

starter

Spring Rolls (V)

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

Warm Spinach–Artichoke Nachos (V)

tri-color corn chips, melted vegan cheddar cheese sauce, greens, pickled jalapeños, chipotle crema 13

Hummus (V)

toasted pita bread 9 **add Chickpea-Fava Bean Fritters (V)** 13

Crab Tater Tots

pickled vegetables, chipotle dipping sauce 10

Mediterranean Vegetable Antipasto (V)

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

Chickpea-Fava Bean 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 13

Kale Salad (VG/GF)

curried hazelnuts, chick peas, Pecorino Romano, raddichio, dried apricots, avocado, green goddess dressing 15

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

Arugula Veggie Bowl (V/GF)

arugula, chickpeas, butternut squash, pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 16

ADD to any Salad:

marinated tofu / roasted tempeh (V/GF) 3

Chickpea-Fava Bean Fritters (V/GF) 4

roasted free range chicken / grilled free range chicken (GF) 4

grilled jumbo shrimp (GF) 6

poached organic salmon (GF) 9

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

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

Sandwich

Grilled Chicken Sandwich

house made focaccia, melted Vermont white cheddar, chopped cilantro, Dijon mayonnaise, hand-cut French fries 14

Braised Short Rib Sandwich

baby kale, cheddar cheese, horseradish aioli, hand cut French fries 15

House Roasted Turkey Sandwich

house made five grain bread, watercress, avocado, tomato, Swiss cheese, lime mayonnaise, hand-cut yucca fries 16

Smoked Salmon-Avocado Toast

house made five grain toast, goat cheese spread, red onion spirals, served w/ baby greens 14

burger

Grilled Natural Angus Beef Burger

(chuck, short rib, brisket blend) potato 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/GF)

house made almond-veggie patty, guacamole, chipotle veganaise, toasted gluten free bread, sweet potato fries 14

ADD Vegan Cheddar Cheese (V) 1

vegan

Organic Scrambled Tofu Stuffed Acron Squash (V/GF)

caramelized onions, shiitake mushrooms, spinach, tomatoes, cilantro, miso-jalapeno sauce 16

Tempeh-Vegetable Enchiladas (V)

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

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

side

Hand-Cut French Fries, Sweet Potato Fries or Yucca Fries (V) 7

Organic Black Beans (V) / Organic Brown Rice (V) 5

Vegan Mac n' Cheese (V) 10

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

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**.