

menu

Carmel // Brunch

garden table

toast

substitute gluten free Native Bread toast for \$2.50

garden toast \$13

add eggs \$3 or GT smoked salmon \$7 Avocado, preserved lemon, cherry tomato, pickled onion, ricotta smear, on semolina

smoked salmon toast \$16

add eggs \$3 GT smoked salmon, cream cheese, capers, pickled onion, black pepper, preserved lemon, on semolina

nutella sticks \$14

Cinnamon sugar fried bread, fresh fruit, whipped nutella dip

bowls

açaí bowl \$15

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

b&g \$14

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

fajita bowl \$17

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

chorizo hash \$16

add placha shrimp \$7 Chorizo, red and sweet potatoes, yellow squash, spinach, corn, charred tomato salsa, sunny egg

quinoa breakfast bowl \$14

add chicken, GT smoked salmon, placha shrimp \$7, salmon filet or sesame crusted tuna \$14 Quinoa, veggies, poached eggs, vegan pesto

salads

add herbed chicken, chicken salad, GT smoked salmon, or placha shrimp \$7, salmon filet or sesame crusted tuna \$14

chop chop salad \$16

Mixed greens, bacon, sunflower seeds, egg, avocado, tomatoes, pickled red onion, housemade ranch dressing

strawberry salad \$14

Strawberries, spinach, feta, red onions, balsamic vinaigrette

southwestern green goddess \$14

Mixed greens, corn, black beans, mozzarella, pico de gallo, avocado, fried tortilla, green goddess dressing

rachel from Friends salad \$15

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

kale salad \$26

Pan seared sesame crusted ahi tuna, kale, red and napa cabbage, shaved Brussels sprouts, carrots, radicchio, tomato, cucumber, red onion, candied cashew, ginger vinaigrette

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

sides

roasted potatoes \$6

truffle fries \$10

fries with dill dip \$7

fries with sriracha aioli \$7

Brussels & sweet potato \$7

cinnamon sugar bites \$7

salamat cookie \$5

salamat brownie \$6

cup of fresh fruit \$6

yogurt parfait \$7

breakfast sausage \$6

black pepper bacon \$6

chicken sausage \$6

cup of soup \$5

sandwiches

breakfast sammie \$14

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

breakfast burrito \$16

Chorizo, scrambled egg, hash browns, roasted red pepper, cheese blend, salsa verde on the side (option to make it a bowl)

veggie burrito \$14

Scrambled egg, hash browns, red bell pepper, black bean, cilantro, cheddar, pico de gallo, poblano crema on a sundried tomato tortilla (option to make it a bowl)

BLT smash \$14

add eggs \$3 Avocado, black pepper bacon, greens, tomato, sriracha aioli on semolina

brunch burger \$17

Choice of beef or Impossible burger, bacon, sunny egg, arugula, aioli on brioche bun. Served with fries. (substitute wagyu beef patty for \$10)

chicken salad \$15

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

steak torta \$17

Marinated beef, onion, bell peppers, giardiniera, chipotle mayonnaise, avocado, mozzarella on a torta bun. Served with fries

carolina cordon bleu \$15

Fried chicken breast, prosciutto, swiss, carolina BBQ sauce. Served with fries and napa cole slaw

plates

blueberry hotcakes \$12

quiche of the day \$14

Rotating daily, limited availability, served with greens

garden benedict \$14

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

smoked salmon hash \$17

Red potato, red pepper, red onion, sweet potato, Brussels sprouts, poached egg, and hollandaise

basic b \$15

Eggs your way, roasted potatoes, choice of meat, toast or biscuit

green chilaquiles \$15

Corn tortilla chips, chicken tossed in tomatillo sauce, cilantro crema, sunny egg, pickled red onions, pico

braised brisket tacos \$16

Flour tortilla, shredded lettuce, avocado aioli, pickled red onion, queso fresco, cilantro, with a side of napa coleslaw

blackened fish tacos \$16

Flour tortilla, shredded lettuce, sweet chili aioli, pickled red onion, queso fresco, cilantro, with a side of napa coleslaw

menu

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garden table

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 \$9

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

beekeeper \$8

(Hot or iced) Hot honey matcha

teddy graham \$7

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

big apple \$7

(Hot or iced) Cinnamon apple spiced chai

scorpio skies \$8

(Hot or iced) Ube latte with coconut cream cold foam

pumpkin patch \$7

(Hot or iced) Rotating fall beverage with pumpkin! ask server for more details

butterfly tea \$7

(Hot or iced) Blue butterfly pea tea, hibiscus simple, matcha

hot chocolate \$4.50

espresso

house syrup add-ons

simple, hot honey +\$1

vegan mocha, pumpkin, lavender, vanilla, ube +\$2

extra shot of espresso +\$3

espresso \$3

americano \$3.25

macchiato \$3.50

cortado \$4

cappuccino or latte \$5.50

mocha \$6

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) \$5 **make it dirty** +\$3

fresh mint tea (hot) \$5

Big T NYC hot tea \$4

Caffeinated: baby it's cold outside (black blend),

earl gray (black), unexpected fling (green)

Herbal: ginger, chamomile, rooibos, spearmint, hibiscus

Circle Kombucha

12 oz cans: rotating \$5 / 16 oz draft: Ginger Lemon \$6

San Pellegrino Italian sparkling water

1 liter bottle \$6

Acqua Panna Italian still water

1 liter bottle \$6

coffee & tea

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?