

SPRING

natural kitchen

Appetizers

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

Eggs (All Eggs are Certified Organic)

- Spring Royale Toast** 17
House made Tuscan bread, Norwegian smoked salmon, sliced avocado, poached egg, celery-red onion salad, hollandaise sauce
- Classic Eggs Benedict** 16
Canadian bacon, baby greens, sweet and red bliss potato home fries
- Mayan Eggs (GF)** 17
crispy corn tortillas, black beans, Spanish rice, melted Monterey Jack, guacamole, green onions, ranchero sauce, sweet plantains
- Spring Garden Omelet (GF)** 15
vegetable medley: broccoli, mushrooms, squash, peppers, tomato, sweet peas, carrot and onion w/ silver farm goat cheese, sweet & red bliss potato home fries

- Eggs w/ Merguez Lamb Sausage** 16
two eggs any style, sauteed potato hash w/ diced ham, caramelized onions, peppers, scallions, cilantro salsa verde

- Eggs Shakshuka** 16
poached eggs w/ tomatoes, peppers, chickpeas, artichokes, spinach, caramelized onions, melted white cheddar and parsley; served w/ toasted baguette

- Breakfast Burrito** 15
scrambled eggs, chorizo sausage, black beans, Spanish rice, Monterey Jack cheese, guacamole, green onions, whole wheat tortilla, served w/ ranchero and tomatillo salsas & baby greens
- Egg dishes available with egg whites only additional 1

Pancakes, Etc..

- Dark Chocolate Buckwheat Pancakes (V/GF)** 10
w/ walnuts and 100% pure Vermont maple syrup
- w/ fresh seasonal berries** 13
- Banana Buckwheat Pancakes (V/GF) w/ 100% pure Vermont maple syrup** 10
w/ fresh seasonal berries 13
- Buttermilk Pancakes w/100% pure Vermont maple syrup** 10
w/ fresh seasonal berries 13
- House Made Cinnamon Raisin French Toast** 14
fresh seasonal fruit, 100% pure Vermont maple syrup
- House Made Granola (V) fresh seasonal berries, choice of:** 11
plain Greek yogurt and/or almond, low fat or regular milk

Sandwiches and Burgers

- Grilled Chicken Sandwich** 15
house made Tuscan bread, avocado, baby arugula, sliced tomato, crispy bacon, melted New York State cheddar, chipotle aioli, New England potato salad
- Grilled Vegetable Sandwich (V)** 15
house made focaccia, eggplant, zucchini, yellow squash, roasted peppers, red onions, tomatoes, pickle-roasted garlic veganaise, New England potato salad
- Spring Natural House-Made Veggie Burger (V)** 14
house-made whole wheat bun, chipotle veganaise, hand-cut sweet potato fries
- Grilled Natural Grass Fed Angus Beef Burger** 16
sesame brioche bun, melted Swiss or sharp cheddar, hand-cut French fries
w/ sautéed mushrooms and/or grilled red onions additional 1
- Spring Natural Bacon-Blue Cheese Burger** 17
natural angus beef, apple wood smoked bacon, baby spinach, lettuce, tomato, red onion, Chipotle mayonnaise, toasted sesame bun, hand-cut French fries

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

Big Salads

- Green Power Salad (V/GF)** 17
marinated tofu, crispy kale, spinach, fava beans, artichokes, sunflower sprouts, pumpkin seeds, cucumbers, hericot verts, ranch dressing
- Poached Organic Salmon Nicoise Salad (GF)** 18
organic mesclun, chickpeas, black olives, baby artichokes, haricot verts, cherry tomatoes, Herb-Lemon Dressing
- South Western Grilled Organic Chicken Salad (GF)** 17
organic mesclun, sun-dried cranberries, sweet corn, toasted almonds, Monterey Jack, peach vinaigrette
- Phoenix Quinoa Bowl (V/GF)** 17
Taro root fritters, avocado, kabocha squash, baked curried chickpeas, broccoli, toasted almonds, raw beets, mixed herbs, ginger-tahini-lemon dressing
- Spring Natural Taco Salad (GF)** 17
guacamole, sour cream, queso fresco, roasted corn, tomatoes, black beans, pico de gallo over brown rice; w/ tri-color corn chips
w/ grilled chicken 20
w/ grilled jumbo shrimp 23
- Spring Natural Chopped Salad** 17
mesclun, romaine, shredded kale, roasted corn, feta cheese, red peppers, chopped tomatoes, herbed croutons, red wine-mustard vinaigrette:
with choice of marinated tofu or grilled chicken
- Asian Salad w/ Chickpea Fries (V/GF)** 17
red cabbage, zucchini, jicama, Edamame, fresh mango, cilantro, mint, cashews, carrots, bean sprouts, Thai peanut dressing

Vegan

- Vegan Breakfast Burrito (V)** 13
scrambled tofu, brown rice, whole wheat tortilla, served with ranchero and tomatillo salsas and baby greens
- Southwest Scrambled Tofu (V/GF)** 14
sauteed spinach, caramelized onions and peppers, spring salad, roasted breakfast potatoes, southwestern tahini sauce
- Zen Temple Glass Noodle Bowl (V)** 19
vegan chicken, Asian greens, lotus root, noir seaweed, toasted sesame, shiitake mushrooms, bean sprouts, scallions, sukiyaki sauce
- Stir Fry Organic Vegetables (V/GF)** 16
served over organic brown rice, tamari-garlic-ginger sauce
w/ organic tofu (V/GF), tempeh (V/GF) or vegan basil "chicken" (V) 17
w/ sautéed chicken (GF) 19
w/ jumbo shrimp, scallops and calamari (GF) 23

Sides

- Apple Wood Smoked Bacon** 4
- Chicken-Apple Sausages** 4
- Spanish Chorizo** 4
- Merguez Lamb Sausage** 5
- Sweet & Red Bliss Potato Home Fries (V/GF)** 4
- Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V/GF)** 7
- Organic Black Beans / Organic Brown Rice (V/GF)** 4

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 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

(V) Indicates Vegan

(GF) Indicates Gluten Free