

# menu

Carmel // Brunch

# garden table

## toast

substitute gluten free Native Bread toast for \$2.50

**garden toast** \$14

add eggs \$3.50 or smoked salmon \$7 Avocado, preserved lemon, cherry tomato, pickled onion, ricotta smear, on semolina

**smoked salmon toast** \$18

add eggs \$3.50 GT smoked salmon, cream cheese, capers, pickled onion, black pepper, preserved lemon, on semolina

**caprese toast** \$16

add eggs \$3.50 or smoked salmon \$7 Garlic vegan pesto, cherry tomato, burrata, fresh basil, balsamic glaze drizzle on semolina

**croissant french toast** \$15

Moonlight Bakery butter croissant gently dipped in custard, topped with chantilly cream cheese, strawberries, powdered sugar

**nutella sticks** \$12

Powder sugar, berries, whipped nutella dip

## bowls

**açaí bowl** \$15

Served chilled. Berries, house cashew granola, almond butter, coconut, minty herbs

**oat bowl** \$13

Oats served with choice of bananas, blueberries, or strawberries. Brown sugar and maple syrup on the side.

**b&g** \$15

House buttermilk biscuit, sausage gravy, bacon, sunny egg, cheddar cheese

**fajita bowl** \$17

add shrimp \$7 Marinated beef or chicken, bell peppers, jalapeno, red potatoes, red onion, scrambled eggs, avocado, salsa verde

**power bowl** \$15

add chicken, smoked salmon, or shrimp \$7 Couscous, asparagus, sweet potato, mushroom, spinach, onion

**quinoa breakfast bowl** \$15

add chicken, smoked salmon, shrimp \$7, salmon filet \$14 Quinoa, veggies, poached eggs, vegan pesto

**corned beef hash bowl** \$17

Housemade corned beef, sweet potato, breakfast potato, bell pepper, brussels, sunny egg, tangy dijon mustard vinaigrette on the side

## salads

add herbed chicken, chicken salad, smoked salmon, or shrimp \$7, salmon filet \$14

**chop chop salad** \$16

Mixed greens, bacon, sunflower seed, egg, avocado, tomato, pickled red onion, housemade ranch dressing

**mediterranean salad** \$14

Mixed greens, pico, couscous, feta, roasted tomato, kalamata olive, greek dressing

**kale salad with seared salmon filet** \$26

Kale, napa cabbage, candied cashew, cucumber, cherry tomato, red onion, shaved carrot, ginger dressing

**rachel from Friends salad** \$15

Quinoa, feta, cucumber, chickpeas, mint, parsley, red onion, lemon vinaigrette

**wedge salad** \$15

Romaine leaf lettuce, cherry tomato, crispy pork lardon, red onion, housemade bleu cheese dressing or dijon mustard vinaigrette

## sandwiches

substitute croissant for \$4

**breakfast sammie** \$16

Egg, cheddar, and choice of meat (black pepper bacon, sausage, or chicken sausage) on baguette, side of skhug sauce

**steak and eggs burrito** \$18

Marinated steak, eggs, potato, pico de gallo, shredded cheese, salsa verde

**veggie burrito** \$14

Scrambled egg, breakfast potato, bell pepper, black beans, cilantro, cheddar, pico de gallo, poblano crema on a sundried tomato tortilla (make it a bowl)

**BLT smash** \$15

add eggs \$3.50 Avocado, black pepper bacon, greens, tomato, sriracha aioli on semolina

**classic burger** \$18

add egg \$2, bacon \$4 Choice of beef or Impossible burger, cheddar, lettuce, onion, tomato, pickle and fries (sub wagyu beef +\$10)

**chicken salad** \$15

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

**steak torta** \$18

Marinated steak, onion, bell pepper, chipotle mayonnaise, avocado, mozzarella on a torta bun and fries

**corned beef sammie** \$17

Housemade corned beef, sauerkraut, swiss cheese, spicy mustard on rye with fries

**southwestern green goddess wrap** \$13

add chicken or shrimp \$7 Mixed greens, corn, black beans, mozzarella, pico de gallo, avocado, fried tortilla, green goddess dressing

**pork belly bahn mi** \$16

Slow braised pork belly glazed with korean bbq, drizzled with a gochujang aioli, pickled veggies, arugula, on a baguette

## plates

**blueberry hotcakes** \$15

**quiche of the day** \$15

Rotating daily, limited availability, served with greens

**garden benedict** \$16

add bacon \$4 or smoked salmon \$7 Semolina with avocado, poached eggs, hollandaise, herbs

**smoked salmon hash** \$18

Breakfast potato, bell pepper, red onion, sweet potato, brussels, poached egg, and hollandaise

**basic b** \$16

Eggs your way, breakfast potato, choice of meat, toast or biscuit

**crab cake benedict** \$18

Crab cake, poached egg, hollandaise, arugula on english muffin

**GT tacos** \$16

Choose shrimp with sweet chili aioli or brisket with avocado aioli, lettuce, pickled red onion, queso fresco, cilantro, side of cilantro rice & beans

## sides

**cinnamon sugar bites** \$7

**breakfast potatoes** \$6

**hashbrowns** \$6

**truffle fries** \$10

**cup of fresh fruit** \$6

**cilantro rice and beans** \$5

**yogurt parfait** \$7

**breakfast sausage** \$6

**brussels & sweet potato** \$7

**black pepper bacon** \$6

**croissant + jam/honey** \$6

**chicken sausage** \$6

**cookie or brownie** \$5/6

**soup** \$5/\$9

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## cold-pressed juice

### 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

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 anti-inflammatory 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

### cold pressed juice sample \$4

## house drinks

all our simple syrups are made fresh in house

### study break \$8

(hot or iced) Mocha with orange and cayenne

### teddy graham \$8

(hot or iced) Latte with maple, vanilla, cinnamon, and nutmeg

### yellow grove \$8

(hot or iced) Latte with caramelized banana

### porchlight \$8

(hot or iced) Matcha latte with spiced pear

### afterglow \$8

(hot or iced) Latte with creme brulee (contains dairy)

### shake up \$8

House made shaken lemonade. Add any house syrup +\$2

### hot chocolate \$5

### house syrup add-ons

simple +\$1

vanilla bean, vegan mocha, creme brulee, spiced pear, orange mocha, lavender, ube +\$2

### double espresso \$4

americano \$4

macchiato \$4

cortado \$4

cappuccino \$5.50

latte \$7

mocha \$7

## espresso

## coffee & tea

### house drip \$3.50

locally roasted from Tinker Coffee Co.

### nitro cold brew \$6

Tinker Coffee Co. - Indianapolis, IN

### matcha shot \$5

matcha latte \$7

chai latte (hot or iced) \$7 make it dirty +\$3

fresh mint tea (hot) \$5

### Big T NYC hot tea \$5

Caffeinated: baby it's cold outside (black blend), earl gray (black), unexpected fling (green)

Herbal: ginger, chamomile, rooibos, spearmint, hibiscus

### Elixir Kombucha

rotating flavors - 12 oz cans \$8

### Saratoga Water

sparkling or still - 28 oz bottle \$6

## kids

for guests 12 and under

### mini basic b \$8

Eggs your way, choice of meat, toast or biscuit

### mini cakes \$6

Two blueberry hotcakes

### grilled cheese \$6

Parties of 8 or more may require a 20% gratuity. 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?