

## starter

### Spring Rolls (V)

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

### Warm Spinach–Artichoke Nachos (V)

tri-color corn chips, melted vegan cheddar cheese sauce, greens, pickled jalapeños, 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 13

### Kale Salad (VG/GF)

curried hazelnuts, chick peas, Pecorino Romano, raddichio, dried apricots, avocado, green goddess dressing 15

### 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

## 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

## sandwich

### Grilled Chicken Sandwich

house made focaccia, melted New York State white cheddar, chopped cilantro, Dijon mayonnaise, hand-cut French fries 15

### House Roasted Turkey Panini

watercress, tomato, Swiss cheese, avocado-lime mayonnaise, hand-cut yucca fries 16

**Smoked Salmon-Avocado Toast** house made five grain toast, goat cheese spread, red onion spirals, served w/ baby greens 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

### Grilled Salmon Burger

soft potato bun, lettuce, tomato, fresh mango-garden vegetable salsa, chive-lime mayo, hand-cut french fries 17

### Veggie Burger (V)

house made almond-veggie patty, guacamole, chipotle veganaise, housemade whole wheat bun, sweet potato fries 14

**ADD Vegan Cheddar Cheese (V) 1**

## vegan

### Organic Scrambled Tofu (V/GF)

caramelized onions, shiitake mushrooms, spinach, tomatoes, cilantro, curry, thyme, w/ organic brown rice and mixed baby greens 14

### 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

## side

### Hand-Cut French Fries, Sweet Potato Fries or Yucca Fries (V) 7

Organic Black Beans (V) 5

Organic Brown Rice (V) 5

Vegan Mac n' Cheese (V) 10

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

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.

We source our meat from a collection of **small local farms**.