



Healthy Meals Made Fresh

The Gardenhouse Menu

Breakfast

Berry Pancake	\$6.50
<i>Whole grain pancake made with fresh blueberries (gluten free available)</i>	
Breakfast Burrito	\$3.00
<i>Veggies, shrimp, chicken or steak burrito topped with spinach, tomatoes and cheese.</i>	
French toast	\$6.50
<i>Fresh whole wheat baguette slices, pan fried topped with fresh fruit topping</i>	
Gardenhouse Scrambled Eggs	\$2.50
<i>Eggs scrambled with spinach, green peppers and onions.</i>	
Daybreak English muffin	\$5.75
<i>A savory blend of real eggs, spinach, red peppers on a toasted whole wheat English muffin with a sprinkle of mozzarella cheese.</i>	
Fruit and Yogurt	\$4.00
<i>Greek yogurt, mixed with fresh berries, and topped with wholesome homemade granola</i>	
Berry Oatmeal	\$4.00
<i>Oatmeal cooked with blueberries</i>	

Entrees

Shrimp pasta pesto	\$8.00
<i>Grilled shrimp and jalapeño pesto mixed with whole wheat penne</i>	
Garden lasagna	\$6.50
<i>A vegetarian favorite made with homemade marinara layered with pasta and low fat cottage cheese</i>	
Turkey and spinach lasagna	\$7.00
<i>Turkey, spinach and marinara layered with pasta and cottage cheese.</i>	
Shrimp Jambalaya	\$8.00
<i>Shrimp and veggies smothered in a Cajun sauce and served over brown rice. Vegetarian version available.</i>	



Gumbo	\$8.00
<i>A thick stewlike dish that can have many ingredients including vegetables (such as okra, tomatoes and onions) and one or several meats or shellfish (such as chicken, sausage, shrimp, or crab).</i>	
Curry and rice	\$7.00
<i>A light curry sauce served with brown rice. Chicken, shrimp or veggie curry dishes available.</i>	
Baja Fish Tacos	\$7.00
<i>Lean baked tilapia in a corn tortilla, then topped with our special mango salsa, chopped spinach and our special baja sauce.</i>	
Salmon and grilled veggies	\$10.00
<i>A fresh cut of Atlantic salmon grilled and topped with grilled veggies.</i>	
Salads	
Kale Salad	\$5.00
<i>Raw kale salad prepared with red onion and tossed with our garlic dressing.</i>	
Carrot Salad	\$5.00
<i>Our carrot salad is prepared with the carrot pulp, celery, scallions and sweet relish.</i>	
Tuna Salad	\$6.00
<i>Spinach leaves tuna, red onion, red peppers, and sweet pickles tossed lightly in our low fat ranch dressing</i>	
Almond Pate	\$7.00
<i>Our almond pate is made from raw whole almonds, celery, and spring onions</i>	
Fruit Salad	\$5.00
<i>Choose from in season fruit to create your own unique fresh fruit salad.</i>	
Raw Seaweed Salad	\$5.00
<i>Our raw seaweed salad is made with wakame seaweed, sliced cucumber, carrot and cabbage tossed with sesame oil</i>	
Bean Thread Salad	\$5.00
<i>Our bean thread salad is made from bean thread, parsley, onions, yellow and red peppers with a roasted sesame oil</i>	



Soups

\$5.00

Our healthy homemade soups are made from scratch including red and black bean soup.

Side Orders

Crispy Collard Green Rolls

\$1.25 per roll

Fresh collard greens lightly sautéed with red pepper; onion and garlic are deep fried in an egg roll wrapper. Egg rolls are topped with our raspberry chipotle sauce.

Guacamole and Gardenhouse Chips

\$3.00/s \$4.00/l

Fresh avocados, onion and garlic are used to make our yummy guacamole. Our fresh corn chips are topped with our special seasoning to create a unique fresh corn chip.

Gardenhouse French Fries

\$2.00/s \$3.00/l

Our specialty fries are made from golden Yukon potatoes or sweet potatoes and topped with a variety of toppings including basil and parmesan, and garlic butter fries. Our specialty sauces include Wasabi Mayonnaise, Sun-dried Tomato Mayonnaise, Rosemary Garlic Mayonnaise and our Horseradish Mayonnaise

Very Berry Fruit Salad

\$2.00/s \$3.00/l

Our fresh fruit salad made up of strawberries, blackberries, and raspberries with a touch of sweet Kiwi.

Thank you for your interest in the Gardenhouse.