

# 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>Soft Fish Tacos</b>	15
whole wheat tortilla, crispy tilapia, guacamole, pico de gallo, fresh cilantro, cabbage slaw, fresh lime	
<b>Steamed Organic Edamame (V/GF)</b>	9
bowl of warm soybeans in the pod, sea salt	
<b>Roasted Stuffed Shiitake Mushroom (V/GF)</b>	12
house made vegan mozzarella cheese, artichokes, spinach, cauliflower, tomato-lemon coulis	
<b>Spring Natural Guacamole (V/GF)</b>	13
mashed hass avocado, tomato, red onion, jalapeño, cilantro, lime, tri-color tortilla chips	
<b>Mixed Baby Greens (V/GF)</b>	9
cherry tomatoes, cucumber, balsamic vinaigrette	

## Big Salads

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

## Sandwich

<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	
<b>Grilled Merguez Lamb Sausage Sandwich</b>	16
house made Tuscan bread, roasted peppers, fresh herbs, goat cheese, charred red onion, arugula, cilantro yogurt sauce, hand cut French fries	
<b>Grilled Vegetable Sandwich (V)</b>	15
house made focaccia, eggplant, zucchini, yellow squash, roasted peppers, red onions, tomatoes, pickle-roasted garlic veganaise, New England potato salad	

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

## Burger

<b>Grilled Natural Angus Beef Burger</b>	16
toasted house-made sesame bun, melted Swiss or sharp cheddar cheese, hand-cut French fries	
<b>w/ sautéed mushrooms and/or grilled red onions</b>	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>Grilled Free Range Chicken Burger</b>	16
toasted house-made sesame bun, melted pepper jack cheese, chipotle mayonnaise, hand Cut French Fries	
<b>Spring Natural House-Made Veggie Burger (V)</b>	14
house-made whole wheat bun, chipotle veganaise, sweet potato fries	

## Vegan

<b>Quinoa Lentil Cakes (V/GF)</b>	19
curried spice, kabocha squash, caramelized onions Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess sauce	
<b>Vegetable Red Curry (V/GF)</b>	19
seasonal market vegetables, kabocha pumpkin, chickpeas, keffir lime, lemongrass, galangal, basil, steamed jasmine rice	
<b>Zen Temple Glass Noodle Bowl (V)</b>	19
vegan chicken, Asian greens, lotus root, noir seaweed, toasted sesame, shiitake mushrooms, bean sprouts, scallions, sukiyaki sauce	
<b>Organic Rice &amp; Vegetable Dinner (V/GF)</b>	15
brown rice, tahini sauce, steamed seasonal vegetables w/ tofu, black beans, wakame seaweed salad	
<b>Stir Fry Organic Vegetables (V/GF)</b>	16
served over organic brown rice, tamari-garlic-ginger sauce	
<b>w/ organic tofu, tempeh (V/GF) or basil "chicken" (V)</b>	17
<b>w/ sautéed chicken (GF)**</b>	19
<b>w/ jumbo shrimp, scallops and calamari (GF)**</b>	23

## Side

<b>Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V/GF)</b>	7
<b>Organic Black Beans (V/GF)</b>	4
<b>Organic Brown Rice (V/GF)</b>	4
<b>Vegetable/Greens of the Day (V/GF)</b>	M/P

(V) Indicates Vegan

(GF) Indicates Gluten Free