

SPRING

natural kitchen

Appetizers

- Chickpea Fries (V/GF)** 12
Southern spice dusted, scallions, jalapeño aioli
- Vegetable Spring Rolls (V)** 10
cabbage, carrots, mushrooms, glass noodles, mache, mango chili sauce
- Steamed Organic Edamame (V/GF)** 9
bowl of warm soybeans in the pod, sea salt

Eggs (All Eggs are Certified Organic)

- Spring Royale Toast** 17
House made Tuscan bread, Norwegian smoked salmon, sliced avocado, poached egg, celery-red onion salad, hollandaise sauce
- Classic Eggs Benedict** 16
Canadian bacon, baby greens, sweet and red bliss potato home fries
- Mayan Eggs (GF)** 17
crispy corn tortillas, black beans, Spanish rice, guacamole, melted Monterey Jack, green onions, ranchero sauce, sweet plantains
- Spring Garden Omelet (GF)** 15
broccoli, mushrooms, squash, peppers, tomatoes, sweet peas, carrots, onions, silver farm goat cheese, sweet & red bliss potato home fries
- Eggs w/ Merguez Lamb Sausage** 16
two eggs any style, sauteed potato hash w/ diced ham, caramelized onions, peppers, scallions, cilantro salsa verde
- Eggs Shakshuka** 16
poached eggs w/ tomatoes, peppers, chickpeas, artichokes, spinach, caramelized onions, melted white cheddar and parsley; served w/ toasted baguette

- Breakfast Burrito** 15
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

Egg dishes available with egg whites only additional 1

Pancakes

- Dark Chocolate Buckwheat Pancakes (V/GF)** 13
Walnuts, 100% pure Vermont maple syrup, fresh seasonal berries
- Banana Buckwheat Pancakes (V/GF)** 13
100% pure Vermont maple syrup, fresh seasonal berries
- Buttermilk Pancakes** 13
100% pure Vermont maple syrup, fresh seasonal berries

Sandwiches + Burgers

- Grilled Chicken Sandwich** 15
house made Tuscan bread, avocado, baby arugula, tomato, crispy bacon, melted NY State cheddar, chipotle aioli, New England potato salad
- Spring Natural House-Made Veggie Burger (V)** 14
house-made whole wheat bun, chipotle veganaise, sweet potato fries
- Grilled Natural Grass Fed Angus Beef Burger** 16
sesame brioche bun, melted Swiss or sharp cheddar, hand-cut fries w/ sautéed mushrooms and/or grilled red onions additional 1
- Spring Natural Bacon-Blue Cheese Burger** 17
natural angus beef, apple wood smoked bacon, baby spinach, lettuce, tomato, red onion, Chipotle mayonnaise, toasted sesame bun, hand-cut French fries

*Sandwiches and Burgers are available on house made gluten free bread upon request

Salad Bowls

15

- Green Power (V/GF)**
seasoned tofu, puffed millet, spinach, fava beans, artichokes, Pumpkin seeds, radish sprouts, cucumber, haricots verts, ranch dressing
- Phoenix (V/GF)**
Taro root fritters, quinoa, avocado, kabocha squash, baked curried chickpeas, broccoli, toasted almonds, raw beets, mixed herbs, ginger-tahini-lemon dressing
- Spring Taco (GF)**
guacamole, sour cream, queso fresco, roasted corn, tomatoes, black beans, pico de gallo, brown rice, tri-color corn chips
- Mediterranean Winter (V/GF)**
chickpea fries, quinoa, crumbled feta, sun-dried cranberries, Kalamata olives, cabbage, baby kale, green onions, apples, carrots, celery, red wine mustard vinaigrette
- Southeast Asian (V/GF)**
taro root fritters, zucchini, jicama, pineapple, edamame, cilantro, mint, cashew nuts, red cabbage, carrots, beans sprouts, Thai peanut dressing

ADD to any Salad:

- seasoned tofu (V/GF) 3 / roasted tempeh (V/GF) 3
chickpea fries (V/GF) 4 / grilled free range chicken (GF) 4
almond-veggie burger patty 8 (V) / angus beef burger patty (GF) 9
grilled jumbo shrimp (GF) 6 / poached organic salmon (GF) 9

Vegan

- Vegan Breakfast Burrito (V)** 13
scrambled tofu, brown rice, whole wheat tortilla, served with ranchero and tomatillo salsas and baby greens
- Southwest Scrambled Tofu (V/GF)** 14
sauteed spinach, caramelized onions and peppers, spring salad, roasted breakfast potatoes, southwestern tahini sauce
- Stir Fry Organic Vegetables w/ Quinoa (V/GF)** 16
tamari-garlic-ginger
w/ organic tofu (V/GF), tempeh (V/GF) or vegan basil "chicken" (V) 17
w/ sautéed chicken (GF) 19
w/ jumbo shrimp, scallops and calamari (GF) 23

Sides

- Apple Wood Smoked Bacon** 4
Chicken-Apple Sausages 4
Spanish Chorizo 4
Merguez Lamb Sausage 5
Sweet & Red Bliss Potato Home Fries (V/GF) 4
Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V/GF) 7
Organic Black Beans / Organic Brown Rice (V/GF) 4

All meat, poultry and eggs are from free roaming and/or pastured animals, and are naturally farmed no hormones, no antibiotics, no nitrates ever.

• All Beef is from Grass-fed Black Angus cattle.

• We source our meat from a collection of small local farms

• All Grains and Legumes are Certified Organic

• All Breads are House Made, Gluten free bread is available upon request

(V) Indicates Vegan

(GF) Indicates Gluten Free