

# SPRING

natural kitchen

## Appetizer

**Burrata (Vg/GF)** baby heirloom tomatoes, pears, basil, balsamic reduction, extra virgin olive oil 17

**Vegetable Spring Rolls (V)** 10  
sautéed cabbage, carrots, mushrooms, glass noodles, mache, cilantro oil, tropical mango chili sauce

**Spring Natural Guacamole (V/GF)** 13

## Salad

**Green Power (V/GF)** 16  
spinach, fava beans, Pumpkin seeds, cucumber, haricots verts, avocado green goddess

**Phoenix Quinoa Bowl (V/GF)** 17  
organic quinoa, avocado, kabocha squash, lentils, baked curried chickpeas, broccoli, toasted almonds, beets, mixed herbs, ginger-tahini-lemon dressing

**Spring Taco (Vg/GF)** 16  
guacamole, queso fresco, roasted corn, tomatoes, black beans, pico de gallo, brown rice, tortilla chips

**Caesar Salad** 16  
baby gem Romaine, herb croutons, parmesan, white anchovy Caesar dressing

**South Western Grilled Organic Chicken Salad (GF)** 18  
organic mesclun, sun-dried cranberries, sweet corn, toasted almonds, gorgonzola, peach vinaigrette

### ADD to any Salad:

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

## Burgers + Sandwiches

**Grilled Pasture Fed Beef Burger** 15  
Add Swiss, sharp cheddar or blue Cheese 1  
Add sautéed mushrooms or grilled red onions 1  
Add apple wood smoked bacon 3

**Organic Salmon Burger** avocado, cucumber, onion, tomato, jalapeño aioli, chive crema 16

**House-Made Veggie Burger (V)** 14  
multi grain bun, chipotle veganaise

**Roasted Chicken Sandwich** 15  
granny smith apple, cole slaw, arugula, tarragon mayo, multi-grain bun

### ADD to any Burger or Sandwich:

Truffle-Parmesan French Fries 4  
Sweet Potato Fries or Baby Green Salad 3  
Nicoise Potato Salad w/ chimichurri 4  
Sub Gluten Free Bread 1

## Eggs (All Eggs are Certified Organic)

**Broccoli-Cheddar-Spinach Frittata (GF)** 15  
mixed baby green salad

**Ratatouille Omelet (GF)** 15  
mixed baby green salad

**Breakfast Burrito** 15  
scrambled eggs, chorizo sausage, black beans, Spanish rice, Monterey Jack cheese, guacamole, green onions, whole wheat tortilla, ranchero & 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 berries

**Banana Buckwheat Pancakes (V/GF)** 13  
100% pure Vermont maple syrup, fresh berries

**Buttermilk Pancakes** 13  
100% pure Vermont maple syrup, fresh seasonal berries

## Entrees

**Salmon Avocado Bowl (GF)** 17  
jasmine rice, broccoli, watercress, cabbage salad, fresh orange, scallions, toasted sesame seeds, ginger teriyaki sauce

**Spaghetti Pomodoro (Vg)** 18  
fresh basil, shaved pecorino cheese, san marzano and fresh cherry tomatoes

**Mezze Plate (V)** falafel, hummus, baba ganoush, labneh, tabbouleh, tahini, stuffed grape leaves, marcona almonds, crudités, za'atar pita 26

**Quinoa Lentil Cakes (V/GF)** 19  
Spices, kabocha squash, caramelized onions, Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess dressing

**Zen Temple Glass Noodle Bowl (V)** 19  
vegan chicken, Asian greens, lotus root, nori, scallions, toasted sesame seeds, shiitakes, bean sprouts, sukiyaki sauce

**Stir Fry Organic Vegetables (V/GF)**  
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

## Sides

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

(V) Indicates Vegan

(Vg) Indicates Vegetarian

(GF) Indicates Gluten Free