

# SPRING

natural kitchen

## Appetizer

<b>Chickpea Fries (V/GF)</b>	12
Southern spice dusted, scallions, jalapeño aioli	
<b>Vegetable Spring Rolls (V)</b>	10
sautéed cabbage, carrots, mushrooms, glass noodles, mache, cilantro oil, tropical mango chili sauce	
<b>Steamed Organic Edamame (V/GF)</b>	9
bowl of warm soybeans in the pod, sea salt	

## Salad Bowls 15

<b>Green Power (V/GF)</b>	
seasoned tofu, puffed millet, spinach, fava beans, artichokes, Pumpkin seeds, radish sprouts, cucumber, haricots verts, ranch dressing	
<b>Phoenix (V/GF)</b>	
Taro root fritters, quinoa, avocado, kabocha squash, baked curried chickpeas, broccoli, toasted almonds, raw beets, mixed herbs, ginger-tahini-lemon dressing	
<b>Spring Taco (GF)</b>	
guacamole, sour cream, queso fresco, roasted corn, tomatoes, black beans, pico de gallo, brown rice, tri-color corn chips	
<b>Mediterranean Winter (V/GF)</b>	
chickpea fries, quinoa, crumbled feta, sun-dried cranberries, Kalamata olives, cabbage, baby kale, green onions, apples, carrots, celery, red wine mustard vinaigrette	
<b>Southeast Asian (V/GF)</b>	
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

\*Sandwiches and Burgers are available on house made gluten free bread upon request

## Burgers + Sandwiches

<b>Grilled Natural Angus Beef Burger</b>	16
toasted house-made sesame bun, melted Swiss or sharp cheddar cheese, hand-cut French fries w/ sautéed mushrooms and/or grilled red onions add 1	
<b>Spring Natural Bacon-Blue Cheese Burger</b>	17
natural angus beef, apple wood smoked bacon, baby spinach, lettuce, tomato, red onion, Chipotle mayonnaise, toasted house-made sesame bun, hand-cut French fries	
<b>Spring House-Made Veggie Burger (V)</b>	14
house-made whole wheat bun, chipotle veganaise, sweet potato fries	
<b>Grilled Chicken Sandwich</b>	15
house made Tuscan bread, avocado, baby arugula, sliced tomato, crispy bacon, melted New York State cheddar, chipotle aioli, New England potato salad	

## Warm Bowls

<b>Morning Glory (V/GF)</b>	15
seared quinoa-lentil cake, curry spiced scramble tofu, red onions, broccoli, sweet corn, tomatoes, southern tahini sauce	
<b>El Toro (GF)</b>	15
poached egg, grilled chicken, black bean rice, roasted potatoes, avocado, baby spinach, sweet plantain, Monterey Jack cheese, scallions, ranchero sauce	
<b>Zen Temple (V)</b>	16
stir fried glass noodles, vegan 'chicken', Asian greens, lotus root, Nori seaweed, toasted sesame seeds, shitake mushrooms, beans sprouts, scallions, sukiyaki Sauce	
<b>Spring Macro (V/GF)</b>	15
organic brown rice, steamed seasonal vegetables, tofu, black beans, wakame seaweed salad, lemon-tahini dressing	
<b>Organic Vegetable Stir Fry (V/GF)</b>	15
organic quinoa, mushroom, kale, broccoli cauliflower, carrots, onions, tamari, garlic, ginger	
<b>Athens Beef (GF)</b>	17
Mediterranean style charred sirloin steak, peppers, mushrooms, zucchini, onions, hummus, organic brown rice, feta cheese, tomato-cucumber salad, Tzatziki sauce	
<b>Salmon Avocado (GF)</b>	17
jasmine rice, broccoli, watercress, cabbage salad, fresh orange, scallions, toasted sesame seeds, ginger teriyaki sauce	

(V) Indicates Vegan

(GF) Indicates Gluten Free