair tissue, regulate blood sugar levels, and promote satiety. A pinch of pink sea salt promotes circulation and pH balance, and deepens the intoxicating flavors of this creamy beverage.

hoosier heater \$9

apple, orange, spinach, kale, cilantro, jalapeño, lime

This sweet and spicy blend revs your metabolism, shifting calorie burn into high gear. The citrus promotes a strong immune system and aids in tissue repair, jalapeño stimulates circulation, and cilantro strengthens your bones.

tropic tonic \$9

pineapple, kale, spinach, parsley, lemon, aloe, mint

This refreshing, tropical, and enzyme-rich tonic supports gut health with its heavy dose of pineapple's bromelain enzyme. Parsley oxygenates the blood to enhance circulation, and fresh aloe juice supports hydration, digestive regularity, and brings a healthy glow to your skin.

emerald elixir \$9

romaine, cucumber, celery, kale, spinach, lemon, ginger,turmeric, Himalayan pink sea salt, black pepper

Our take on green lemonade is tangy, crisp, and thirst quenching. The greens pack in antioxidants and enzymes, lemon detoxifies the liver and brightens skin, and ginger and turmeric reduce inflammation. Not only does Himalayan sea salt add vibrancy and tame any notorious "green" after taste, it promotes balanced pH. The black pepper aids in turmeric absorption.

lush love \$9

watermelon, ruby red grapefruit, coconut water, lime, basil

Refreshing and slimming due to a robust metabolism rev, this sweet and aromatic juice revitalizes while boosting immunity and heart health. The subtle hint of antioxidant-rich basil is a compatible counterpart to succulent watermelon and coconut water.

cold pressed juice flight \$13 *Four 5oz pours of your choosing* social butterfly \$8 (hot or iced) Latte with lavender, honey, lemon swath

socks & sandals \$8 (hot or iced) Latte with ginger & lemongrass

teddy graham \$8 (Hot or iced) Latte with house made vanilla, maple, cinnamon, nutmeg

sun bum \$8 (hot or iced) Latte with mocha, lavender, cayenne, orange swath

strawberry moon \$8 (hot or iced) Matcha latte with strawberry

house syrup add-ons simple +\$.50 maple, honey +\$1 vanilla, mocha, lavender, ginger, lemongrass, strawberry +\$2

double espresso \$4 americano \$4 macchiato \$4 cortado \$4

cappuccino \$5.50 latte \$7 mocha \$7

bottomless drip \$4 to go \$2.50 locally roasted from Tinker Coffee Co.

cold brew \$5 matcha shot \$5 matcha latte \$7 chai latte \$7 Big T NYC hot tea \$4 caffeinated: black blend, green, earl grey caffeine free: ginger, hibiscus,

Big T NYC iced tea \$4

chamomile

CC K

vegan bloodv marv \$8

add bacon \$2 made with Klir Red premium blend

wine & bubbly

house prosecco \$8 gls/\$28 btl

house mimosa \$9 gls / \$16 / \$32
lush love + prosecco

Sparkling Rose \$9 250ml can

Pinot Grigio \$9 250ml can

beer Three Floyds Zombie Dust \$6 IPA, ibu 62, abv 5.2%

Three Floyds Gumball Head \$6 American wheat pale ale, ibu 38, abv 5.6%

Sun King Orange Vanilla Sunlight \$6 orange vanilla cream ale, ibu 20, abv 5.3%

Sun King Sunlight Creme Ale \$6 blonde ale, ibu 20, abv 5.3%

Sun King Pachanga \$6 Mexican style lager, ibu 24, abv 4.2%

Upland Brewing Co. Champagne Velvet \$6 pilsner, ibu 29, abv 7.2%

etc. drinks

Coke, Diet Coke, Sprite \$2.50 Aura Bora Sparkling Water \$3.50 Saratoga \$3.50 Elixir Kombucha \$5 (rotating flavors)

A few things we must mention: Our kitchen changes ingredients daily based on seasonality and availability. That means there may be listed ingredients that won't come on your dish, or added ingredients from what is listed. Let your server know of any allergies the kitchen should be aware of when composing your dish. Also, consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness. But you already knew that, right?