

menu

Mass Ave // Brunch // Winter '17

garden table

toast

substitute gluten free toast for \$2

garden toast \$10

add egg \$2 Sprouted wheat toast with avocado, preserved lemon ricotta, cherry tomato, baby onions, sprouts

saffron pears poached on brioche \$10

Blue gouda, honey hazelnuts, kiwi whey jam, habanero

tuscan toast \$12

Semolina bread with pesto, tomato olive relish, lamb bacon, peppery greens, feta, olive oil. **substitute yam bacon for vegetarian**

bowls

granola gangster \$9

Yogurt, berries, honey, hemp seeds

açaí bowl \$13

Berries, almond butter, coconut, power powder, minty herbs

toasted farro bowl \$12

add egg \$2 Carrot 'butter', almond, kolhrabi, bok choy, 'kimichurri', pomegranate

quinoa chia pet \$12

add egg \$2 Sprouted chia, cashew cheese, parsnip, winter squash, sunflower pesto, stinging nettle

poke bowl \$15

Salmon Poke, raw pad thai, almond miso dressing, sesame and rice chips, bok choy, togarashi

barramundi bowl \$13

Local and seared with heirloom rice grits, collards, crispy oyster, okra, blood orange bearnaise, poached egg

salads

greens and basil vinaigrette \$3/ \$6

warm quinoa \$12

add salmon \$4 Winter greens, porcini mushroom vinaigrette, feta, apple, celery root, basil

gem salad \$6/ \$11

Charred cucumber, tarragon, radish, olive tapenade, sherry vinegar, olive oil

broad ripple chop \$6/ \$11

Sunflower seeds, cucum, tomato, avocado, colby cheese, chicken, basil vinaigrette

9-pan salad \$6/ \$11

Every veggie and fruit our garmo guy has on his station with greens, grains and preserved lemon balsamic dressing

sides

soup (rotating selection) \$3/ \$6

avocado \$3

cup of fresh fruit \$3

cup of house granola \$3

pickle plate \$6

hash browns \$4

cole slaw \$3

applewood bacon \$4

lamb bacon \$4

breakfast sausage \$4

hot smoked salmon \$6

matcha miso shiso roasted

carrots \$6

sammies & wraps

breakie biscuit \$9

Egg, cheddar and choice of bacon (yam, lamb, or applewood) on biscuit

the brunch reuben \$12

Rye bread, pastrami, brussel kraut, gardiniare, gruyere, egg in the basket, Coleman's mustard, baby kale

veggie terrine spinach wrap \$10

English pea hummus, bagna cauda, sprouts

lambinator \$15

Shaved roast lamb shoulder, open face naan, tzatziki, serrano peppers, halloumi cheese, radish and olive tapenade

'tucky \$14

Baguette, country ham, pimiento cheese, chow chow, pickled mustard, collard greens

nancy the ham lady \$12

Sunny egg, avocado, country ham, cheddar, greens, pepper jam and honey butter on a tomato brioche roll

la torta \$11

add duck chorizo \$3 Scrambled eggs, flowering cilantro, oaxacan cheese, charred onions, salsa verde, avocado

plates

flank steak & eggs \$15

Hashbrown, harissa, spring onion

flight of the donut and coffee \$8

Three donuts or beignets, three 2oz. coffee pairings

silver dollar blueberry pancake stack \$5

rolled omelet \$10

add hangtown \$5 Herbs, gouda, hashbrown, roasted garlic, charred tomato

garden benedict \$12

Fluffy challah toast with avocado, poached eggs, hollandaise, herbs and greens

quiche of day \$9

Rotating daily, served with greens

el desayuno \$15

Black, white, green and red mole' sauces, roasted chicken, sunny egg, tortilla chips, avocado, queso fresco, heirloom beans, cilantro, spring onion

hot smoked salmon \$14

Everything slug, lemon, onion, caper and dill, whipped cream cheese

butter chicken \$14

Yogurt marinated chicken breast braised with tomato, garam masala and turmeric. Served with many traditional pairings and freshly baked

little pot pie \$8

biscuit monster \$6

baked apples & brown butter

roasted cauliflower \$7

caramel \$4

with date, cashew, brown butter

bites

fish board \$60

Rotating selection of seafood charcuterie accompanied by chef's daily breads, pickles and dips. Serves four.

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garden table

cold-pressed juice

amped almond \$8

filtered H2O, almond, cold brew coffee, date, vanilla bean, Himalayan pink sea salt

Start your morning right! Creamy cold-pressed almond milk gives the perfect alternative to dairy or soy, while still strengthening the bones, reducing the inflammation of blood vessels, and protecting against cardiovascular disease and diabetes. Locally roasted organic Black Heart cold brew coffee is twice concentrated for that extra jolt of energy, while being 2/3 less acidic than hot-brewed coffee. Finished with fiber-rich, low-glycemic dates for sweetness and mineral-rich Himalayan pink sea salt.

garden gate \$8

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.

detox dream \$8

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 \$8

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 \$8

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 \$8

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 \$8

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 \$8

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.

espresso

pablo honey \$5

Pepper honey, basil infused espresso, milk

fresa fresca \$4.50

Strawberry puree, sparkling water, half&half, espresso, ice

rosemary's pear \$5

House rosemary-pear syrup, cinnamon, espresso, milk

espresso \$2.50

americano \$2.75

macchiato \$3.50

cortado \$3.50

cappuccino \$4

latte \$4

mocha \$5

pour over \$MP

Rotating single origin

drip \$2.50

cold brew \$4.50

matcha shot \$3

matcha latte \$4.50

chai latte (hot or iced) \$4

dirty chai latte (hot or iced) \$5

fresh mint (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

presto kombucha

ginger 16oz draft \$4.50

lavender, blueberry 8oz bottle \$3.50

original, white tea 16oz bottle \$5

etc.

la croix \$2

Regular, grapefruit, mango, peach-pear, lime

cold pressed juice flight \$10

Four 5oz pours of your choosing

cold pressed juice sample \$3

PROBIOTIC shot \$24

Proyurt, the world's most powerful probiotic -1 trillion CFU live probiotic microorganisms per serving