



BRUNCH

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starters

Warm Spinach–Artichoke Nachos (V/GF)
tri-color corn chips, vegan cheddar cheese, pico de gallo, shredded kale, pickled Serrano peppers, sriracha dressing 13

Steamed Organic Edamame (V/GF)
sea salt, toasted sesame seeds 9

Vegetable Spring Rolls (V)
napa cabbage, carrots, seasonal mushrooms, fresh cilantro, ginger, sweet chili-plum sauce 10

eggs

Garden Veggie Egg White Omelet (GF)
asparagus, shiitake mushrooms, peppers, spinach, carrots, red onions, crispy cottage fries 15

Caprese Frittata (GF)
fresh mozzarella, fresh tomatoes, basil, olive oil, balsamic syrup, crispy cottage fries 14

Eggs Norwegian
poached eggs, smoked Salmon, sautéed spinach, English muffin, hollandaise sauce, crispy cottage fries 16

Lump Crab Meat Benedict
poached eggs, English muffin, hollandaise sauce, crispy cottage fries 16

Breakfast Burrito
scrambled eggs, black beans, Spanish rice, green onions, tomato-corn salsa, Portuguese smoked chorizo, Monterrey jack cheese, whole wheat tortilla; mixed baby green salad 15

Mayan Eggs
crispy corn tortillas, black beans, Spanish rice, melted Monterey Jack, guacamole, green onions, rancho sauce, sweet plantains 15

Croque Monsieur
sunny side up egg, smoked ham, melted swiss cheese, roasted tomato, bechamel sauce, house made challah bread 15

Eggs Shakshuka
poached eggs, tomatoes, red peppers, chickpeas, artichokes, spinach, caramelized onions, melted white cheddar, parsley, toasted baguette 16

Grilled Argentinian Sirloin Steak and Eggs (GF)
vegetable salsa vinaigrette, two eggs anyway, crispy cottage fries 20

Spring Street Natural Taco Salad (VG/GF)
black beans, brown rice, guacamole, queso fresco, sour cream, pico de gallo, roasted corn-tomato salsa, crispy corn tortilla chips 16

Rainbow Organic Quinoa Salad (VG/GF)
baby arugula, fresh mint, cilantro, avocado, spicy toasted pumpkin seeds, julienned carrots, red cabbage, feta cheese, honey lime vinaigrette 16

Southeast Asian Watercress Salad (V)
baby greens, fresh mint, Thai basil, cilantro, mango, avocado, grilled pineapple, red peppers, edamame, spicy crushed peanuts, orange sesame dressing 15

Romaine–Kale Cobb Salad
roasted chicken, grape tomatoes, blue cheese, apple-wood smoked bacon, diced avocado, hard boiled egg, ceasar dressing 17

wok station

Stir-Fried Market Vegetables (V/GF) 15
tamari, ginger, garlic
served with organic short grain brown rice or organic farro

add protein:

marinated tofu (V/GF) 16
tempeh (V/GF) 16
seitan (V) 16
chicken (GF) 18
beef (GF) 18
fruits de mer (shrimp, calamari, scallop) (GF) 22

vegan

Scrambled Tofu (V)
red onions, shiitake mushrooms, fresh thyme, curry, baby greens, brown rice 11

Rice & Vegetable Platter (V)
brown rice, tahini, steamed market vegetables, tofu, black beans, hijiki 15

Vegan Breakfast Burrito (V)
scrambled tofu, red onions, shiitake mushrooms, fresh thyme, curry, brown rice, whole wheat tortilla, served w/ rancho & tomatillo salsas and baby greens 13

All Grains and Legumes are **Certified Organic**. All Breads are **House Made**.

Gluten free bread is available upon request

All meat, poultry and eggs are from **free roaming** and/or **pastured** animals, naturally farmed, **no hormones, no antibiotics, no nitrates** ever.

All Beef is from **grass-fed** Black Angus cattle.

waffles & toasts

Sweet Potato Waffles (VG)
100% pure Vermont maple syrup, fresh seasonal berries 12

Jerk Chicken with Sweet Potato Waffles
100% pure Vermont maple syrup, fresh seasonal berries 16

Warm Buckwheat–Dark Chocolate Waffles (GF)
cacao, dark chocolate, caramelized bananas 13

House Made Cinnamon Raisin French Toast (VG)
100% pure Vermont maple syrup, caramelized bananas, fresh seasonal berries 13
ADD smoked bacon or maple candied bacon 16

Paleo “Toast” (GF)
poached eggs, smoked salmon, avocado, cucumbers; on roasted sweet potato discs; served w/ mixed baby greens 16

Smoked Salmon–Avocado Toast
house made five grain toast, goat cheese spread, red onion spirals, served w/ mixed baby greens 14

House Made Granola (VG) seasonal berries, organic vanilla Greek yogurt 11

burgers

Grilled Natural Angus Beef Burger
(chuck, short rib, brisket blend) brioche bun, lettuce, tomato, pickles w/ white organic American cheese, hand cut fries 17
w/ bacon-onion jam, Gruyère cheese, hand cut fries 18

Grilled Chicken Burger
Monterey pepper jack, chipotle mayo, hand-cut fries 16

Veggie Burger (V) house made almond-veggie patty, chipotle veganise, house made whole wheat bun, sweet potato fries 14
ADD Vegan Cheddar Cheese (V) 1

big salads

Southwestern Grilled Chicken Salad (GF)
grilled chicken, field greens, sun-dried cranberries, roasted corn, toasted almonds, Gorgonzola, orange-mirin vinaigrette 17

Chopped Green Salad
kale, romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 13

Kale Salad (VG/GF)
curried hazelnuts, chick peas, Pecorino Romano, raddichio, dried apricots, avocado, green goddess dressing 15

ADD to any Salad:
marinated tofu / roasted tempeh (V/GF) 3
blackeyed pea fritters (V/GF) 4
roasted free range chicken / grilled free range chicken (GF) 4
grilled jumbo shrimp (GF) 6
poached organic salmon (GF) 9

sides

Chicken–Apple Sausages 4
Apple-wood Smoked Bacon 4
Maple Candied Bacon 4
Portuguese Smoked Chorizo 4
Sweet Plantains 4
Crispy Cottage Fries 7
Hand-Cut French Fries 7
Hand-Cut Sweet Potato Fries 7
Fresh Seasonal Fruit Bowl 9
Organic Black Beans 5
Organic Brown Rice 5

(V) Vegan (VG) Vegetarian (GF) Gluten Free