

starter

Spring Rolls (V)

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

Warm Spinach–Artichoke Nachos (V)

tri-color corn chips, vegan cheddar cheese, greens, pickled Serrano peppers, chipotle crema 13

Green Parsley Hummus (V) toasted pita bread 10

add Chickpea-Fava Bean Fritters (V) 14

Crab Tater Tots pickled vegetables, chipotle dipping sauce 10

Chickpea-Fava Bean Fritters (V/GF)

caramelized onions, jalapeño vinaigrette 12

Spring Natural Guacamole Trio (V/GF)

guacamole, pico de gallo, black bean dip, tri-color tortilla chips 15

Edamame (V/GF) sea salt, toasted sesame seeds 9

Mixed Baby Green Salad (V/GF) carrot-ginger dressing 9

salad

Southwestern Grilled Chicken Salad (GF)

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

Romaine-Kale Cobb Salad (GF)

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

Chopped Green Salad (VG)

romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 10 Hf. / 13 Wh

Kale Salad (VG/GF)

curried hazelnuts, chick peas, Pecorino Romano, radicchio, dried apricots, avocado, green goddess dressing 11 Hf. / 15 Wh

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, toasted pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 16

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

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.

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

wok station

Sweet Plantain & Avocado Rice (V/GF) 15

carrots, peas, mushrooms, onions

Stir-Fried Miso Rice Noodles (V/GF) 15

roasted vegetables, bean sprouts, ground cashews, fresh basil

Stir-Fried Market Vegetables (V/GF) 15

tamari, ginger, garlic, herbs

served with choice of 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

entrée

Seared Organic Salmon (GF)

fresh mango-garden vegetable salsa, basil mashed potatoes, grilled zucchini 28

Pan Roasted Wild Striped Sea Bass (GF)

herb garlic crust, onion dill fennel slaw, sauteed asparagus, roasted beets, jalapeño cheddar grits cake 27

Crisp Pan Roasted Chicken Under a Brick (GF)

red curry-cashew-coconut milk, roasted purple potatoes, sauteed chinese broccoli and carrots 23

Fresh Black Linguine w/ Seafood

lumb crab, jumbo shrimp, sea scallops, calamari, clams, zucchini, fresh tomatoes, crushed pepper-lemon-butter 23

Grilled Rib Eye Steak (GF)

béarnaise sauce, curly fries, steamed French green beans 29

vegan entrée

Tempeh-Vegetable Enchiladas (V)

black bean puree, green onions, tofu almond cream, vegan cheddar cheese, red salsa 18

Quinoa Lentil Cakes (V/GF)

curry spice, kabocha squash, caramelized onion, Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess sauce 18

Roasted Vegetable Mac n' Cheese (V)

three "cheeses," smoked gouda, cheddar, parmesan (100% dairy free), fennel, cauliflower, broccoli, zucchini, squash, red peppers, panko 15

Rice & Vegetable Platter (V)

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

burger

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

side

Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V) 7

Basil Mashed Potatoes 7

Organic Black Beans / Organic Brown Rice (V) 5

Vegan Mac n' Cheese (V) 10

Vegetable/Greens of the Day (V) M/P