


## BREAKFAST




SERVED MONDAY - FRIDAY UNTIL 11AM | ALL DAY SATURDAY

**BAGEL** - Choice of plain or sesame | 3.5

**YOGURT PARFAIT** - Strawberries, blueberries, granola, honey | 6.5

  **OATMEAL** - Berries, walnuts, cinnamon, honey | 7

 **BREAKFAST BURRITO** - Scrambled eggs, avocado, sweet potato, black beans, cheese, red enchilada sauce with a side of fruit or oatmeal | 9.5


   **VEGAN PROTEIN PANCAKES** - Sprouted whole grain dairy free pancakes with toasted coconut flakes & sugar free syrup | 9.5  
*Add Vegan Chocolate chips +2*

 **HUMMUS FETA TOMATO OMELETTE** - Hummus, feta, diced tomato with fruit or oatmeal | 10.5

 **BREAKFAST CAULIFLOWER BOWL** - Bacon, cauliflower, broccoli, onion, red pepper with over medium eggs | 10.5

 *Make it vegan with organic Tofu & no bacon*

 **GOURMET FRUIT SALAD** - Seasonal fresh fruits, coconut, granola, walnut with honey | 12

 **AVOCADO EGG BLT** - Over medium eggs, bacon, avocado, bibb lettuce, tomatoes, on gluten free toast with sriracha mayo & side of fruit or oatmeal | 12

 **STEAK & EGGS** - Filet mignon with eggs, mixed green salad, side of chimichurri & fruit or oatmeal | 22

## JUICES

### FROM THE GARDEN




**CAB** - Carrot, apple, beet | 8 • 11.5 • 15

**COLD + FLU DEFENSE** - Orange, grapefruit, strawberry, echinacea | 10 • 14.5 • 19

**DIGESTION AID** - Papaya, kiwi, pineapple | 11 • 15 • 20


**GREEN HEAVEN** - Parsley, cilantro, cucumber, celery, broccoli, apple, spinach, kale | 11 • 15 • 20

 **GREEN MONSTER** - Green apple, celery, cucumber, kale, lemon, ginger | 9.5 • 14 • 18

**JUICY LEMONADE** - Lemon, lime, spinach, celery, carrot, apple, cucumber | 9 • 13 • 17

**MINTY JUICE** - Pineapple, mango, orange, mint | 8 • 11.5 • 15

**JUNGLE JUICE** - Orange, pineapple, banana, coconut water | 8 • 11.5 • 15

 **THE TERMINATOR** - Carrot, celery, beet, cucumber, spinach, garlic, ginger, apple, lemon, lime | 10.5 • 15 • 20

**VITA C** - Lemon, lime, kiwi, orange, honey | 8 • 11.5 • 15

**SPICY MELON** - Açai, watermelon, cayenne pepper, camu camu, Goji berry | 9 • 14 • 18

**SUMMER BREEZE** - Cucumber, apple, strawberry | 9 • 14 • 18



### BOOSTER SHOTS

SINGLE • DOUBLE

• **INMUNE BOOSTER:** Lemon, ginger, turmeric, cayenne pepper | 3.5 • 6

• **CARROT - TURMERIC** | 1.5 • 2.5

## SMOOTHIES


NO SYRUPS • NO SUGARS • NO ADDITIVES  
ALL 100% FRUITS AND VEGETABLES



### ADD-ONS

Whey Protein | 1.5 • Organic Vegan Protein | 2.5

**MONKEY BUSINESS** - Orange, strawberry, banana | 8 • 11.5 • 15

 **STRAWBERRY FIELDS** - Blueberry, strawberry, banana, cranberry | 9 • 13 • 17

**HONEY I'M HOME** - Peach, strawberry, banana, cranberry | 7 • 10 • 13

**POPEYE** - Spinach, orange, banana, coconut water | 7 • 10 • 13

**MANGO MAGNIFICO** - Papaya, peach, pineapple, orange, mango | 9 • 13 • 17

**KALE-FORNIA** - Kale, pineapple, banana, almond milk | 7 • 10 • 13

**PEACHES & CREAM** - Peach, strawberry, raspberry, banana | 9 • 13 • 17

**GOLDEN TICKET** - Dates, walnuts, banana, almond milk | 7 • 10 • 13

**DRAGON FRUIT** - Peach, strawberry, banana, raspberry, pitaya | 12 • 17.5 • 23

**CHIPS AHOY** - Almond milk, banana, chips ahoy protein | 7 • 10 • 13

**MAKE YOUR OWN** - Choose any 3 fruits & a base

## ACAI BOWLS

LOCALLY MADE ORGANIC ACAI

**MANGO COCONUT** - Coconut, banana, mango, granola | 11

**PEANUT BUTTER, CHOCOLATE & BANANA** - Peanut butter, banana, chocolate chips, granola | 11

 **BANANA BERRY** - Banana, blueberry, strawberry, granola | 12

**PROTEIN PACKED** - Vanilla whey protein, peanut butter, almonds, cashews, banana, coconut, granola | 12

**NUTELLARAGEOUS** - Nutella, banana, almonds, cashews, walnuts, chocolate chips, granola | 14



VEGAN



GLUTEN FREE



TOP SELLER

954.626.0452






6139 N. FEDERAL HWY. FORT LAUDERDALE, FL 33308

GOURMETGARDENCAFE.COM •



# SOUPS | CUP | 4.5 • BOWL | 7

**ADD-ONS:** Grilled Cheese Sandwich +6 • Avocado +1.5 • Feta +1.5

-  **BLACK BEAN SOUP** - Topped with avocado & feta
-   **SPLIT PEA SOUP** - Carrots, celery, split pea & garlic
-   **VEGETABLE SOUP** - Pureed navy beans, carrots, zucchini, squash, celery & spinach
- SOUP DU JOUR** - Soup of the day


## APPETIZERS

-   **HUMMUS** - House-made with baked pita chips | 7
-  **OVEN BAKED BUFFALO CAULIFLOWER** - With ranch | 8
-   **CAPRESE AVOCADO TOAST** - Gluten free toast with vegan mozzarella, tomato & balsamic | 8
-  **GUACAMOLE** - House-made with baked pita chips | 9
-  **ROAST TURKEY MEATBALL** - House-made topped with fresh mozzarella, pesto oil & balsamic | 10

## QUESADILLAS

**Whole Wheat, Spinach, Sun-Dried Tomato or Gluten Free +2**  
Monterey Jack, sour cream & pico de gallo

**ADD-ONS:** Avocado +3 • Vegan Mozzarella +2  
Grilled Onions & Beans +2

- AVOCADO QUESADILLA** | 12
-  **ORGANIC CHICKEN QUESADILLA** | 14
- IMPOSSIBLE QUESADILLA** - With vegan mozzarella | 16
- FILET MIGNON QUESADILLA** | 22

## BURGERS AND SANDWICHES

Mixed greens, vegan mozzarella, tomato, red onion & avocado on whole wheat thins, with baked sweet potato planks  
Gluten free bun +2
















-  **CALI VEGGIE BURGER** | 12.5
-  **EGGPLANT & PORTABELLA BURGER** | 12.5
-  **HOUSE-MADE TURKEY BURGER** | 13
- ORGANIC GRILLED CHICKEN** | 14
-  **IMPOSSIBLE BURGER** | 16

# NATURAL FIT PLATTERS

Served with a side of kale apple slaw

Pick a **PROTEIN + GRAIN + VEGETABLE + SAUCE** for your plate



### PROTEINS

-  Baked Falafel | 13
-   Organic Grilled Tofu | 13
-   Grilled Portobello | 13
-  Cali Veggie Burger | 13
-  House made Turkey Burger | 14
-   Organic Chicken Breast | 14
-  Tuna Salad | 13
-  Organic Chicken Salad | 14
-   Impossible Burger | 16
-  Mahi Mahi | 19
-  Wild Salmon | 20
-  Filet Mignon | 22


### GRAINS

Organic Quinoa | Organic Brown Rice | Whole Wheat Couscous

### VEGETABLES

- Mixed Green Salad
-  Baked Sweet Potato
- Grilled Asparagus
-  Grilled Vegetables
- Steamed Broccoli
- Brussel Sprouts
- Roasted Cauliflower
- Sweet Potato Planks

### SAUCES

- Asian Glaze
- Barbecue
- Chimichurri
-  Lemon Vinaigrette
- Miso Dressing
- Pomegranate
- Raspberry Vinaigrette
- Tahini Dressing

## WRAPS

**WRAP CHOICES: WHOLE WHEAT • SPINACH  
SUN-DRIED TOMATO • GLUTEN FREE +2**

With mixed greens, tomato, cucumber, carrot & side of kale apple slaw topped with sliced almonds

**ADD-ONS:** Avocado +2.5 • Hummus +2.5

-   **AVOCADO GODDESS** - Avocado & house-made miso dressing | 11
- TUNA SALAD** - White albacore tuna salad | 12
-  **EGGPLANT & TOFU** - Grilled tofu, eggplant, avocado & miso dressing | 12
-  **CALIFORNIA VEGGIE BURGER** - With miso dressing | 12
- HOUSE-MADE TURKEY BURGER** - With pomegranate sauce | 12
-  **BAKED FALAFEL** - With freshly made tahini & hummus | 13
- CHICKEN SALAD** - Organic chicken salad | 13
-  **ORGANIC CHICKEN & RICE** - With cilantro & pico de gallo | 13
- FILET MIGNON** - Hand cut filet with chimichurri & scallions | 22

### DELUXE WRAPS

**MOZZARELLA CAPRESE** - Buffalo mozzarella, basil pesto, tomato, onions, mixed greens & balsamic vinaigrette | 13

**SPINACH-FETA CHICKEN** - Organic grilled chicken, hummus, tomato, cucumber, feta, spinach & lemon vinaigrette | 14

**WILD SALMON WRAP** - Avocado, arugula & lemon vinaigrette | 21

## TACOS

Flour or Gluten Free Corn Tortilla with rice, beans & pico de gallo

-    **VEGAN TACO** - Sweet potato, black beans, salsa verde, avocado & cilantro | 13
-  **LAMB TACO** - Gyro meat, Asian slaw, hummus, pickled red onion & feta | 15
-   **IMPOSSIBLE TACO** - With marinara, onions, avocado, Romaine lettuce, vegan mozzarella | 16
-  **MAHI TACO** - Blackened mahi, Asian slaw & avocado drizzle | 19
-  **TROPICAL STEAK TACO** - Filet mignon & tropical salsa | 22

## GARDEN FRESH SALADS

**ADD-ONS:** Organic Grilled Chicken +7 • Tuna Salad +6  
Organic Chicken Salad +7 • Wild Salmon +12

-   **HOUSE GREEN SALAD** - Mixed greens, avocado, tomato, cucumbers & carrots with house-made balsamic vinaigrette | 11
-    **GREEN GODDESS SALAD** - Mixed greens, cucumber, sprouts, spinach, avocado, broccoli, celery, scallions with lemon vinaigrette | 12
- SPINACH SALAD** - Spinach, sun-dried cranberries, strawberries, walnuts, goat cheese with raspberry vinaigrette | 12
-   **QUINOA SALAD** - Mixed greens, quinoa, sprouts, tomato, carrots, red onion, lentils with balsamic vinaigrette | 12
- HARVEST SALAD** - Kale, cranberries, candied walnuts, roasted sweet potatoes with apple cider vinaigrette & choice of grain | 12
-  **TRADITIONAL GREEK SALAD** - Tomato, feta, red onion, cucumber, Romaine lettuce, kalamata olives with lemon vinaigrette | 12
-  **FRESH MOZZARELLA SALAD** - Buffalo mozzarella, mixed greens, olives, red onion, tomato with balsamic vinaigrette | 13
-  **ASIAN CHICKEN SALAD** - Chilled organic chicken, mixed greens, scallions, red peppers, toasted almonds, sprouts & carrots with miso dressing | 15
- GOURMET COBB SALAD** - Mixed greens, tomato, red onion, avocado, turkey bacon, Monterey Jack, chilled organic chicken with balsamic vinaigrette | 15
-  **STEAK SALAD** - Fillet Mignon, corn, cherry tomatoes, cucumber, avocado, shallots on bibb lettuce with basil vinaigrette | 24



VEGAN



GLUTEN FREE



TOP SELLER