

# SPRING

natural kitchen

## Appetizer

<b>Vegetable Spring Rolls (V)</b>	10
sautéed cabbage, carrots, mushrooms, glass noodles, mache, cilantro oil, tropical mango chili sauce	
<b>Spring Natural Guacamole (V/GF)</b>	tortilla chips 13
<b>Bruschetta (Vg)</b>	
Italian Gorgonzola, red onion, mango chutney 7	
<b>Burrata (Vg/GF)</b>	baby heirloom tomatoes, pears, basil, balsamic reduction, extra virgin olive oil 17
<b>Crispy Calamari</b>	16
cherry peppers, tomatillos, marinara sauce	
<b>Falafel (V/GF)</b>	cucumber and tomato salad, tahini 14
<b>Mixed Baby Greens (V/GF)</b>	10
cherry tomatoes, cucumber, balsamic vinaigrette	

## Salad

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

### ADD to any Salad:

seasoned tofu (V/GF) / roasted tempeh (V/GF)	3
falafel (V/GF)	5
chickpea fries (V/GF)	4
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

## Burger

<b>Grilled Pasture Fed Beef Burger</b>	15
Add Swiss, sharp cheddar or blue Cheese	1
Add sautéed mushrooms or grilled red onions	1
Add apple wood smoked bacon	3
<b>Organic Salmon Burger</b>	avocado, cucumber, onion, tomato, jalapeño aioli, chive crema 16
<b>Spring Natural House-Made Veggie Burger (V)</b>	14
multi grain bun, chipotle veganaise	

### ADD to any Burger:

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

## Entrée

<b>Roasted Amish Chicken (100% Vegetarian Fed) (GF)</b>	27
potato gaufrettes, natural chicken au jus	
<b>Roasted Idaho Rainbow Trout (GF)</b>	Ratatouille, stewed Beluga lentils, pine nuts, red pepper coulis 29
<b>Organic Scottish Salmon (GF)</b>	31
fresh artichokes, cherry tomatoes, fava beans, baby carrots, English pea pesto, lemon-caper-dill sauce	
<b>Grilled Hanger Steak (100% grass-fed) (GF)</b>	29
crispy fingerling potatoes, broccoli rabe, oyster mushrooms, gremolata	
<b>Mezze Plate (V)</b>	falafel, hummus, baba ganoush, labneh, tabbouleh, tahini, stuffed grape leaves, marcona almonds, crudités, za'atar pita 26
<b>Quinoa Lentil Cakes (V/GF)</b>	19
Spices, kabocha squash, caramelized onions, Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess dressing	
<b>Vegetable Red Curry (V/GF)</b>	19
seasonal market vegetables, kabocha pumpkin, chickpeas, keffir lime, lemongrass, galangal, fresh basil, jasmine rice	
<b>Stir Fry Organic Vegetables (V/GF)</b>	tamari-garlic-ginger w/ Choice of Organic Brown Rice or Quinoa 16
Add organic tofu, tempeh (V/GF) or basil "chicken" (V)	2
Add sautéed chicken (GF)	4
Add jumbo shrimp and calamari (GF)	7

## Pasta

<b>Fresh Black Linguini w/ Seafood</b>	27
lump crab, jumbo shrimp, clams, calamari, mussels, zucchini, fresh tomatoes, crushed pepper-lemon-butter	
<b>Saffron Penne w/ Lamb Ragù</b>	26
braised lamb, Sofrito, treviso	
<b>Spaghetti Pomodoro (Vg)</b>	18
fresh basil, shaved pecorino cheese, san marzano and fresh cherry tomatoes	
<b>Zen Temple Glass Noodles (V)</b>	19
vegan chicken, Asian greens, lotus root, nori seaweed, scallions, toasted sesame seeds, shiitake mushrooms, bean sprouts, sukiyaki sauce	

\*\*Gluten Free pasta available

## Sides

<b>Chickpea Fries (V/GF)</b>	jalapeño aioli 12
<b>Truffle-Parmesan French Fries</b>	8
<b>Sweet Potato Fries (V/GF)</b>	7
<b>Steamed Organic Vegetables (V/GF)</b>	8
<b>Ratatouille</b>	8
<b>Hummus (V) or/ Baba Ghoush (V) or/ Labna w/ pita</b>	9
<b>Steamed Organic Edamame (V/GF)</b>	9
<b>Sautéed Vegetable/Greens of the Day (V/GF)</b>	M/P

(V) Indicates Vegan

(Vg) Indicates Vegetarian

(GF) Indicates Gluten Free