

# menu

Carmel // Brunch

## toast

**substitute gluten free Native Bread toast for \$2**

**garden toast \$13**

**add egg \$2** Avocado, preserved lemon, cherry tomato, pickled onion, ricotta smear, on semolina

**smoked salmon toast \$16**

**add egg \$2** 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 \$14**

**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 \$16**

Marinated beef, bell peppers, jalapeno, charred onion, redskin potatoes, scrambled eggs, avocado, tomatillo salsa, corn tortilla chips

**chorizo hash \$15**

Chorizo, potatoes, yellow squash, spinach, corn, charred tomato salsa, sunny egg

**quinoa breakfast bowl \$14**

**add chicken or GT smoked salmon \$7** Quinoa, veggies, vegan pesto, hemp seeds, poached eggs

**add grilled chicken, chicken salad, GT smoked salmon, or plancha shrimp \$7**

**chop chop salad \$16**

Mixed greens, bacon, sunflower seeds, egg, avocado, tomatoes, pickled red onion, buttermilk blue cheese dressing

**kai's salad \$16**

Burrata, crispy prosciutto, arugula, balsamic vinaigrette

**rachel from Friends salad \$15**

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

**the famous salad \$16**

Iceberg, romaine, roasted artichoke, cucumber, mozzarella, salami, crispy chickpeas, mustard and artichoke vinaigrette

## salads

## kids

**for guests 12 and under**

**muffin monster \$7**

Scrambled eggs, black pepper bacon, cheddar, almond butter, berries

**mini basic b \$8**

Eggs your way, choice of meat, toast or biscuit

**mini cakes \$6**

Two blueberry hotcakes

## sides

**cinnamon sugar bites \$6**

**Brussels & sweet potato \$6**

**fries \$6**

**roasted potatoes \$6**

**cup of fresh fruit \$6**

**yogurt parfait \$7**

**cup of cashew granola \$5**

**cup of soup \$4**

**breakfast sammie \$14**

Egg, cheddar, and choice of bacon (yam, lamb, or black pepper) on baguette, side of skhug sauce

**breakfast burrito \$15**

Hash brown potatoes, roasted red pepper, chorizo, cheese blend, scrambled egg, salsa verde on the side

**BLT smash \$14**

**add egg \$2** 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.

**turn-key wrap \$14**

**add bacon \$4** Sliced turkey, roasted tomatoes, herbed goat cheese, arugula, skhug sauce in a Spinach tortilla wrap

**chicken salad \$14**

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

**vegan banh mi \$13**

**add egg \$3** Avocado hummus, spicy miso veggies, pickled veggies, skhug sauce on baguette

**steak torta \$16**

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

**portobello sandwich \$14**

Marinated and grilled portobello mushrooms, roasted red peppers, smoked gouda, arugula, garlic aioli on ciabatta

## plates

**blueberry hotcakes \$12**

**quiche of the day \$12**

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

**breakfast stack \$17**

Hash browns, cheese, GT smoked salmon, scrambled egg, smashed avocado, house greens

**chilaquiles \$15**

Corn tortilla chips, black beans, chicken tossed in chipotle sauce, sunny egg, avocado, queso fresco, cilantro lime crema

# menu

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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 \$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

# garden table

## house drinks

### string feelings \$7

(Hot or iced) Matcha Latte with house-made banana simple and cinnamon

### teddy graham \$7

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

### say less \$7

(Hot or iced) Latte with house made vegan mocha and peanut butter

### daydreamer \$7

(Hot or iced) Chai Latte with rum raisin pecan and brown sugar simple

## espresso

### house syrup add-ons

simple +\$1

vegan mocha, maple, rum-raisin pecan, banana +\$2

vanilla +\$2.50

extra shot of espresso +\$3

### espresso \$3

### americano \$3.25

### macchiato \$3.50

### cortado \$4

### cappuccino or latte \$5.50

### mocha \$6

## coffee & tea

### house drip \$3.50

locally roasted from Tinker Coffee Co.

### nitro cold brew \$5.50

Tinker Coffee Co. - Indianapolis, IN

### matcha shot \$5

### matcha latte \$7

### chai latte (hot or iced) \$4 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

### Smeraldina Italian still water

1 liter bottle \$6

*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?*