



THE GARDEN

Restaurant

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BREAKFAST PLATES

<p>Sunrise Burrito \$12 Flour tortilla, farm chicken chorizo, scrambled farm eggs, refried beans, local cheese, salsa, farm arugula</p>	<p>Garden Breakfast Plate \$12 Sautéed farm veggies, cooked tomato salsa, homemade queso fresco, handmade corn tortillas</p>
<p>Huevos Rancheros \$12 Handmade corn tortilla, scrambled farm eggs, cooked tomato salsa, homemade queso fresco, cilantro</p>	<p>CTL Stuffed Fry Jacks \$12 Farm scrambled eggs, farm chicken chorizo, local cheese, refried beans, sautéed veggies & garden greens stuffed in a fried flour dough</p>
<p>Early Bird Tacos \$12 Handmade corn tortillas, farm chicken chorizo, scrambled farm eggs, pico de gallo</p>	<p>CTL Johnny Cake Sandwich \$12 Homemade johnny cakes, two farm eggs of your choice, bacon, aioli, local cheese, arugula, tomato, side of fresh fruit</p>
<p>French Toast \$11 Cinnamon bread, fresh fruit, homemade syrup, toasted coconuts</p>	<p>Potato Hash Browns \$12 Potato hash browns, two farm eggs, farm pork sausage, sautéed tomato, onions</p>
<p>CTL Farm Breakfast \$12 Two farm eggs any style, farm pork sausage, sautéed veggies, choice of toast, house jam</p>	<p>Homemade Pancake \$11 House jam, pineapple butter, fresh fruit, homemade syrup Choice of Plain, Chocolate, Banana or Toasted Coconut</p>
<p>Garden Omelet \$12 Two farm eggs, garden greens, farm veggies, local cheese, choice of toast</p>	<p>Fruits, Yogurt & Granola \$12 Homemade granola, local yogurt, honey, fresh fruit</p>
<p>Belizean Breakfast \$12 Two farm eggs any style, bacon, fry jacks, refried beans, house jam</p>	

SIDES

\$3.50

Chicken Chorizo	Refried Beans
Pork Sausage	Eggs of Choice
Bacon	Fruit

\$2

Wheat Toast	Fry Jacks
White Toast	Flour Tortilla
Cinnamon Toast	Corn Tortilla





Vegetarian





Gluten Free

Let us know if you have any dietary restrictions. All prices are in USD & exclusive of 12.5% GST & 10% service charge.



STARTERS & SALADS

Chilled Watermelon Gazpacho   \$8
Chilled tomato and watermelon purée, homemade queso fresco, pico de gallo


Hummus  \$8
Chickpea and tahini purée topped with olive oil, paprika, side of veggie sticks & pita bread

Jungle Cobb Salad  \$15
Grilled farm chicken, bacon, hard boiled farm egg, farm lettuce, tomato, chickpeas, homemade queso fresco, lime vinaigrette

Mayan Spice Shrimp Salad \$16
Garlic shrimp, farm lettuce, tomato, beets, bell pepper, herbal croutons, homemade queso fresco, yogurt dressing

Chips & Salsa   \$4
Farm tomatoes, onions, cilantro, lime juice salsa, homemade corn tortilla chips

Chaya & Spinach Dip   \$8
Garden spinach & chaya combined in a local cheese served warm with homemade corn tortilla chips

Quinoa & Grilled Fish Salad  \$15
Grilled fish, quinoa, farm lettuce, steamed broccoli & carrot, red onion, tomato, cucumber, yogurt cumin dressing

CTL Nachos   \$10
Homemade corn tortilla chips, refried beans, local cheese, jalapeños, pico de gallo


+Veggie	\$10	+Ground Lamb	\$15
+Chicken	\$14	+Shrimp	\$15



SANDWICHES

Smoked Chicken Salad Sandwich \$14
Homemade bread, smoked chicken tossed in mayo, celery, farm lettuce, tomato, red onion, side garden salad

Fried Fish Sandwich \$14
Homemade bread, 8 oz fried fish, tartar sauce, farm lettuce, tomato, pickled onions, side garden salad

Grilled Chicken Sandwich \$14
Homemade bread, grilled farm chicken, dijon aioli, farm lettuce, tomato, pickled onions, side garden salad

Hummus Sandwich  \$12
Homemade bread, chickpea tahini purée, carrots, cucumbers, tomato, farm lettuce, pickled onions, side garden salad

Jibarito   \$12
Fried plantain bread, farm lettuce, tomato, house cheese

+Farm Veggies	\$12	+Shrimp	\$18
+Farm Chicken	\$14		



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PLATES

Quesadilla 

Flour tortilla, onion, bell peppers, tomato, house cheese, pico de gallo, sour cream, side garden salad

- +Farm Veggies \$12 +Shrimp \$20
- +Farm Chicken \$15

Fried Fish Tacos

\$14

Handmade corn tortillas, fried fish, cabbage slaw, papaya salsa, lime crema, side garden salad

Vegetable Tacos 

\$12

Handmade corn tortillas, sautéed veggies & garden greens, pico de gallo, lime crema, side garden salad

Pibil Tostadas 

\$14

Fried corn tortilla topped with Mayan style spicy farm chicken, farm lettuce, pico de gallo, jalapeños, homemade queso fresco

Tandoori Chicken Wrap

\$14

Grilled farm chicken breast marinated in turmeric, fresh herbs & spices, farm lettuce, tomato, dijon aioli wrapped in a flour tortilla, side garden salad

Cheese Beef Burger

\$16

Homemade bun, 8 oz house ground beef, farm habanero honey aioli, farm lettuce, tomato, pickled onions, side garden salad

- +Add Bacon or Egg +2.50

Copal Spicy Farm Burger

Homemade bun, 8 oz patty, dijon mustard aioli, grilled onions, tomato, house cheese, jalapenos, side garden salad & pickled habanero & onions

Choice of Patty:

- +Farm Chicken \$14 +Farm Lamb \$16

KIDS

Grilled Cheese 

\$8

w/ french fries

Beef Burger

\$10

w/ french fries

CTL Chicken Pops

\$10

Crispy popcorn chicken w/ french fries

BLT Sandwich


\$10

Bacon, lettuce, tomato, house bread

Fish 'n' Fries

\$10

Homemade fish sticks w/ french fries

Goey Mac 'n' Cheese 

\$8

Cheezy Flatbread Pizza

\$10

Tomato sauce, mozzarella cheese, pepperoni

Butter Pasta 

\$8





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FILL THE GAP


Chips & Salsa   **\$4**
 Farm tomatoes, onions, cilantro, lime juice salsa, homemade corn tortilla chips


CTL Nachos  
 Homemade corn tortilla chips, refried beans, local cheese, jalapeños, pico de gallo

+Veggie	\$10	+Ground Lamb	\$15
+Chicken	\$14	+Shrimp	\$15

Smoked Chicken Salad Sandwich **\$14**
 Homemade bread, smoked chicken tossed in mayo, celery, farm lettuce, tomato, red onion, side garden salad

Chaya & Spinach Dip   **\$8**
 Garden spinach & chaya combined in a local cheese served warm with homemade corn tortilla chips

Pibil Tostadas  **\$14**
 Fried corn tortilla topped with Mayan style spicy farm chicken, farm lettuce, pico de gallo, jalapeños, homemade queso fresco

Jungle Cobb Salad  **\$15**
 Grilled farm chicken, bacon, hard boiled farm egg, farm lettuce, tomato, chickpeas, homemade queso fresco, lime vinaigrette

DESSERT

Yvette's Cake **\$9**
 Choice of Chocolate Cake, Copalli Rum Cake

Mayan Chocolate Budino **\$8**
 Salted caramel, caramelized banana

Homemade Ice Cream **\$7**
 Two Scoops, *Ask about our seasonal special
 Choices of Copalli Rum & Raisin, Chocolate, Banana, with Chocolate or Caramel sauce optional

Sorbet **\$5**
 Two Scoops
 Choices of Watermelon & Lime, Coco-Pina

Lime Ginger Curd **\$7**
 Coconut crust, toasted coconut

Copalli Rum Flight **\$24**
 Tailored to your dessert choice

Pie of the Day **\$9**



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APPETIZERS

Beet Root & Potato Soup

Sautéed beets, potato, veggies, puréed, and topped with cream

Tomato & Watermelon Salad

Tomatoes, watermelon, cucumber, pickled onion, mint, and queso-fresco, drizzled with honey-lime vinaigrette

Lobster & Shrimp Ceviche

Lobster and shrimp, marinated in fresh lime juice, veggies, herbs, served with tortilla chips

MENU CHANGES NIGHTLY,
PLEASE INQUIRE WITH YOUR
SERVER.

CHEF'S SPECIAL

Brown Down Farm Lamb

Served with belizean rice and beans, creamy coleslaw, and fried ripe plantain

ENTRÉES

Grilled Farm Pork Chops

Served with roasted sweet potato, sautéed greens, veggies, topped with pineapple salsa

CTL Garden Greens Pizza

Pizza bread layered with herbal pesto, melted house cheese, tomato slices, and garden greens

Deep Fried Queen Conch

Coated in panko, deep fried, served with cassava fries, garden salad, and tartar sauce

Cassava Bread Wrap

Sautéed veggies, wrapped in cassava bread, marinara sauce, topped with house cheese and a side of garden salad

Almond Crusted Snook

Pan seared snook, served with sautéed green, veggies, and mashed yampi, topped with a pesto cream sauce

ADDITIONAL SIDES

Fried Okra

Sautéed Veggies

Grilled Farm Chicken Breast

Served with garlic butter roasted veggies, topped with a pesto cream sauce

Please note this sample dinner menu is provided for reference only. Offerings at the Garden Restaurant change nightly to highlight seasonal ingredients, fresh flavors, and a thoughtfully curated dining experience unique to each evening.



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