

BREAKFAST

Available All Day

Avocado Toast Fresh avocado, tomato, pickled onion, & arugula. Topped with greek vinaigrette & everything bagel seasoning, on multigrain bread *Add an over easy egg for an extra charge

Fruit & Berry Parfait Vanilla yogurt topped with fresh berries, banana, granola, shredded coconut, & cacao nibs

Overnight Oats Gluten free rolled oats steeped in vanilla almond milk. Topped with fresh berries, banana, shredded coconut, granola & cacao nibs

Served Until 11 a.m.

PICK YOUR EGG:

Scrambled | Over Easy | Medium | Vegan | Avocado

PICK YOUR PROTEIN:

Turkey Sausage | Bacon | Pork | Steak | Soyrizo
Vegan Cheese | Gluten Free Tortilla

Breakfast Scramble Choice of protein, egg, cheddar jack, black bean, corn bell pepper, & onion, over potatoes

Breakfast Burrito Choice of protein, egg, cheddar jack, bell pepper onion, cilantro & potato in a chipotle tortilla

Breakfast Tacos Choice of protein, egg, cheddar jack, pickled onion green onion, cilantro, in corn tortillas, with chile verde & chipotle ranch *Make it spicy with habanero fire

Gluten Free Belgian Waffle Topped with fresh berries, banana, whipped cream, granola & carob chips

Sides Breakfast Potatoes • Chopped Bacon • 2 Eggs Your Style

KIDS' MENU

Kids' Rice Bowl Grilled chicken, crispy tofu, or grilled steak, two veggies, cheddar jack, choice of rice

Cheese Quesadilla Cheddar jack, wheat tortilla

Kids' Burger New Zealand grass fed beef burger, cheddar jack, on a brioche bun

Grilled Cheese Flatbread Cheddar jack, grilled flatbread

SAUCES & DRESSING

All sauces and dressings are gluten free

- Sriracha Aioli
- Thai Peanut
- Chipotle BBQ
- Greek Vinaigrette
- Chipotle Ranch
- Chile Verde
- Chimichurri
- Miso Vinaigrette
- Vegan Ranch
- Habanero Fire
- Teriyaki
- Agave Lime Vinaigrette



BREA
796 N. Brea Blvd., Brea, CA 92821
714.987.3766

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ORANGE
1419 N. Tustin St., Orange, CA 92867
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Mediterranean Chicken



Chile Verde Steak

Teriyaki Chicken



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BOWLS

PICK YOUR PROTEIN:

Grilled Chicken | *Crispy Tofu* 🌱 | *Avocado* 🥑

Grilled Steak | *Grilled Salmon* | *Pork*

Chile Verde Bowl 🌱 Your protein, avocado, black bean, onion, corn, bell pepper, cilantro lime rice, chile verde sauce (make it spicy with habanero fire) 🔥

Teriyaki Bowl 🌱 Your protein, broccoli, green onion, carrot, cabbage, sesame seed, edamame, white rice, teriyaki sauce

BBQ Bowl 🌱 Your protein, avocado, black bean, cabbage, corn, edamame, brown rice, Chipotle BBQ

Thai Peanut Bowl 🌱 Your protein, cabbage, carrot, edamame, peanut, green onion, shishito pepper, white rice, thai peanut sauce

Miso Bowl 🌱 Your protein, avocado, broccoli, cabbage, green onion, edamame, sesame seed, nori, brown rice, miso vinaigrette

Chimichurri Bowl 🌱 Your protein, chickpea, onion, tomato, shishito pepper, mushroom, white rice, chimichurri sauce

Mediterranean Bowl 🌱 Your protein, artichoke, chickpea, bell pepper, kalamata olive, cotija, brown rice, greek vinaigrette

WRAPS & SALADS

PICK YOUR PROTEIN:

Grilled Chicken | *Crispy Tofu* 🌱 | *Avocado* 🥑

Grilled Steak | *Grilled Salmon* | *Pork*

Ranch Wrap Your protein, avocado, black bean, corn, cilantro, romaine, tomato, cheddar jack, chipotle ranch, in a chipotle tortilla

Greek Wrap Your protein, artichoke, bell pepper, pepperoncini, kalamata olive, romaine, hummus, greek vinaigrette, in a wheat tortilla

Thai Wrap Your protein, cabbage, bell pepper, edamame, carrot, mixed greens, peanut, thai peanut sauce, in a chipotle tortilla

Miso Salad 🌱 Your protein, mixed greens, avocado, carrot, cabbage, edamame, nori, sesame seed, green onions, miso vinaigrette

Southwest Salad 🌱 Your protein, mixed greens, bell pepper, black bean, corn, cilantro, green onion, cheddar jack, agave lime vinaigrette

Greek Salad 🌱 Your protein, artichoke, kalamata olive, chickpea, cucumber, pepperoncini, romaine, greek vinaigrette

Thai Salad 🌱 Your protein, mixed greens, bell pepper, cucumber, cabbage, carrot, edamame, peanut, thai peanut sauce

GTG FAN FAVORITES

Chile Verde Steak Bowl 🌱 Grilled steak, avocado, black bean, onion, corn, bell pepper, cilantro lime rice, chile verde sauce (make it spicy with habanero fire) 🔥

Chicken Ranch Wrap Grilled chicken, avocado, black bean, corn, cilantro, romaine, tomato, cheddar jack, chipotle ranch, in a chipotle tortilla

Chimichurri Chicken Melt Grilled chicken, arugula, broccoli, caramelized onion, sriracha bacon, cheddar jack, chimichurri, on flatbread

MELTS & MORE

Chimichurri Chicken Melt Grilled chicken, arugula, broccoli, caramelized onion, sriracha bacon, cheddar jack, chimichurri, on flatbread

Philly Chicken Melt Grilled chicken, bell pepper, pepperoncini, caramelized onion, mushroom, chipotle ranch, on flatbread

BBQ Pulled Pork Melt BBQ pulled pork, cabbage, onion, shishito pepper, pickle, cheddar jack, Chipotle BBQ, on flatbread

Blackened Fish Tacos 🌱 Three blackened Norwegian salmon fillets, fresh slaw, avocado, cotija, in corn tortillas, with chipotle ranch, chile verde 🔥 Make it spicy with habanero fire

Spicy Chicken Tacos 🌱 Three blackened chicken tacos with fresh avocado, cabbage slaw, jalapeño, cotija cheese, in corn tortillas. Served with chipotle ranch and habanero fire

Vegan Char Burger 🌱 Beyond Meat patty, vegan cheddar, caramelized onion, grilled mushroom, arugula, tomato, pickle, vegan dijonaise, in a sesame seed bun

Grass Fed Burger Two grass fed beef patties, monterey jack caramelized onion, tomato, lettuce, pickle, sriracha aioli, in a brioche bun

STEWES & SOUPS

Yellow Curry 🌱 Chicken • Chickpea 🌱

Soup 🌱 🌱 Chipotle Corn Chowder • Tomato Bisque

PALEO & KETO

PICK YOUR PROTEIN:

Grilled Chicken | *Grilled Salmon* | *Pork* | *Avocado* 🥑

PK Chimichurri Bowl 🌱 Your protein, bell pepper, onion, tomato, shishito pepper, mushroom, chimichurri sauce, over mixed greens

PK Mediterranean Bowl 🌱 Your protein, spinach, artichoke, bell pepper, kalamata olive, cotija, greek vinaigrette, over mixed greens

PK Greek Salad 🌱 Your protein, romaine, artichoke, cucumber, kalamata olive, pepperoncini, oregano, greek vinaigrette, over mixed greens

PK Grass Fed Burger 🌱 New Zealand grass fed beef burger, monterey jack, avocado, tomato, pickle, sriracha aioli, wrapped in iceberg lettuce

SIDES

Sweet Potato Fries 🌱 🌱

Hummus 🌱 with veggie sticks 🌱 or flatbread

Crispy Chickpeas 🌱 🌱

Crispy Cauliflower 🌱 🌱

House Salad 🌱 🌱

Cup of Soup 🌱 🌱

Shishito Peppers 🌱 🌱

Chile Lime Popcorn 🌱 🌱

DRINKS

Organic Agave Lemonade

Cucumber Ginger Mint • Pineapple Berry • Seasonal Flavor

Bottled Kombucha

Fountain Drinks/Iced Tea

Coffee/Hot Tea

🌱 Vegetarian

🌱 Vegan

🌱 Gluten-Free

🔥 Spicy

All wraps, melts & burgers can be made gluten-free upon request.