

menu

Broad Ripple // Winter '17

garden table

classics

broiled grapefruit \$4

Drizzled with local honey

hummingbird mush \$6

add breakfast sausage - \$4. Polenta squares seared in coconut oil topped with cinnamon and local honey

vegan b&g \$11

Sautéed tempe, navy bean gravy, sage chimichurri, house biscuit

basic b \$10

Eggs, hash browns, choice of sausage/bacon/ham, toast

bowls

granola gangster \$9

House-made granola, Greek yogurt, seasonal fruit and local honey

hippie porridge \$8

Oatmeal topped with seasonal fruit, honey, hemp seeds

acai bowl \$13

Served chilled. Acai, banana, coconut milk, seasonal fruit, house-made granola, and almond butter

quinoa breakfast bowl \$11

Quinoa veggie mix topped with two poached eggs, house-made pesto and hemp seeds

polenta bowl \$12

Butternut squash, pesto, seasonal veggies, sunny egg

toast

substitute gluten free toast for \$2

french toast \$10

Banana bread french toast, curried almond and cinnamon toast crunch, yogurt panna cotta, berries

garden toast \$7

Add egg - \$2; add smoked salmon - \$6. Mashed avocado, tomatoes on toast with a dash of chili powder and squeeze of lemon

tuscan toast \$12

Pesto, arugula, lamb bacon, feta, cherry tomatoes

smoked salmon toast \$11

House cured & smoked salmon, cream cheese, capers, onion, cracked pepper, sea salt

bennies

garden benedict \$12

Mashed avocado toast, topped with two poached eggs and basil hollandaise

pork shoulder benedict \$14

Braised pork shoulder, housemade biscuit, swiss chard, poached eggs, hollandaise

soup

rotating seasonal selection \$3/\$6

sammies

sandwiches served with your choice of house greens or seasonal fruit

vegan bahn-mi sandwich \$12

Sun-dried tomato hummus, avocado, seasonal veggies, salsa verde on baguette

cubahn-mi sandwich \$14

Pulled pork, salami rosa, ham, avocado, bahn-mi veggies and Colman's mustard on baguette

blt sandwich \$12

Choice of bacon, romaine, tomato, smashed avocado, sriracha aioli

primo sandwich \$12

Chicken milanese, grilled red onion, Oaxaca string cheese, avocado, salsa verde aioli, greens, on cemita

breakfast sandwich \$12

Scrambled eggs, rosemary ham, hash browns, colby, avocado, greens, on house brioche

dishes

butter chicken \$12

Marinated yogurt chicken with garam masala, braised tomatoes, cauliflower, avocado, coconut milk, butter, cilantro, almonds, naan bread

andouille sausage hash \$12

Russet potato, roasted pepper, cipollini onions, poached eggs, cajun hollandaise

salmon buckwheat crepes \$12

Two buckwheat crepes, asparagus, smoked salmon, trout roe, cucumber relish, poached eggs, hollandaise

salads

chopped salad \$6/ \$10

Sunflower seeds, cucum, tomato, avocado, colby cheese, shaved ham and chicken, basil vinaigrette

thai picnic salad \$6/ \$10

Shredded BBQ chicken, greens, cabbage, carrots, chili and cornbread croutons, ginger buttermilk dressing

morning salad \$6/ \$10

Kale, chard, poached egg, cherry tomato, pickled red onion, avocado, bacon, bacon emulsion

winter salad \$6/ \$10

Mixed greens, roasted curry garbanzo beans, avocado, watermelon radish, carrots, roasted beets, sweet potato, turmeric tahini dressing

kids

kids plate \$5

Egg any way, bacon, toast with side of jam

kids biscuit monster \$5

Biscuit with scrambled egg, bacon, jam and berries

kids french or advocado toast \$5

sides

avocado \$3

cup of fresh fruit \$3

cup of house granola \$3

mixed greens \$4

sautéed veggies \$6

side of meat

applewood bacon \$4

lamb bacon \$4

breakfast sausage \$4

smoked salmon \$6

roasted chicken \$4

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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 absorberency 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.

drinks

modbar

*rotating house drinks

espresso \$2.50

americano \$2.75

macchiato \$3.50

cortado \$3.50

cappuccino \$4

latte \$4

mocha \$5

coffee

bottomless hot \$3

cold brew iced \$4.50

skinny bullet \$6

Local Tinker Coffee blended with local Skinny Coconut Oil

tea

matcha shot \$3

matcha latte \$4.50

chai latte (hot or iced) \$4

iced chai latte \$5

fresh mint (hot) \$5

Big T NYC hot tea \$2.50

Big T NYC iced tea \$3

juice

PROBIOTIC shot \$24

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

cold pressed juice flight \$10

Four 5oz pours of your choosing

cold pressed juice sample \$3

rose

Saved Rose \$8-gls / \$32-btl
argentina

bubbly

house prosecco \$8-gls / \$28-btl
italy

house mimosa \$8 -
lush love + prosecco

white

Tom Gore Chardonnay \$8-gls / \$30-btl
california

Robert Weil Riesling \$8-gls / \$30-btl
california

Nobilo Icon Sauv Blanc \$10-gls / \$36-btl
new zealand

red

Ravage cabernet
sauvignon \$9-gls / \$34-btl
california

Meiomi Pinot Noir \$9-gls / \$34-btl
california

beer

Three Floyds Gumball Head \$5
american wheat, ibu 35, abv 5.6%

Fountain Square
Workingman's Pilsner \$5
bohemian pilsner, ibu 25, abv 5.0%

Oscar Blues Pinner \$5
india pale ale, ibu 35, abv 5.9%

Taxman La Maison \$5
shandy, ibu 11, abv 4.25%

Sun King Sunlight Creme Ale \$5
blonde ale, ibu 20, abv 5.3%

Sun King Osiris \$5
pale ale, ibu 50, abv 5.6%

Sun King Rhinegiest \$5
Scottish-style ale, ibu 22, abv 6%