

# Garden Fresh Café - Aruba Menu

*Located at J.E. Irausquin Blvd 87 (Playa Linda Beach Resort), Palm Beach, Aruba Open Daily:  
7:00 AM – 8:00 PM*

## BREAKFAST (Served All Day)

- **Acai Bowl** - \$15.00 *Organic Sambazon Acai, banana, berries, coconut, granola, sliced almonds. (Vegan)*
- **Garden Fresh Signature Egg Brioche** - \$15.00 *Housemade brioche bun, eggs, butter, cheddar cheese, chives, bacon, jam.*
- **Egg Whites & Spinach Sandwich** - \$11.50 *Housemade brioche bun, egg white omelet, spinach, red onions, bell peppers.*
- **Just Egg Wrap** - \$15.00 (Vegan) *Plant-based egg omelet, mushrooms, onions, bell peppers, avocado, spinach.*
- **Waffles** - \$13.50 (Gluten-Free) *Almond flour & almond milk waffle, topped with seasonal berries, banana, mango syrup. (Add Maple Syrup +\$2).*
- **Oatmeal Bowl** - \$8.75 (Vegan) *Water-based oatmeal, strawberry, blueberry, banana, almonds, cinnamon.*
- **Very Berry Parfait** - \$10.50 *Greek yogurt, berries, almond granola, honey, coconut flakes.*
- **Fruit Bowl** - \$12.00 *Seasonal fresh fruit salad.*

## LUNCH & DINNER

### Signature Bowls (Gluten-Free)

- **Tuna Poke Bowl** - \$20.00 *Soy-marinated tuna, pickled cucumber, avocado, edamame, cilantro, sushi rice, mango, carrot, masago, sesame seeds.*
- **Tenderloin Bowl** - \$23.00 *Grilled beef tenderloin, cilantro lime rice, mixed greens, avocado, red onion, black beans, pico de gallo, cilantro lime dressing.*
- **Chicken Bowl** - \$12.50 *Grilled chicken thigh, cilantro lime rice, mixed greens, avocado, carrot, red onion, black beans, pico de gallo.*
- **Buddha Bowl** - \$20.00 (Vegan) *White quinoa, broccoli, chickpeas, Asian-marinated tempeh, sweet potato, avocado, kale, roasted pumpkin seeds, Buddha dressing.*
- **Burrito Bowl** - \$18.00 *Choice of protein, brown rice, black beans, corn, guacamole, salsa, sour cream.*

### Wraps & Sandwiches

*Served with a side salad.*

- **Turkey Lurkey Wrap** - \$16.50 *Sliced turkey breast, mixed greens, avocado, tomato, cilantro lime dressing.*
- **Tuna Provolone Wrap** - \$16.00 *Tuna, mixed greens, provolone cheese, red onion, black olive, cilantro lime dressing.*
- **Chicken Caesar Kale Wrap** - \$15.00 *Kale, grilled chicken, Caesar dressing, Parmesan cheese, croutons.*
- **Italian PLT Brioche** - \$20.00 *Prosciutto, pesto, arugula, mortadella, salami, red bell pepper, mozzarella, honey, red pepper flakes.*
- **Pastrami Brioche** - \$25.00 *Pastrami, Dijon mustard, pickles, provolone cheese, truffle kewpie mayo.*

## **Burgers & Tacos**

- **Garden Fresh Burger** - \$17.00 *Lean beef patty, lettuce, tomato, onion, pickles, special sauce on a brioche bun.*
- **Vegan Burger** - \$17.50 *Lentil, quinoa, and bean patty, whole wheat turmeric bun, vegan cheese, tomato, red onion, vegan thousand island dressing.*
- **Fish Tacos (3 pcs)** - \$16.00 *Deep-fried white fish, cabbage, pickled red onion, housemade tartar sauce, cilantro.*
- **Shrimp Tacos (3 pcs)** - \$18.00 *Crispy shrimp, pico de gallo, mixed greens, cilantro lime dressing.*

## **CREATE YOUR OWN (The "Garden Fresh" Way)**

*You can customize your own meal by selecting a base, essentials, and premium toppings.*

1. **Choose Your Style:** Salad (\$8.00) or Wrap (\$9.00)
2. **Choose Your Greens:** Spinach, Kale, Romaine, Mixed Greens.
3. **Choose Your Essentials (4 included):** Cucumber, Corn, Tomato, Carrot, Onion, Peppers, Chickpeas, Black Beans, Egg, etc.
4. **Add Premium (Optional):** Avocado, Bacon, Chicken, Steak, Tuna, Tofu, Quinoa.
5. **Choose Your Dressing:** Cilantro Lime, Balsamic, Caesar, Ranch, Spicy Mayo, etc.

## **SMOOTHIES & JUICES**

### **Fresh Juice (16oz - \$8.00 | 24oz - \$10.00)**

- **Green Machine:** Spinach, Cucumber, Apple, Celery, Lemon, Ginger.
- **Detox:** Beet, Carrot, Apple, Lemon, Ginger.
- **Immunity:** Orange, Carrot, Ginger, Turmeric.
- **Tropical:** Pineapple, Mango, Orange, Coconut Water.

### **Smoothies (16oz - \$9.00 | 24oz - \$11.00)**

- **Acai Smoothie:** Acai, banana, strawberry, almond milk.
- **Green Power:** Kale, spinach, banana, mango, coconut water.
- **Protein Blast:** Banana, peanut butter, chocolate protein, almond milk.
- **Berry Burst:** Mixed berries, yogurt, honey.