



1407 Clarkview Road
Baltimore, MD 21209

410-321-4141
www.gardenandgrounds.com

V vegetarian VG vegan GF gluten free

We pride ourselves on our Southern hospitality and want you to have a wonderful experience with us. We strive to serve clean food that is organic, non GMO, hormone free, steroid free, antibiotic free, free range, pasture raised and grass fed, whenever possible. We filter our water to have the purest available. We have stopped all fertilizer spray around the bistro and are only using organic landscaping materials. We have HEPA filters on our vents and have installed a brand new fresh air return in our kitchen so you have clean air to breathe. We have taken a lot of time and care to ensure that you can relax and enjoy our delicious food.

ORGANIC AÇAÍ BOWLS VG GF

All bowls are made with organic açai and topped with granola, strawberries, blueberries, bananas, coconut, and honey.
Add chocolate or peanut butter +€50

- CLASSIC BOWL** 14
Blend of açai, bananas, and apple juice, with house toppings
- NUTRI-BOWL** 14
Blend of açai, blueberries, bananas, and almond milk, with house toppings and flax seed
- ENERGY BOWL** 14
Blend of açai, bananas, mangoes, strawberries, blueberries, and orange juice, with house toppings and chia seeds

SANDWICHES

- CHICKEN SALAD** 13
Homemade all natural, hormone free chicken salad tossed with toasted cashews and sweet grapes. Served on croissant, lettuce and tomato
- CRAB CAKE** MKT
Half pound jumbo lump crab, lettuce, tomatoes, Old Bay remoulade on brioche
- GRILLED CHICKEN** 13
Grilled chicken breast on brioche roll, lettuce, tomato and our special aioli mayo
- G&G CIABATTA CLUB** 16
House turkey breast, honey ham, applewood bacon, avocado, lettuce and herbed mayo
- CHICKPEA SALAD** 11
With roasted garlic, celery, green onion, roasted red onions, bell peppers, a squeeze of fresh lemon, Havarti and lettuce on toasted sourdough
- FRIED CHICKEN OR TURKEY RACHEL** 15
Gruyere, Carolina sweet slaw, Russian dressing on marble rye
- SALMON BLT** 18
Salmon on sourdough with chipotle aioli, lettuce and tomato

BREAKFAST

- BREAKFAST SANDWICH** 11
Fluffy fresh scrambled eggs cheese, bacon or sausage on your choice of croissant, bagel or toast
- STONE CUT OATMEAL GF** 11
Topped with seasonal berries, banana and honey
- BAGEL** cream cheese 4
..... cream cheese & smoked salmon 15
Bagel Choices: plain, sesame, everything, asiago, cinnamon raisin, super cinnamon, blueberry, and chocolate chip
- CHICKEN & WAFFLES** 19
Buttermilk fried chicken on 3 petite waffles with sausage gravy and maple syrup

- HOUSE FAVORITE QUICHE** 15
Five cheeses, tomato, asparagus, mushrooms; comes with a side salad
- BREAKFAST QUICHE** 16
Bacon, ham, three cheeses; comes with a side salad
- ONE OF A KIND OMELETTES** 18
Choice of 3 mix-ins: spinach, tomato, onion, mushroom, bell pepper, scallion. Your choice of cheese: American, Cheddar, Gruyère, Havarti or Swiss. Served with 2 sides skillet potatoes, turkey sausage or bacon, and toast

SALADS & OTHER

- HOUSE SALAD VG** 12.95
With lettuce blend, avocado, sweet bell peppers, carrots and feathered gruyere/parmesan cheese blend.
- CAESAR SALAD** 12
Garlic croutons, gruyere cheese, Caesar dressing.
- COBB** 14
Lettuce blend, avocado, hardboiled egg, tomatoes, bacon, blue cheese and buttermilk ranch
- AVOCADO TOAST V** 12
Smashed avocado mixed with lime juice with grape tomatoes, spinach and arugula served on a baguette
- 4 CHEESE MAC & CHEESE** 10
Baked with a blend of creamy cheeses, topped with buttered savory bread crumbs
- CHICKEN TENDERS** 14 / 19
Southern chicken tenders with local honey mustard, potato salad, and roasted garlic veggies. Choose small or large portion.

SOUP

- TOMATO BISQUE GF** 9
- CREAM OF CRAB** 11
- WHITE BEAN, KALE & HONEY HAM** 10
finished with fresh herbs

SALADS ADD-ONS:

- Lump Crab Meat** +MKT
- Salmon** +12
- Grilled or Fried Chicken** +8.50

A NOTE TO OUR GLUTEN FREE FRIENDS:

While some of our offerings are naturally gluten free, marked with a GF, some items can be made gluten free by request, such as our sandwiches, which are available with gluten free bread. Also, ask about our bakery items as we sell a variety of gluten free muffins and scones.

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DRINKS

All of our water is filtered and delicious!!

COFFEE & ESPRESSO

| | 16oz | 20oz |
|--|------|------|
| BREWED COFFEE | 2.65 | 3.00 |
| CAFÉ AU LAIT | 4.25 | 5.00 |
| DOPPIO ESPRESSO | 3.00 | |
| AMERICANO | 3.45 | 4.50 |
| LATTE / CAPPUCCINO | 4.25 | 5.00 |
| MOCHA | 4.85 | 5.50 |
| WHITE CHOCOLATE MOCHA (hot or iced) | 4.85 | 5.50 |
| VANILLA LATTE | 4.95 | 5.50 |
| MACCHIATO (hot or iced) | 4.25 | 5.00 |
| ICED CARAMEL MACCHIATO | 4.85 | 5.50 |
| ICED COFFEE | 3.25 | 3.75 |
| ICED LATTE | 4.65 | 5.50 |
| FROZEN LATTE | 4.65 | 5.50 |
| FROZEN MOCHA | 4.95 | 5.50 |

ALTERNATIVE MILKS Almond, Soy, Oat 70¢
FLAVORED SYRUPS Hazelnut, Mocha, Vanilla, Caramel 50¢
ESPRESSO SHOTS (2)..... 75¢

SMOOTHIES

All smoothies have no added sugar.
Alternative milks available

| | |
|---|---|
| GREEN GODDESS | 9 |
| <i>Spinach, kale, strawberries, blueberries, bananas, Greek yogurt and orange juice</i> | |
| MANGO | 9 |
| <i>Mangoes, bananas, Greek yogurt, and oat milk</i> | |
| STRAWBERRY BANANA | 9 |
| <i>Strawberries, bananas, Greek yogurt, and whole milk</i> | |
| KID'S SMOOTHIE | 6 |
| <i>Choice of bananas, strawberries, or both, with Greek yogurt, and whole milk</i> | |

TEA AND OTHER BEVERAGES

| | 16oz | 24oz |
|---|------|------|
| CHAI LATTE (hot or iced) | 4.50 | 5.00 |
| HOT TEA | 2.25 | 2.50 |
| ICED TEA | 3.15 | 4.20 |
| HOT CHOCOLATE | 4.95 | 5.50 |
| MATCHA TEA LATTE (hot or iced) | 4.25 | 5.00 |
| FROZEN HOT CHOCOLATE | 3.75 | 4.25 |
| FROZEN CHAI | 4.25 | 4.75 |

SOFT DRINKS

| | 16oz | 24oz |
|--|------|------|
| COKE, DIET COKE, SPRITE | 2.50 | 3.50 |
| JONES ROOT BEER | 2.50 | 3.50 |
| LEMONADE | 2.50 | 3.50 |
| CRANBERRY | 2.50 | 3.50 |
| FRESH SQUEEZED ORANGE JUICE | 2.50 | 3.50 |
| ICED TEA | 2.50 | 3.50 |



COMPLEMENT YOUR DRINK WITH OUR WONDERFUL
FRESH-MADE-DAILY PASTRY SELECTION.