

# menu

Carmel // Brunch

# garden table

## toast

**substitute gluten free Native Bread toast for \$2.50**

**garden toast** \$14

**add eggs \$3.50 or GT 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

**croissant french toast** \$15

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

## bowls

**açaí bowl** \$15

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

**b&g** \$15

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

**power bowl** \$15

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

**quinoa breakfast bowl** \$15

**add chicken, GT smoked salmon, 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 shrimp \$7, salmon filet \$14**

**chop chop salad** \$16

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

**mediterranean salad** \$14

Mixed greens, pico, couscous, feta, roasted tomatoes, kalamata olives, greek dressing

**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

## 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

## sides

**breakfast potatoes** \$6

**truffle fries** \$10

**fries with dill dip** \$7

**fries with sriracha aioli** \$7

**Brussels & sweet potato** \$7

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

**salamat cookie** \$5

**salamat brownie** \$6

**cup of fresh fruit** \$6

**yogurt parfait** \$7

**cilantro rice and beans** \$5

**breakfast sausage** \$6

**black pepper bacon** \$6

**chicken sausage** \$6

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

## 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, potatoes, pico de gallo, shredded cheese, salsa verde

**veggie burrito** \$14

Scrambled egg, breakfast potatoes, 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** \$15

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

**benny burger** \$18

Choice of beef or Impossible burger, bacon, sunny egg, arugula, sriracha hollandaise on brioche bun. Served with fries (sub wagyu beef patty +\$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 peppers, chipotle mayonnaise, avocado, mozzarella on a torta bun. Served with fries

**grilled chicken sammie** \$16

Chicken, bacon, gouda, garlic aioli, arugula, basil vinaigrette on focaccia

**shrimp po boy** \$16

Fried shrimp, sweet chili aioli, lettuce, tomato, on baguette

## plates

**blueberry hotcakes** \$15

**quiche of the day** \$15

Rotating daily, limited availability, served with greens

**garden benedict** \$16

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

**smoked salmon hash** \$18

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

**basic b** \$16

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

**red chilaquiles** \$15

Guajillo sauce, chicken, egg, poblano crema, queso fresca, tortilla chips, cilantro

**braised brisket tacos** \$16

Flour tortilla, shredded lettuce, avocado aioli, pickled red onion, queso fresco, cilantro, side of cilantro rice & beans

**blackened shrimp tacos** \$16

Flour tortilla, shredded lettuce, sweet chili aioli, pickled red onion, queso fresco, side of cilantro rice & beans

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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**

#### **goldie locks** \$7

(Hot or iced) Latte with honey, cinnamon, brown sugar

#### **teddy graham** \$7

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

#### **carrot cake** \$8

(Hot or iced) Chai latte, brown sugar, carrot simple

#### **reverie** \$8

(Iced only) Cold brew, berry chamomile simple, milk

#### **the earl's affair** \$9

(Hot or iced) Matcha latte with peach and earl grey simple

#### **shake up** \$8

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

#### **hot chocolate** \$5

### espresso

#### **house syrup add-ons**

simple +\$1

peach, earl grey, carrot, blackberry chamomile, ube, lavender +\$2

#### **double espresso** \$4

americano \$4

macchiato \$4

cortado \$4

cappuccino \$5 . 50

latte \$7

mocha \$7

#### **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

### 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?