THE GARDEN

Restaurant

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BREAKFAST PLATES

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

SIDES

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Refried Beans Chicken Chorizo Eggs of Choice Pork Sausage Fruit Bacon

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





Gluten Free

STARTERS & SALADS

Chilled Watermelon Gazpacho Chilled tomato and watermelon purée, homemade queso fresco, pico de gallo	\$8	Chips & Sals Farm tomator lime juice sals tortilla chips	es, onions,		\$4
Hummus O Chickpea and tahini purée topped with olive oil, paprika, side of veggie sticks & pita bread	\$8	Chaya & Spin Garden spina in a local chee homemade co	ch & chaya ese served v	combined warm with	\$8
Jungle Cobb Salad Grilled farm chicken, bacon, hard boiled farm egg, farm lettuce, tomato, chickpeas, homemade queso fresco, lime vinaigrette	\$15	Quinoa & Grilled Fish Salad Grilled fish, quinoa, farm lettuce, steamed broccoli & carrot, red onion, tomato, cucumber, yogurt cumin dressing		lettuce, ot, red	\$15
Mayan Spice Shrimp Salad Garlic shrimp, farm lettuce, tomato, beets, bell pepper, herbal croutons, homemade queso fresco,	\$16	CTL Nachos Homemade c refried beans jalapeños, pic	orn tortilla , local chee		
yogurt dressing		+Veggie	\$10	+Ground Lamb	\$15
		+Chicken	\$14	+Shrimp	\$15

SANDWICHES

Smoked Chicken Salad Sandwich Homemade bread, smoked chicken tossed in mayo, celery, farm lettuce, tomato, red onion, side garden salad	\$14	Hummus Sandwich Homemade bread, chickpea tahini purée, carrots, cucumbers, tomato, farm lettuce, pickled onions, side garden salad	\$12
Fried Fish Sandwich Homemade bread, 8 oz fried fish, tartar sauce, farm lettuce, tomato, pickled onions, side garden salad	\$14	Jibarito	
		+Farm Veggies \$12 +Shrimp	\$18
Grilled Chicken Sandwich Homemade bread, grilled farm chicken, dijon aioli, farm lettuce, tomato, pickled	\$14	+Farm Chicken \$14	



Gluten Free

onions, side garden salad

PLATES

Quesadilla Flour tortilla, onion, bell peppers, tomato, house cheese, pico de gallo, sour cream, side garden salad			Tandoori Chicl Grilled farm chi marinated in tu spices, farm let	icken bred Irmeric, fr tuce, tom	ast resh herbs & nato, dijon	\$14
+Farm Veggies \$12	+Shrimp	\$20	aioli wrapped ir garden salad	n a flour t	ortilla, side	
+Farm Chicken \$15			garacirsalaa			
Fried Fish Tacos		\$14	Cheese Beef B	urger		\$16
Handmade corn tortillas,	fried fish.	414	Homemade bu			
cabbage slaw, papaya sal			beef, farm haba farm lettuce, to			
crema, side garden salad			side garden sal			
			+Add Bacon or Eg	gg		+2.50
Vegetable Tacos		\$12				
Handmade corn tortillas,	sautéed		Copal Spicy Fa	rm Burg	er	
veggies & garden greens,	pico de		Homemade bu			
gallo, lime crema, side ga	rden salad		mustard aioli, g house cheese, j salad & pickled	alapenos	, side garden	
Pibil Tostadas 😰		\$14	Choice of Patty:			
Fried corn tortilla topped Mayan style spicy farm ch lettuce, pico de gallo, jala homemade queso fresco	icken, farm		+Farm Chicken	\$14	+Farm Lamb	\$16

KIDS

Grilled Cheese w/ french fries	\$8	Beef Burger w/ french fries	\$10
CTL Chicken Pops Crispy popcorn chicken w/ french fries	\$10	BLT Sandwich Bacon, lettuce, tomato, house bread	\$10
Fish 'n' Fries Homemade fish sticks w/ french fries	\$10	Gooey Mac 'n' Cheese 🥪	\$8
Cheezy Flatbread Pizza Tomato sauce, mozzarella cheese, pepperoni	\$10	Butter Pasta 🥑	\$8



FILL THE GAP

\$4 Chips & Salsa 🕢 🖹 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 +Ground Lamb \$10 \$15 +Chicken \$14 \$15 +Shrimp

\$14 Smoked Chicken Salad Sandwich 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	
style spicy farm chicken, farm lettuce, pico de gallo, jalapeños, homemade	

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

DESSERT

Yvette's Cake	\$9	Mayan Chocolate Budino	\$8
Choice of Chocolate Cake, Copalli Rum Cake		Salted caramel, caramelized banana	
Homemade Ice Cream Two Scoops, *Ask about our seasonal speci	\$7	Sorbet Two Scoops	\$5
Choices of Copalli Rum & Raisin, Chocolate, Banana, with Chocolate or Caramel sauce optional		Choices of Watermelon & Lime, Coco-Pina	
Lime Ginger Curd Coconut crust, toasted coconut	\$7	Copalli Rum Flight Tailored to your dessert choice	\$24
Lime Meringue Pie	\$9		

