

GourmetGarden Brunch Menu

CAFE & JUICES

BREAKFAST

All egg breakfasts include whole wheat or white pita and are garnished with fresh berries.

Gluten free bun add .75

Sesame ring available for 1.95 with any breakfast.

Extra egg add .99

Add cheese, avocado or uncured & nitrate-free turkey bacon to your eggs 1.95

Sesame Bagel Ring 2.95
choice of whole wheat or white with cream cheese and house made jam

Just Whites or Whole Eggs (GF) 5.95
four organic eggs any way you like

Greek Yogurt Parfait 5.95
house made granola and fresh fruit

Organic Oatmeal 6.95
organic oatmeal with wild berries, walnuts, cinnamon and honey

made with organic soy milk or almond milk add 1.50

Liquid Breakfast (GF) (V) 7.95
organic soy milk or almond milk, organic oatmeal, banana, whey or soy protein and cinnamon (16 oz)

Piña Colada Multigrain Pancakes 7.95
made with fresh pineapple puree & shredded coconut with organic 100% maple syrup

Multigrain Banana Nutella Pancakes 7.95
with organic 100% maple syrup

Multigrain Garden Waffles 7.95
with seasonal fruits and organic 100% maple syrup

Breakfast Garden Wrap or Pita 8.95
organic eggs scrambled with Monterey Jack or soy cheese, tomatoes, spinach and scallions

Mediterranean Morning (GF) 8.95
organic eggs, tomatoes, feta, spinach and red onions

Almond Nut Crusted French Toast (GF) 8.95
gluten free bread served with organic 100% maple syrup

Western Omelette (GF) 9.95
diced onions, red peppers, Monterey Jack cheese and turkey bacon

Healthy Start 9.95
two organic eggs or egg whites, Monterey Jack or soy cheese, turkey bacon, sweet potato home fries and a cup of organic coffee

Sunny Side Up 9.95
three organic eggs sunny side up, turkey bacon or chicken apple sausage and a sesame ring with cream cheese

Gourmet Fruit Salad (GF) Regular 6.95/Large 11.95
seasonal fresh fruits and berries (toppings upon request) with shredded coconut, raisins, cranberries, walnuts and honey

Breakfast Sides:

Sweet Potato Home Fries (GF) 2.50

Uncured Nitrate-Free Turkey Bacon or Chicken Apple Sausage (GF) 2.95

Cream cheese and house made jam available upon request.

BEGINNINGS

Hummus (V) 5.95
freshly made, drizzled with EVOO, served with either whole wheat, white or mixed baked pita chips *with falafel* add 3.50

Guacamole (V) 5.95
house made guacamole served with baked pita chips

Grilled Avocado (V) 7.95
with house made pico de gallo served with baked pita chips

Avocado Flats (V) 7.95
whole wheat thins, tomato, EVOO, basil, cracked pepper and a touch of sea salt

The Oasis (V) 8.95
organic quinoa, babaganoush, hummus, cucumbers

CHEF'S SPECIALS

Blackened Mahi Tacos 13.95
Organic brown rice, black beans, cilantro slaw, avocado drizzle, pico de gallo and lime wedges

Mish Mash 12.95
Organic brown rice or organic quinoa, turkey burger, grilled eggplant, tomato, broccoli and red onion tossed with extra virgin olive oil

Chicken Chop 11.95
Organic brown rice or organic quinoa, grilled chicken, mixed greens, red peppers, tomato, cucumber, sprouts, carrots, red onion and pico de gallo

SOUPS

Add to any soup: avocado 1.95
feta or garbanzo beans 1.50 grilled cheese 3.95

Black Bean (GF) 5.95
avocado and feta

Vegetable Soup (GF) (V) 4.95
chick peas, navy beans, carrot, zucchini, summer peas, squash, celery and baby spinach

Split Pea (GF) (V) 4.95
carrots, zucchini, summer peas, tomatoes, squash, celery, parsley and baby spinach

WRAPS

Choice of wrap: spinach, sun-dried tomato or whole wheat.
All wraps come with organic mixed greens, tomatoes, cucumbers and carrots. Served with kale and apple slaw topped with sliced almonds.

Avocado, cheese, hummus, organic brown rice or organic quinoa add 1.95

Grilled chicken or turkey burger add 3.95

Avocado Goddess Wrap (V) 9.95
avocado and miso dressing

Baked Falafel Wrap (V) 9.95
baked falafel with freshly made tahini and hummus

Herb, BBQ, Tzatziki or Caesar Chicken Wrap . 10.95
grilled chicken breast

Chicken and Brown Rice Wrap 10.95
with cilantro and house made pico de gallo

Turkey Burger Wrap 10.95
grilled turkey burger with pomegranate vinaigrette

California Veggie Burger Wrap (V) 10.95
veggie burger with miso dressing

Grilled Salmon 11.95
with avocado, arugula and house made lemon vinaigrette

LITTLE GARDENERS

For children 12 and under.

Fresh Fruit Cup 4.95
seasonal fresh fruit

Champions Platter 5.95
choice of grilled chicken or falafel served with guacamole and baked pita chips

Grilled Cheese and Sweet Potato Planks 5.95
whole wheat thins with Monterey Jack cheese

PB&J or AB&J and Sweet Potato Planks 5.95
natural peanut butter or organic almond butter with house made jam on whole wheat thins

Margherita Pita Pizza and Sweet Potato Planks 5.95
tomato, basil and mozzarella cheese on your choice of whole wheat or white pita

Multigrain Banana Nutella Pancakes 5.95
with organic 100% maple syrup

Multigrain Piña Colada Pancakes 5.95
with organic 100% maple syrup

Healthy Start Jr. 5.95
two organic eggs, Monterey Jack cheese and turkey bacon with whole wheat or white pita

Grilled Chicken Strips and Sweet Potato Planks 6.95
with organic quinoa and honey mustard dressing

GARDEN FRESH SALADS

All dressings are house made.
Additional dressings are .50 each.

House Green Salad (GF) (V) 9.95
organic mixed greens, avocado, tomatoes, cucumbers, carrots, served with house made balsamic vinaigrette

Green Goddess Salad (GF) (V) 10.95
organic mixed greens, cucumber, sprouts, spinach, avocado, broccoli, celery, scallions, served with house made lemon vinaigrette

Spinach Salad (GF) 10.95
spinach, sun-dried cranberries, strawberries, walnuts, goat cheese, served with house made raspberry vinaigrette

Kale Trail Salad (GF) 10.95
kale, organic mixed greens with goat cheese, cauliflower, house made pumpkin and sunflower trail mix, served with house made lemon vinaigrette

Quinoa & Beet Salad (GF) (V) 10.95
with arugula, toasted almonds, dried cranberries, red onion, served with house made balsamic vinaigrette

Add to Your Salad or Choose as a Side:

Grilled Chicken (herb, bbq, pesto) 4.95

Grilled Mahi 8.50

Grilled Salmon 7.95

Grass Fed Buffalo Burger 10.95

Turkey Burger 5.95

California Veggie Burger 3.95

Chicken Salad 4.95

Tuna Salad 5.50

Avocado Side 2.95

Kale and Apple Slaw topped with Sliced Almonds 2.95

Fresh Hummus 3.95

Baked Falafel 4.95

Organic Brown Rice 4.95

Organic Quinoa 4.95

Baked Sweet Potato 3.95

Baked Sweet Potato Planks 3.95

Feta Cheese 2.00

Goat Cheese 3.50

Soy Cheese 1.95

Monterey Jack Cheese 1.95

GOURMET GRAIN BOWLS

Organic brown rice or organic quinoa with organic mixed greens, tomatoes, cucumbers and carrots.
Served with miso dressing.

Grilled Chicken Breast (GF) 10.95

California Veggie Burger (GF) (V) 10.95

Turkey Burger 10.95

Tuna Salad (GF) 10.95

Chicken Salad (GF) 10.95

Baked Falafel and Hummus (GF) (V) 10.95

Salmon (GF) 11.95

GOURMET GARDEN BURGERS

Comes with organic mixed greens, sliced tomato, red onion & avocado, on whole wheat thins with Monterey Jack cheese.

Served with a side of sweet potato planks.

Soy cheese add 1.95 Gluten free bun add .75

California Veggie Burger 10.95

Grilled Chicken Burger 10.95

Turkey Burger 11.95

Salmon Burger 11.95

Grass Fed Buffalo Burger 14.95



Consuming raw or undercooked meats, poultry, seafood and shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

(GF—gluten free) (V—vegan)

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Gourmet Garden Brunch Menu

CAFE & JUICES

AÇAÍ BOWLS

- Banana Berry**8.95
organic açai topped with house made granola, banana, blueberries and strawberries
- Mango Coconut**8.95
organic açai topped with house made granola, banana, coconut and mango
- Peanut Butter, Chocolate & Banana**9.95
organic açai topped with house made granola, chocolate chips, natural peanut butter and banana
- Protein Packed** 10.95
organic açai topped with house made granola, natural peanut butter, sliced almonds, cacao nibs, cashews, coconut and banana

Also available as a blended smoothie upon request.

JUICE FROM THE GARDEN

We offer 1, 2 or 3 day and longer juice cleanses.
Please inquire at the Juice Bar
for more information.

Regular: 16 oz. 6.95 Large: 32 oz. 11.95

- CAB**
carrot, apple and beet
- Seasonal**
seasonal fruits, carrot, spinach and organic mixed greens
- Cold and Flu Defense**
orange, grapefruit, strawberry and echinacea
- Cucumber Cooler**
cucumber, apple and strawberry
- Digestion Aid**
papaya, kiwi and pineapple
- Tropical Morning**
strawberry, carrot and orange
- Citrus Valley**
orange, pineapple, banana and fresh ginger root
- Green Heaven**
parsley, cilantro, cucumber, celery, broccoli, green apple, spinach and kale
- Green Monster**
green apple, celery, cucumber, kale, lemon and fresh ginger root
- Juicy Lemonade**
lemon, lime, spinach, celery, carrot, apple and cucumber
- Sweet and Tart**
apple, ginger and lemon
- Macho Man**
celery, carrot, garlic, apple and ginger root
- Minty Juice**
pineapple, mango, orange and fresh mint
- Protein Lunch**
celery, carrot, cucumber, apple and protein powder
- Sunkist Carrot**
orange, carrot and fresh ginger root
- Jungle Juice**
orange, pineapple, banana and organic coconut
- The Terminator**
carrot, celery, beet, cucumber, spinach, garlic, ginger, apple, lemon and lime
- Three Amigos**
carrot, beet and orange
- Vita C**
lemon, lime, kiwi, orange and honey
- Vitality Energy Boost**
carrot, celery, parsley and apple
- Wheatgrass Hopper**
pineapple and organic wheatgrass

Juices have not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems

ALL NATURAL SMOOTHIES

Small: 16 oz. 5.75 Medium: 24 oz. 7.50
Large: 32 oz. 9.50
No Syrups – No Sugars – No Additives.
ALL 100% fruits and vegetables.

1. Orange, Strawberry and Banana
2. Blueberry, Strawberry and Banana
3. Peach, Strawberry, Banana, Milk and Honey
4. Spinach, Orange Juice, Banana and Organic Coconut
5. Strawberry, Pineapple, Banana and Kiwi
6. Strawberry, Banana, Milk and Honey
7. Strawberry, Blueberry, Raspberry and Pineapple
8. Blueberry, Peach and Banana
9. Papaya, Peach, Pineapple, Orange and Mango
10. Mango, Pineapple, Strawberry and Raspberry
11. Kale, Pineapple, Banana and Almond Milk
12. Lemon, Carrot and Ginger
13. Pineapple, Papaya, Kiwi and Orange
14. Blueberry, Orange, Strawberry and Banana
15. Peach, Strawberry, Raspberry and Banana
16. Pineapple, Papaya, Mango and Orange
17. Pineapple, Orange, Carrot, Ginger and Banana
18. Banana, Strawberry and Pineapple
19. Pineapple, Organic Coconut, Orange and Cantaloupe
20. Watermelon, Strawberry and Banana
21. Mango, Blueberry and Strawberry

Add to Your Smoothie:

Whey or Soy Protein 1.50
Booster and super foods available.

SIMPLY JUICE

Small: 3.95 Medium: 5.95 Large: 10.95

Apple Carrot Grapefruit Orange
Pineapple Watermelon

TEA & COFFEE

- Cappuccino or Latte** 3.50
extra shot of espresso add 1.95
- Caramel Latte** 3.95
extra shot of espresso add 1.95
- Organic Coffee/Organic Iced Coffee** 1.95
- Organic Iced Tea with fresh mint** 2.50
- Hot Mocha** 3.75
- Espresso** Single 2.50/Double 4.50

SPECIALITY DRINKS

- Honey Milk Colada** 4.95
pineapple, organic coconut, honey and milk
- Kiwi Colada** 4.50
organic coconut nectar, kiwi and pineapple
- Lemonade** 2.50
fresh squeezed lemons with brown sugar or splenda
- Lemonana** 3.75
fresh squeezed lemons with fresh mint and brown sugar or splenda
- Nirvana** 4.95
dates, walnuts, organic soy milk or almond milk
- Piña Colada** 4.95
pineapple and organic coconut

BOOSTER SHOTS

- Organic Wheatgrass Shot** ... Single 2.95/Double 4.95
- GG Shot:**
Lemon, Ginger, Organic Wheatgrass & Cayenne Pepper 4.95
- Lemon & Ginger** Single 2.95/Double 4.95
- Lemon, Ginger & Turmeric** Single 2.95/Double 4.95

MEAL REPLACEMENT SHAKES

- Lean Body 32 oz (quart)** 9.50
choose fruits and base
with natural peanut butter add 1.00

DESSERTS

- Greek Yogurt Parfait** 5.95
with house made granola and fresh fruit
- Nutella Multigrain Crepes** 9.95
hazelnut spread with strawberries, banana, sprinkled chocolate powder and whipped cream
- Dulce de Leche Multigrain Crepes** 9.95
with bananas and light whipped cream
- Peanut Butter Multigrain Crepes** 9.95
with natural peanut butter, strawberries and bananas
- Gourmet Fruit Salad (GF)** Regular 6.95/Large 11.95
seasonal fresh fruits and berries (toppings upon request) with shredded coconut, raisins, cranberries, walnuts and honey
- Organic/ Vegan Mini Cupcake (V)** 1.95
- Avocado Chocolate Mousse (GF)** 4.95
served plain or with mixed berries



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