

starter

Spring Rolls (V)

napa cabbage, carrots, seasonal mushrooms, cilantro, ginger, sweet chili sauce 10

Warm Spinach–Artichoke Nachos (V)

tri-color corn chips, vegan cheddar cheese, greens, pickled Serrano peppers, chipotle crema 13

Zucchini Noodles w/ Quinoa Meatballs (GF)

marinara sauce 12

Hummus (V) toasted pita bread 9

add Black-eyed Pea Fritters (V) 13

Crab Tater Tots pickled vegetables, chipotle dipping sauce 10

Mediterranean Vegetable Antipasto (V)

hummus, Syrian muhammara spread, marinated white beans, roasted beets, marinated olives, roasted tri color baby peppers, toasted pita 15

Black-eyed Pea Fritters (V/GF)

caramelized onions, jalapeño vinaigrette 12

Spring Natural Guacamole Trio (V/GF)

guacamole, pico de gallo, black bean dip, tri-color tortilla chips 15

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

Mixed Baby Green Salad (V/GF) carrot-ginger dressing 9

salad

Southwestern Grilled Chicken Salad (GF)

grilled chicken, field greens, sun-dried cranberries, roasted corn, toasted almonds, Gorgonzola, orange-mirin vinaigrette 17

Romaine–Kale Cobb Salad (GF)

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

Chopped Green Salad (VG)

romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 10 Hf. / 13 Wh

Kale Salad (VG/GF)

curried hazelnuts, chick peas, Pecorino Romano, raddichio, dried apricots, avocado, green goddess dressing 11 Hf. / 15 Wh

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 11 Hf. / 15 Wh

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

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.

We source our meat from a collection of **small local farms**.

wok station

Sweet Plantain & Avocado Rice (V/GF) 15

carrots, peas, mushrooms, onions

Stir-Fried Miso Rice Noodles (V/GF) 15

market vegetables, bean sprouts, ground cashews, fresh basil

Stir-Fried Market Vegetables (V/GF) 15

tamari, ginger, garlic

served with choice of 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

entrée

Seared Organic Salmon (GF)

garden vegetable salsa, basil mashed potatoes, grilled zucchini 28

Grilled Mahi-Mahi Tacos (GF)

corn tortillas, avocado, pickled onions, purple cabbage, serrano-cilantro crema; served w/ mango-jicama slaw and black bean salad 23

Crisp Pan Roasted Chicken (GF)

herb natural au jus, cheddar grits, sautéed spinach 23

Grilled NY Strip Steak (GF)

vegetable salsa vinaigrette, steamed quinoa, chopped collard greens 28

vegan entrée

Tempeh-Vegetable Enchiladas (V)

black bean puree, green onions, tofu almond cream, vegan cheddar cheese, red salsa 18

Roasted Malaysian Tofu w/ Soba Noodles (V/GF)

baby bok choy, green beans, peanut sauce 16

Roasted Vegetable Mac n' Cheese (V)

three "cheeses," smoked gouda, cheddar, parmesan (100% dairy free), fennel, cauliflower, broccoli, zucchini, squash, red peppers, panko 15

Rice & Vegetable Platter (V)

brown rice, tahini, steamed market vegetables, tofu, black beans, hijiki 15

burger

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, guacamole, chipotle veganaise, house made whole wheat bun, sweet potato fries 14

ADD Vegan Cheddar Cheese (V) 1

side

Hand-Cut French Fries / Hand-Cut Sweet Potato Fries (V) 7

Basil Mashed Potatoes 7

Organic Black Beans / Organic Brown Rice (V) 5

Vegan Mac n' Cheese (V) 10

Vegetable/Greens of the Day (V) M/P

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