

# menu

Carmel // Dinner

# garden table

## shareable snacks

### **oysters on the half shell** \$18 / \$30

Duo mignonette sauces: classic and house made with charred jalapeno, toasted coriander, honey and vinegar

### **charcuterie board** \$15 / \$28

Small: chef's choice two meats & two cheeses  
Large: chef's choice four meats & four cheeses

### **fried olives** \$10

Panko fried green Castelvetrano olives with dill cheese dip

### **crispy potatoes** \$9

Garlic aioli and skhug sauce

### **hot honey burrata** \$18

House made hot honey, toasted baguette, prosciutto

### **melted brie wheel** \$21

Honey drizzle, prosciutto with apple and pears

### **street corn dip** \$9

Garlic, hot sauce, lime, queso fresca, jalapeno, red onion, cilantro, topped with melted mozzarella

### **whipped feta dip** \$9

Extra virgin olive oil, red pepper flakes, cucumbers, toasted baguette

## salads

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

### **the famous salad** \$16

iceberg, cucumber, salami, roasted artichoke, mozzarella, chickpeas, artichoke and mustard vinaigrette

### **fresh salad** \$14

Baby leaf lettuce, blueberries, goat cheese, toasted almonds, roasted shallots, miso vinaigrette

### **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, cucumbers, chickpeas, mint, parsley, red onion, lemon vinaigrette

## plates

### **cauliflower grilled cheese** \$15

Mozzarella, cheddar, on semolina, served with a cup of roasted tomato & red pepper soup

### **wagyu burger** \$28

Caramelized onions with balsamic glaze, honey bacon, gouda, garlic aioli, served with fries and sriracha aioli

### **angel hair** \$14

**add grilled chicken \$7, plancha shrimp \$7, or salmon filet \$13**  
Lemon, garlic, capers, cherry tomato, parmesan

### **penne** \$14

**add grilled chicken \$7, plancha shrimp \$7, or salmon filet \$13**  
Creamy basil pesto, spinach, sun dried tomato

### **pan seared salmon** \$27

Red & yellow pepper, mushroom, zucchini risotto

### **bourbon glazed salmon** \$27

Green beans, cherry tomato, asparagus

### **whiskey cream chicken** \$21

Wild mushrooms, onion, herbed roasted potatoes, green beans

### **guajillo citrus chicken** \$16

Cilantro lime crema, jasmine rice, vegetables

### **maple leaf duck breast** \$25

Wild mushroom risotto, gastrique

### **meat & potatoes** \$32

Flat iron steak, herbed roasted potatoes, chimichurri sauce

## sides

### **house salad** \$7

Spring mix, cucumbers, tomatoes, carrots, croutons, basil vinaigrette

### **sweet potato and Brussels sprout hash** \$7

### **cheesy cauliflower** \$7

### **roasted seasonal vegetables** \$7

### **fries with dill cheese dip** \$7

### **cup of soup** \$5

### **bowl of soup** \$7

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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

### 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 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 \$4

matcha latte \$6

chai latte (hot or iced) \$4 **make it dirty** +\$3

fresh mint tea (hot) \$5

**Big T NYC hot tea** \$3

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 - 25oz 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?