

SPRING

natural kitchen

Appetizer

Chickpea Fries (V/GF)	12
Southern spice dusted, scallions, jalapeño aioli	
Vegetable Spring Rolls (V)	10
sautéed cabbage, carrots, mushrooms, glass noodles, mache, cilantro oil, tropical mango chili sauce	
Steamed Organic Edamame (V/GF)	9
bowl of warm soybeans in the pod, sea salt	
Butternut Squash Mushroom Shawarma (V)	12
steamed bun, tomatoes, onions, romaine, parsley, garlic dill sauce	
Spring Natural Guacamole (V/GF)	13
mashed hass avocado, tomato, red onion, jalapeño, cilantro, lime, tri-color tortilla chips	
Mixed Baby Greens (V/GF)	9
cherry tomatoes, cucumber, balsamic vinaigrette	

Salad Bowl 15

Green Power (V/GF)	
seasoned tofu, puffed millet, spinach, fava beans, artichokes, Pumpkin seeds, cucumber, radish sprouts, 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 (V)	8
angus beef burger patty (GF)	9
grilled jumbo shrimp (GF)	6
poached organic salmon (GF)	9

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, Certified 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

Entrée

Pan Roasted Chicken Thighs (GF)	22
fresh herbs, roasted vegetables, red bliss potatoes, roasted garlic head, bourbon mustard pan sauce	
Maple-Chipotle Glazed Rainbow Trout (GF)	28
roasted butternut squash, haricot verts, toasted pecan-beet salad	
Miso Glazed Organic Salmon	29
Jasmine rice, braised daikon radish, watercress salad, yuzu vinaigrette	
Fresh Black Linguini w/ Seafood	23
lump crab, jumbo shrimp, scallops, clams, calamari, mussels, zucchini, fresh tomatoes, crushed pepper-lemon-butter	
Saffron Penne w/ Angus Beef Bolognese	23
Burgundy wine, crushed pepper, grated Asiago and Parmesan cheeses, chopped parsley	
Korean Marinated Grilled Hanger Steak (grass-fed)	29
sushi rice, stir-fried mung bean sprouts, kimchi, shiro miso-sesame dipping sauce	
Stir Fry Organic Vegetables w/ Quinoa	16
w/ sautéed chicken (GF)	19
w/ jumbo shrimp, scallops and calamari (GF)	23
tamari-garlic-ginger	

Burger

Grilled Natural Grass Fed Angus Beef Burger	17
house-made sesame bun, Swiss or sharp cheddar, meat -cut fries	
w/ sautéed mushrooms and/or grilled red onions	add 1
Spring Natural Bacon-Blue Cheese Burger	18
natural angus beef, apple wood smoked bacon, baby spinach, lettuce, tomato, red onion, Chipotle mayo, hand-cut fries	
Spring Natural House-Made Veggie Burger (V)	14
housemade whole wheat bun, chipotle veganaise, sweet potato fries	

Vegan

Quinoa Lentil Cakes (V/GF)	19
curried spice, kabocha squash, caramelized onions	
Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess sauce	
Vegetable Red Curry (V/GF)	19
seasonal market vegetables, kabocha pumpkin, chickpeas, keffir lime, lemongrass, galangal, fresh basil, steamed jasmine rice	
Zen Temple Glass Noodle Bowl (V)	19
vegan chicken, Asian greens, lotus root, noir seaweed, scallions, toasted sesame seeds, shiitake mushrooms, bean sprouts, sukiyaki sauce	
Organic Rice & Vegetable Dinner (V/GF)	15
brown rice, tahini sauce, steamed seasonal vegetables, tofu, black beans, wakame seaweed salad	
Stir Fry Organic Vegetables w/ Quinoa (V/GF)	16
tamari-garlic-ginger	
w/ organic tofu, tempeh (V/GF) or basil "chicken" (V)	17

(V) Indicates Vegan

(GF) Indicates Gluten Free