

**Warm Spinach–Artichoke Nachos (V/GF)**

tri-color corn chips, vegan cheddar cheese, pico de gallo, greens, pickled Serrano peppers, sriracha dressing 13

Steamed Organic Edamame (V/GF)

sea salt, toasted sesame seeds 9

Vegetable Spring Rolls (V)

napa cabbage, carrots, seasonal mushrooms, fresh cilantro, ginger, sweet chili-plum sauce 10

eggs

Garden Veggie Egg White Omelet (GF)

asparagus, shiitake mushrooms, peppers, spinach, carrots, red onions, home fries 15

Caprese Frittata (GF)

fresh mozzarella, fresh tomatoes, basil, olive oil, balsamic syrup, home fries 14

Eggs Norwegian

poached eggs, smoked Salmon, sautéed spinach, English muffin, hollandaise sauce, home fries 16

Lump Crab Meat Benedict

poached eggs, English muffin, hollandaise sauce, home fries 16

Breakfast Burrito

scrambled eggs, black beans, Spanish rice, guacamole tomato-corn salsa, Mexican chorizo, Monterey jack cheese, green onions, whole wheat tortilla; mixed baby green salad 15

Mayan Eggs

crispy corn tortillas, black beans, Spanish rice, melted Monterey Jack, guacamole, green onions, rancho sauce, sweet plantains 15

Pressed Bacon, Egg and Cheese Sandwich

applewood smoked bacon, New York State cheddar, brioche bun, home fries 10

Chorizo Egg Skillet

poached eggs, potatoes, onions, peppers, Monterey jack cheese, parsley, herbs 16

Grilled Marinated Flank Steak and Eggs (GF)

vegetable vinaigrette, two eggs any style, home fries 20

Spring Street Natural Taco Salad (VG/GF)

black beans, brown rice, guacamole, queso fresco, sour cream, pico de gallo, roasted corn-tomato salsa, crispy corn tortilla chips 16

Rainbow Organic Quinoa Salad (VG/GF)

baby arugula, fresh mint, cilantro, avocado, spicy toasted pumpkin seeds, julienned carrots, red cabbage, feta cheese, honey lime vinaigrette 16

Arugula Veggie Bowl (V/GF)

arugula, chickpeas, butternut squash, pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 16

Romaine–Kale Cobb Salad

roasted chicken, grape tomatoes, blue cheese, apple-wood smoked bacon, diced avocado, hard boiled egg, ceasar dressing 17

waffles & toasts

Sweet Potato Waffle (VG)

100% pure Vermont maple syrup, fresh seasonal berries 12

Sweet Potato Waffle w/ Buttermilk–Tabasco Fried Chicken

100% pure Vermont maple syrup, fresh seasonal berries 17

Warm Buckwheat–Dark Chocolate Waffle (GF)

cacao, dark chocolate, caramelized bananas 13

House Made Cinnamon Raisin French Toast (VG)100% pure Vermont maple syrup, caramelized bananas, fresh seasonal berries 13
ADD applewood smoked bacon 16**Paleo “Toast” (GF)**

poached eggs, smoked salmon, avocado, cucumbers; on roasted sweet potato discs; served w/ mixed baby greens 16

Smoked Salmon–Avocado Toast

house made five grain toast, goat cheese spread, red onion spirals, served w/ mixed baby greens 15

House Made Granola (VG) seasonal berries, organic vanilla Greek yogurt 11

burgers

Grilled Natural Angus Beef Burger(chuck, short rib, brisket blend) potato bun, lettuce, tomato, pickles w/ white organic American cheese, hand cut fries 17
w/ bacon-onion jam, Gruyère cheese, hand cut fries 18**Grilled Chicken Burger**

Monterey pepper jack, chipotle mayo, hand-cut fries 16

Veggie Burger (V) house made almond-veggie patty, guacamole,chipotle veganise, housemade whole wheat bun, sweet potato fries 14
ADD Vegan Cheddar Cheese (V) 1

big salads

Southwestern Grilled Chicken Salad (GF)

grilled chicken, field greens, sun-dried cranberries, roasted corn, toasted almonds, Gorgonzola, orange-mirin vinaigrette 17

Chopped Green Salad

kale, romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 13

Kale Salad (VG/GF)

curried hazelnuts, chick peas, Pecorino Romano, raddichio, dried apricots, avocado, green goddess dressing 15

ADD to any Salad:

marinated tofu / roasted tempeh (V/GF) 3

Chickpea-Fava Bean Fritters (V/GF) 4

roasted free range chicken / grilled free range chicken (GF) 4

grilled jumbo shrimp (GF) 6

poached organic salmon (GF) 9

wok

Stir-Fried Market Vegetables (V/GF) 15

tamari, ginger, garlic, herbs

served with organic short grain brown rice or organic farro

add protein:

marinated tofu (V/GF) 16

tempeh (V/GF) 16

seitan (V) 16

chicken (GF) 18

beef (GF) 18

fruits de mer (shrimp, calamari, scallop) (GF) 22

vegan

Scrambled Tofu (V/GF)

caramelized onions, shiitake mushrooms, spinach, tomatoes, cilantro, curry, thyme, w/ organic brown rice and mixed baby greens 14

Rice & Vegetable Platter (V)

brown rice, tahini, steamed market vegetables, tofu, black beans, hijiki 15

Vegan Breakfast Burrito (V)

whole wheat tortilla, scrambled tofu w/ caramelized onions, shiitakes, sautéed spinach, tomatoes, cilantro, curry, miso-jalapeno sauce, baby greens 14

sides

Chicken-Apple Sausages 4

Apple-wood Smoked Bacon 4

Mexican Chorizo 4

Sweet Plantains 4

Home Fries 6

Hand-Cut French Fries 7

Hand-Cut Sweet Potato Fries 7

Fresh Seasonal Fruit Bowl 9

Organic Black Beans 5

Organic Brown Rice 5

(V) Vegan (VG) Vegetarian (GF) Gluten Free

All Grains and Legumes are **Certified Organic**. All Breads are **House Made**.

Gluten free bread is available upon request

All meat, poultry and eggs are from **free roaming** and/or **pastured** animals, naturally farmed, **no hormones, no antibiotics, no nitrates** ever.All Beef is from **grass-fed** Black Angus cattle.