

BREAKFAST

Sesame Bagel Ring	3.50
choice of whole wheat or white with cream cheese and house made jam	
Just Whites or Whole Eggs (GF)	6.50
four eggs any style	
Greek Yogurt Parfait	6.50
granola and fresh fruit	
Organic Oatmeal (GF)	7.50
organic oatmeal with wild berries, walnuts, cinnamon and honey made with organic soy milk or almond milk add 1.50	
Liquid Breakfast (GF) (V)	8.50
granola, organic soy milk or almond milk, organic oatmeal, banana, soy protein and cinnamon (16 oz)	
Multigrain Garden Waffles	8.50
with seasonal fruits and fat free sugar free maple syrup	
Grilled Avocado Toast (GF)	8.50
garlic rubbed and grilled gluten free toast with creamy avocado spread, pickled red onion & rainbow radish Add Feta additional 0.75	
Protein Pancakes with Toasted Coconut Crumble (GF)	9.50
gluten free, fat free sugar free maple syrup, sprouted whole grain dairy free pancakes	
Breakfast Garden Wrap or Pita	9.50
eggs scrambled with Monterey Jack or soy cheese, tomatoes, spinach and scallions	
Mediterranean Morning (GF)	9.50
eggs, tomatoes, feta, spinach and red onions	
Almond Nut Crusted French Toast (GF)	9.50
gluten free bread served with gluten free, fat free sugar free maple syrup	
Western Omelette (GF)	10.50
diced onions, red peppers, Monterey Jack cheese & turkey bacon	
Healthy Start	10.50
two eggs or egg whites, Monterey Jack or soy cheese, turkey bacon, sweet potato home fries and a cup of organic coffee	
Chicken & Waffles	11.50
roasted chicken breast, belgium waffles, gluten free, fat free sugar free maple syrup, crispy sage	
Gourmet Fruit Salad (GF)	Regular 7.50 Large 12.50
seasonal fresh fruits and berries (toppings upon request) with shredded coconut, raisins, cranberries, walnuts and honey	
Steak & Eggs (GF)	17.50
chimichurri skirt steak, eggs; sunny side, over easy or scramble with mixed greens	

(GF-Gluten Free) (V-vegan)

TEA, COFFEE & SPECIALITY DRINKS

Cappuccino or Latte	3.75	Hot Mocha	4.00
extra shot of espresso	add 2.25	Espresso	Single 2.75 Double 4.75
Caramel Latte	4.25	Organic Hot Tea with fresh mint	2.75
extra shot of espresso	add 2.25	Lemonade	3.25
Organic Hot Coffee	2.75	fresh squeezed lemons with brown sugar or splenda	
Organic Iced Coffee	Small 2.75 Medium 4.00	Lemonana	4.00
Organic Iced Tea	Small (16 oz) 3.25 Medium (24 oz) 4.25	fresh squeezed lemons with fresh mint and brown sugar or splenda	
Mimosa	5.00	Pre Work Out Shot	2.25
		water C4	

SIMPLE JUICE

Small: 4.45 * Medium: 6.45 * Large: 11.45

Apple Carrot Grapefruit Orange Pineapple Watermelon

We greatly appreciate your positive feedback.

Text PUNCH to 62687 to join our rewards program | Grow with us on   @gourmetgardencafe

ALL NATURAL SMOOTHIES

Small: 16 oz. 6.50 * Medium: 24 oz. 8.50 * Large: 32 oz. 11.50

No Syrups – No Sugars – No Additives. ALL 100% fruits and vegetables.

Each additional fruit 0.75

1. Monkey Business

orange, strawberry and banana

2. Straw BERRY Fields

blueberry, strawberry and banana

3. Honey I'm Home

peach, strawberry, banana, milk & honey

4. Popeye

spinach, orange juice, banana & organic coconut

5. Mango Magnifico

papaya, peach, pineapple, orange and mango

6. Kale-fornia

kale, pineapple, banana and almond milk

7. Peaches N Cream

peach, strawberry, raspberry and banana

8. Gourmet Garden's Golden Ticket

dates, walnuts, banana, almond milk or organic soy milk

9. Make Your Own Smoothie

choose any 3 fruit

Add to Your Smoothie:

Whey or Soy Protein 1.50 * Organic 2.50 * Booster and super foods available.

AÇAI BOWLS

Banana Berry 9.95
açai topped with banana, blueberries and strawberries

Mango Coconut 9.95
açai topped topped with banana, coconut and mango

Peanut Butter, Chocolate & Banana 10.95
açai topped with chocolate chips, natural peanut butter and banana

Protein Packed 11.95
açai topped with natural peanut butter, sliced almonds, cacao nibs, cashews, coconut and banana

Add Almond Butter 2.00 * Also available as a blended smoothie upon request.

GARDEN FRESH SALADS

House Green Salad (GF)(V) 10.45
mixed greens, avocado, tomatoes, cucumbers, carrots, served with house made balsamic vinaigrette

Green Goddess Salad (GF)(V) 11.45
mixed greens, cucumber, sprouts, spinach, avocado, broccoli, celery, scallions, served with house made lemon vinaigrette

Fresh Mozzarella Salad (GF) 11.45
fresh mozzarella with mixed greens, olives, basil leaves, red onion, tomatoes, served with house made balsamic vinaigrette

Traditional Greek Salad (GF) 11.45
tomato, feta, red onion, cucumbers, kalamata olives, served with house made lemon vinaigrette

Spinach Salad (GF) 11.45
spinach, sun-dried cranberries, strawberries, walnuts, goat cheese, served with house made raspberry vinaigrette

Quinoa Salad (GF)(V) 11.45
mixed greens, organic quinoa, sprouts, tomatoes, carrots, red onion, lentils, served with house made balsamic vinaigrette

Kale Trail Salad (GF) 11.45
kale, mixed greens with goat cheese, cauliflower, house made pumpkin and sunflower trail mix, served with house made lemon vinaigrette

Asian Chicken Salad (GF) 14.45
cold grilled chicken with mixed greens, scallions, red peppers, toasted almonds, sprouts, carrots, served with miso dressing

Gourmet Cobb Salad 14.45
mixed greens, grape tomatoes, red onion, avocado, uncured & nitrate-free turkey bacon, Monterey Jack cheese with cold chopped grilled chicken, served with house made balsamic vinaigrette

Steak Salad 17.45
skirt steak, mixed greens, carrots, lettuce, tomatoes and chimichurri sauce

WRAP

California Veggie Burger Wrap (V) 11.50
veggie burger with miso dressing

Steak Wrap 17.50
skirt steak with mixed greens, tomatoes, scallions and chimichurri sauce

JUICES

Regular: 16 oz. ... 7.45 * Large: 32 oz. 12.95

CAB
carrot, apple and beet

Cold and Flu Defense
orange, grapefruit, strawberry and echinacea

Digestion Aid
papaya, kiwi and pineapple

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

Minty Juice
pineapple, mango, orange and fresh mint

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

Vita C
lemon, lime, kiwi, orange and honey