

SPRING

natural kitchen

Appetizers

Burrata (Vg/GF) baby heirloom tomatoes, pears, Fresh basil, balsamic reduction, extra virgin olive oil	17
Vegetable Spring Rolls (V) cabbage, carrots, mushrooms, glass noodles, mache, mango chili sauce	10
Spring Natural Guacamole (V/GF)	13

Eggs (All Eggs are certified Organic)

Spring Royale Toast House made Tuscan bread, Norwegian smoked salmon, sliced avocado, poached egg, celery-red onion salad, hollandaise sauce	17
Classic Eggs Benedict Canadian bacon, baby greens, sweet and red bliss potato home fries	16
Mayan Eggs (GF) crispy corn tortillas, black beans, Spanish rice, guacamole, melted Monterey Jack, green onions, ranchero sauce, sweet plantains	17
Ratatouille Omelet (GF) mixed baby green salad	15
Broccoli-Cheddar-Spinach Frittata (GF) mixed baby green salad	15
Eggs w/ Merguez Lamb Sausage two eggs any style, sauteed potato hash w/ diced ham, caramelized onions, peppers, scallions, cilantro salsa verde	16
Eggs Shakshuka poached eggs w/ tomatoes, peppers, chickpeas, artichokes, spinach, caramelized onions, melted white cheddar and parsley; served w/ toasted baguette	16
Breakfast Burrito scrambled eggs, chorizo sausage, black beans, Spanish rice, Monterey Jack cheese, guacamole, green onions, whole wheat tortilla, served w/ ranchero and tomatillo salsas & baby greens	15
Egg dishes available with egg whites only	additional 1

Salads

Green Power (V/GF) spinach, fava beans, Pumpkin seeds, cucumber, haricots verts, avocado green goddess	16
Phoenix Quinoa Bowl (V/GF) organic quinoa, avocado, kabocha squash, lentils, baked curried chickpeas, broccoli, toasted almonds, beets, mixed herbs, ginger-tahini-lemon dressing	17
Spring Taco (Vg/GF) guacamole, queso fresco, roasted corn, tomatoes, black beans, pico de gallo, brown rice, tortilla chips	16
Caesar Salad baby gem Romaine, herb croutons, parmesan, white anchovy Caesar dressing	16
South Western Grilled Organic Chicken Salad organic mesclun, sun-dried cranberries, sweet corn, toasted almonds, gorgonzola, peach vinaigrette (GF)	18

ADD to any Salad:

seasoned tofu (V/GF) / roasted tempeh (V/GF)	3
chickpea fries (V/GF)	4
falafel (V/GF)	5
grilled free range chicken (GF)	4
almond-veggie burger (V)	8
grilled natural beef burger (GF)	9
grilled jumbo shrimp (GF)	6
grilled organic salmon 4 oz / 7 oz (GF)	9/14

Pancakes + Waffles

Dark Chocolate Buckwheat Pancakes (V/GF) Walnuts, 100% pure Vermont maple syrup, fresh seasonal berries	13
Banana Buckwheat Pancakes (V/GF) 100% pure Vermont maple syrup, fresh seasonal berries	13
Buttermilk Pancakes 100% pure Vermont maple syrup, fresh seasonal berries	13
Chicken Maple Waffles Belgium waffle, crispy corn flake fried chicken cutlet, maple gravy	17
Belgium Waffles 100% pure Vermont maple syrup, fresh berries Add Choice of gelato	11 14

Sandwiches + Burgers

Grilled Pasture Fed Beef Burger Add Swiss, sharp cheddar or blue cheese Add sautéed mushrooms or grilled red onions Add apple wood smoked bacon	15 1 1 3
Organic Salmon Burger avocado, cucumber, onion, tomato, jalapeño aioli, chive crema	16
House-Made Veggie Burger (V) multi grain bun, chipotle veganaise	14
Roasted Chicken Sandwich granny smith apple, cole slaw, arugula, tarragon mayo, multi-grain bun	15

ADD to any Burger:

Truffle-Parmesan French fries	4
Sweet Potato fries or baby green salad	3
Nicoise Potato Salad w/ chimichurri	4
Sub Gluten Free Bread	1

Vegan

Mezze Plate (V) falafel, hummus, baba ganoush, labneh, tabbouleh, tahini, stuffed grape leaves, marcona almonds, crudités, za'atar pita	26
Southwest Scrambled Tofu (V/GF) sauteed spinach, caramelized onions and peppers, spring salad, roasted breakfast potatoes, southwestern tahini sauce	14
Stir Fry Organic Vegetables w/ Quinoa (V/GF) tamari-garlic-ginger Add organic tofu (V/GF), tempeh (V/GF) or vegan basil "chicken" (V) Add sautéed chicken (GF) Add jumbo shrimp and calamari (GF)	16 2 4 7

Sides

Apple Wood Smoked Bacon / Chicken-Apple Sausages	4
Spanish Chorizo / Merguez Lamb Sausage	5
Sweet & Red Bliss Potato Home Fries (V/GF)	4
Chickpea Fries (V/GF) jalapeño aioli	12
Truffle-Parmesan French Fries (Vg/GF)	8
Sweet Potato Fries (V/GF)	7
Steamed Organic Vegetables (V/GF)	8
Hummus (V) / Baba Ghoush (V) / Labna w/ pita	9
Steamed Organic Edamame (V/GF)	9
Sautéed Vegetable/Greens of the Day (V/GF)	M/P

(V) Indicates Vegan

(Vg) Indicates Vegetarian

(GF) Indicates Gluten Free