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 salon $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

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 $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 from scratch in house

matilda $8
(hot or iced) Latte with honey and fig

teddy graham $8
(hot or iced) Latte with maple, vanilla, cinnamon, and nutmeg

coming up roses $8
(hot or iced) Latte with rosemary and vanilla

ember island $8
(hot or iced) Matcha latte with brown sugar and sea salt

cookie cutter $8
(hot or iced) Chai latte with cookie butter and cinnamon

bluebird $8
(hot or iced) Latte with blueberry, cinnamon and creme brulee

hot chocolate $5

espresso

house syrup add-ons
simple +$1
vanilla, vegan mocha, fig, brown sugar, rosemary, cookie butter, creme brulee, blueberry +$2

double espresso $4
americano $4
macchiato $4
cortado $4
cappuccino $5.50
latte $7
mocha $7

coffee & tea

house drip $3.50
locally roasted from Tinker Coffee Co.

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), jasmine state of mind (green)
Herbal: ginger, chamomile, rooibos, spearmint, hibiscus

Pure Culture Kombucha
rotating flavors - 16 oz bottle $6

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
Served with fruit

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?