

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	
Soft Fish Tacos	15
whole wheat tortilla, crispy tilapia, guacamole, pico de gallo, fresh cilantro, cabbage slaw, fresh lime	
Steamed Organic Edamame (V/GF)	9
bowl of warm soybeans in the pod, sea salt	
Roasted Stuffed Shiitake Mushroom (V/GF)	12
house made vegan mozzarella cheese, artichokes, spinach, cauliflower, tomato-lemon coulis	
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

Green Power Salad (V/GF)	17
marinated tofu, crispy kale, spinach, fava beans, artichokes, sunflower sprouts, pumpkin seeds, cucumbers, hericort 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, brown rice, 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	

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

(V) Indicates Vegan

(GF) Indicates Gluten Free

Entrée

Volcano Grilled Chicken (GF)	24
24 hrs. marinated organic chicken, sriracha red chili glaze, black bean jasmine rice, sauteed spinach, crispy kale,	
Seared Jumbo Black Sea Bass (GF)	28
fennel-cucumber salad, caramelized pear, fresh herbs, baby kale, lemon roasted potatoes, saffron-garlic aioli	
Miso Glazed Organic Salmon	28
Jasmine rice, grilled Japanese eggplant, watercress salad, yuzu vinaigrette	
Seared Mahi Mahi (GF)	28
hass avocado-tomato salad, grilled sweet plantains, zucchini, roasted red pepper mashed potatoes, herb-lemon vinaigrette	
Fresh Black Linguini w/ Seafood	23
lump crab, jumbo shrimp, sea scallops, clams, calamari, mussels, zucchini, fresh tomatoes, crushed pepper-lemon-butter	
Spinach Pappardelle	21
Seasonal mushrooms, green peas, carrots, grated asiago, mascarpone, roasted garlic pomodoro	
Korean Marinated Grilled Hanger Steak (grass-fed)	28
sushi rice, stir-fried mung bean sprouts, kimchi, shiro miso-sesame dipping sauce	
Stir Fry Organic Vegetables	
w/ sautéed chicken (GF)	19
w/ jumbo shrimp, scallops and calamari (GF)	23
served over organic brown rice, tamari-garlic-ginger sauce	

Burger

Grilled Free-Range Chicken Burger	17
house-made sesame bun, melted pepper jack cheese, chipotle mayonnaise, hand Cut French Fries	
Grilled Natural Grass Fed Angus Beef Burger	17
house-made sesame bun, Swiss or sharp cheddar, hand-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, house-made bun, hand-cut fries	
Spring Natural House-Made Veggie Burger (V)	14
house-made 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, shiitake mushrooms, bean sprouts, sukiyaki sauce	
Organic Rice & Vegetable Dinner (V/GF)	15
brown rice, tahini sauce, steamed seasonal vegetables w/ tofu, black beans, wakame seaweed salad	
Stir Fry Organic Vegetables (V/GF)	16
served over organic brown rice, tamari-garlic-ginger sauce	
w/ organic tofu, tempeh (V/GF) or basil "chicken" (V)	17
Sides	
Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V/GF)	7
Organic Black Beans / Organic Brown Rice (V/GF)	4
Steamed Organic Vegetables (V/GF)	7
Sautéed Vegetable/Greens of the Day (V/GF)	M/P