



GourmetGarden

CAFE & JUICES



 954.626.0452


 6139 N. Federal Hwy.
Fort Lauderdale, FL 33308

GourmetGardenCafe.com •  

BREAKFAST

ALL DAY SATURDAY


BAGEL - Choice of plain, sesame or everything | 4.5

 **ORGANIC OATMEAL** - Organic berries, walnuts, organic cinnamon, organic honey | 8

ORGANIC YOGURT PARFAIT - Organic strawberries, organic blueberries, organic granola, organic honey | 9


BREAKFAST BAGEL SANDWICH - Plain bagel, over hard organic eggs, turkey bacon, Jack cheese with organic fruit or organic oatmeal | 11


BREAKFAST BURRITO - Scrambled organic eggs, avocado, sweet potato, black beans, cheese, red enchilada sauce with a side of fruit or organic oatmeal | 13

 **PROTEIN PANCAKES** - Gluten free buttermilk pancakes with whey protein, organic coconut flakes and organic maple syrup | 13
Add Vegan Chocolate chips +2

 **HUMMUS FETA TOMATO OMELETTE** - Hummus, feta, diced organic tomato with organic fruit or organic oatmeal | 15

 **WESTERN OMELETTE** - Turkey bacon, peppers, onions, Jack cheese with organic fruit or organic oatmeal | 15

 **AVOCADO EGG BLT** - As a wrap or on gluten free toast, over medium organic eggs, bacon, avocado, bibb lettuce, organic tomatoes, with side of sriracha Mayo and choice of organic fruit or organic oatmeal | 15

 **STEAK & EGGS** - Filet mignon with organic eggs, mixed green salad, side of chimichurri and organic fruit or organic oatmeal | 27

SOUPS

CUP | 5 • BOWL | 9

ADD-ON: GRILLED CHEESE SANDWICH +7

  **SPLIT PEA SOUP** - Organic carrots, organic celery, split pea & garlic

  **VEGETABLE SOUP** - Pureed navy beans, organic carrots, zucchini, squash, organic celery & spinach

SOUP DU JOUR - Soup of the day



GLUTEN FREE



VEGAN

APPETIZERS

 **HUMMUS** - House-made with baked pita chips | 9

 **GUACAMOLE** - House-made with baked pita chips | 11

AVOCADO TOAST - Guacamole, organic EVOO,
balsamic and mozzarella | 12

BUFFALO CAULIFLOWER | 10

QUESADILLAS

WHOLE WHEAT OR GLUTEN FREE +2.5

MONTEREY JACK, SOUR CREAM & PICO DE GALLO

ADD-ONS: AVOCADO +3 • GRILLED ONIONS & BEANS +2

 **AVOCADO QUESADILLA** | 15

 **PORTOBELLO MUSHROOM QUESADILLA** -
With vegan mozzarella | 16

 **HOUSE-MADE ORGANIC TURKEY
BURGER QUESADILLA** | 16

 **ORGANIC CHICKEN QUESADILLA** | 17

 **FILET MIGNON QUESADILLA** | 25

WRAPS

WITH MIXED GREENS, ORGANIC TOMATO,
ORGANIC CUCUMBER, ORGANIC CARROT &
A SIDE OF APPLE SLAW

ADD AVOCADO +4 • GLUTEN FREE +2.5

  **AVOCADO GODDESS** - Avocado and house-made
miso dressing | 15

 **TUNA SALAD** - White albacore tuna salad | 16

 **HOUSE-MADE ORGANIC TURKEY BURGER** -
With pomegranate sauce | 16

 **HERB ORGANIC CHICKEN** - Herb marinated organic
chicken and herb oil | 17

 **ORGANIC CHICKEN SALAD** | 17

 **FILET MIGNON** - Hand cut filet with chimichurri
and scallions | 25

★
SPECIALTY
WRAP

 **WILD-CAUGHT SALMON** - Arugula,
avocado and lemon vinaigrette | 23

 GLUTEN FREE

 VEGAN

TACOS

WITH ORGANIC RICE & BEANS

CHOICE OF FLOUR TORTILLA, LETTUCE CUPS
OR GLUTEN FREE +2.5

  **VEGAN** - Sweet potato, black beans, salsa verde, avocado and cilantro | 16

LAMB - Gyro meat, Asian slaw, hummus, pickled red onion and feta | 17

 **MAHI** - Blackened mahi, Asian slaw and avocado drizzle | 21

 **TROPICAL STEAK** - Filet mignon and tropical salsa | 25

GARDEN FRESH SALADS


ADD-ONS: ORGANIC GRILLED CHICKEN +7

TUNA SALAD +6 • PORTOBELLO +6



ORGANIC CHICKEN SALAD +7


WILD-CAUGHT SALMON +12



GRILLED FILET MIGNON +14



  **HOUSE GREEN** - Mixed greens, avocado, organic tomato, organic cucumbers and organic carrots with house-made balsamic vinaigrette | 13

 **ASIAN** - Mixed greens, scallions, red peppers, toasted almonds, sprouts and organic carrots with miso dressing | 14

  **GREEN GODDESS** - Mixed greens, organic cucumber, sprouts, spinach, avocado, broccoli, organic celery, scallions with lemon vinaigrette | 14

 **SPINACH** - Sun-dried cranberries, organic strawberries, walnuts, goat cheese with raspberry vinaigrette | 14

  **ORGANIC QUINOA** - Mixed greens, organic quinoa, sprouts, organic tomato, organic carrots, red onion, lentils with balsamic vinaigrette | 14

  **HARVEST** - Kale, cranberries, candied walnuts, roasted sweet potatoes with apple cider vinaigrette and choice of grain | 14

 **TRADITIONAL GREEK** - Organic tomato, feta, red onion, organic cucumber, Romaine lettuce, kalamata olives with lemon vinaigrette | 14

 **FRESH MOZZARELLA** - Buffalo mozzarella, mixed greens, olives, red onion, organic tomato with balsamic vinaigrette | 17



GLUTEN FREE



VEGAN

NATURAL FIT PLATTERS

PICK A

PROTEIN + **GRAIN** + **VEGETABLE** + **SAUCE**

FOR YOUR PLATE

PROTEINS

- Grilled Portobello | 16
 - House-Made Organic Turkey Burger | 17
 - Organic Chicken Breast | 17
 - Tuna Salad | 16
 - Organic Chicken Salad | 17
 - Lamb | 18
 - Wild-Caught Salmon | 23
 - Filet Mignon | 25
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GRAINS

- Organic Rice
 - Organic Quinoa
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VEGETABLES

- Mixed Green Salad
 - Baked Sweet Potato
 - Grilled Vegetables
 - Steamed Broccoli
 - Roasted Cauliflower
 - Asparagus
 - Brussels Sprout
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SAUCES

- Barbecue
- Chimichurri
- Herb Oil
- Lemon Vinaigrette
- Miso Dressing
- Pomegranate
- Raspberry Vinaigrette
- Balsamic Vinaigrette

JUICES

FROM THE GARDEN - 16OZ | \$12

MADE WITH MOST ORGANIC FRUITS

CAB - Organic carrot, apple, beet

COLD + FLU DEFENSE - Organic orange, grapefruit, organic strawberry, organic echinacea

DIGESTION AID - Papaya, kiwi, pineapple

GREEN HEAVEN - Parsley, cilantro, organic cucumber, organic celery, broccoli, apple, spinach, kale

GREEN MONSTER - Green apple, organic celery, organic cucumber, kale, lemon, organic ginger

JUCY LEMONADE - Lemon, lime, spinach, organic celery, organic carrot, apple, organic cucumber

MINTY JUICE - Pineapple, mango, organic orange, mint

JUNGLE JUICE - Organic orange, pineapple, organic banana, organic coconut water

TERMINATOR - Organic carrot, organic celery, beet, organic cucumber, spinach, garlic, organic ginger, apple, lemon, lime

VITA C - Lemon, lime, kiwi, organic orange, organic honey

SUMMER BREEZE - Organic cucumber, apple, organic strawberry

AÇAÍ BOWLS

\$15

MADE WITH ORGANIC AÇAÍ & MOST ORGANIC FRUITS

MANGO COCONUT - Organic coconut, organic banana, mango, organic granola

PEANUT BUTTER, CHOCOLATE & BANANA - Organic peanut butter, organic banana, chocolate chips, organic granola

BANANA BERRY - Organic Banana, organic blueberry, organic strawberry, organic granola

PROTEIN PACKED - Organic vanilla whey protein, organic peanut butter, almonds, organic cashews, organic banana, organic coconut, organic granola

STRAWBERRY NUTELLA - Fresh cut organic strawberries, Nutella, organic granola

SMOOTHIES

16OZ | \$10

NO SYRUPS · NO SUGARS · NO ADDITIVES
MADE WITH MOST ORGANIC FRUITS

ADD-ONS: WHEY PROTEIN +1.5
ORGANIC VEGAN PROTEIN +2.5
COLLAGEN PROTEIN +2.5

MONKEY BUSINESS - Organic orange,
organic strawberry, organic banana

STRAWBERRY FIELDS - Organic blueberry,
organic strawberry, organic banana, cranberry

HONEY I'M HOME - Peach, organic strawberry,
organic banana, organic almond milk, organic honey

POPEYE - Spinach, organic orange, organic banana,
organic coconut water

MANGO MAGNIFICO - Papaya, peach, pineapple,
organic orange, mango

KALE-FORNIA - Kale, pineapple, organic banana,
organic almond milk

PEACHES & CREAM - Peach, organic strawberry,
organic raspberry, organic banana

GOLDEN TICKET - Organic dates, walnuts,
organic banana, organic almond milk

PICK ME UP - Organic milk, espresso shot,
organic banana, organic dates

CHIPS AHOY - Organic almond milk, organic banana,
chips ahoy protein

BOOSTER SHOT

IMMUNE BOOSTER - Lemon, organic ginger, turmeric,
cayenne pepper | *Single 4.5 - Double 7*



COFFEE & TEA

HOT OR ICED

Espresso	2.75
Double Espresso	5
Caramel Macchiato	6
Cappuccino	4
Latte	4
Americano	4
Hot or Iced Tea	4
Assorted flavors available	

MILK OPTIONS

Organic Milk	
Organic Half/Half	
Organic Almond Milk	+1.5
Organic Oatmilk	+1.5
Organic Cononut Milk	+1.5



At Gourmet Garden, we believe in serving food that's both delicious and wholesome. That's why we carefully select high-quality ingredients, with most being organic and locally sourced. We also prepare our dishes using healthy organic oils to ensure a balance of flavor and nutrition. Enjoy the best of what nature has to offer in every meal!