

BRUNCH



starters

Warm Spinach–Artichoke Nachos (V/GF)

crispy corn tortilla chips, vegan cheddar cheese, pico de gallo, greens, pickled Serrano peppers, sriracha dressing 13

Chickpea Fries (Vg/GF)

tzatziki sauce 11

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, home fries 15

Caprese Frittata (GF)

fresh mozzarella, fresh tomatoes, basil, olive oil, balsamic syrup, home fries 14

Eggs Florentine

poached eggs, sautéed spinach and asparagus, English muffin, hollandaise sauce, home fries 16

Lump Crab Meat Benedict

poached eggs, English muffin, hollandaise sauce, home fries 17

Breakfast Burrito

scrambled eggs, black beans, Spanish rice, guacamole, Mexican chorizo, fresh mango-garden vegetable salsa, Monterrey jack cheese, green onions, 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 16

Pressed Bacon, Egg and Cheese Sandwich

applewood smoked bacon, New York State cheddar, pickled vegetables, brioche bun, home fries 11

Eggs Shakshuka

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

Grilled Marinated Flank Steak and Eggs (GF)

vegetable vinaigrette, two eggs any style, home fries 20

waffles & toasts

Belgian Waffle

100% pure Vermont maple syrup, fresh seasonal berries, strawberry butter 12

Waffle and Buttermilk-Tabasco Fried Chicken

100% pure Vermont maple syrup, fresh seasonal berries 17

Matcha Green Tea Waffle

100% pure Vermont maple syrup, fresh seasonal berries, strawberry butter 14

House Made Brioche French Toast

100% pure Vermont maple syrup, caramelized bananas, fresh seasonal berries 14
ADD applewood smoked bacon or Chicken-Apple Sausages 3

Paleo “Toast” (GF)

poached eggs, smoked salmon, avocado, cucumbers; on roasted sweet potato discs; served w/ mixed baby greens 16

Avocado Toast Deluxe

house made five grain toast, guacamole, kale, poached egg, melted Monterey jack cheese, red pepper flakes, pomegranate seeds 14

burgers

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)

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

big salads

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

Shaved Brussels Sprout Salad (GF)

bacon, carrots, cherry tomatoes, pomegranate seeds, sliced almonds, creamy anchovy-lemon dressing 14

Kale Salad (Vg/GF)

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

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

ADD to any Salad:

- seasoned tofu / roasted tempeh (V/GF) 3
- chickpea fries (V/GF) 4
- roasted free range chicken / grilled free range chicken (GF) 4
- almond-veggie burger patty (V) 8
- angus beef burger patty (GF) 9
- grilled jumbo shrimp (GF) 6
- poached organic salmon (GF) 9

wok

Stir-Fried Market Vegetables (V/GF) 15

tamari, ginger, garlic, herbs

served with organic brown rice or organic quinoa

add protein:

seasoned tofu (V/GF) 2

tempeh (V/GF) 2

seitan (V) 2

chicken (GF) 4

beef (GF) 4

fruits de mer (shrimp, calamari, scallop) (GF) 7

vegan

Scrambled Tofu (V/GF)

caramelized onions, shiitake mushrooms, spinach, tomatoes, cilantro, curry, thyme, w/ organic brown rice and mixed baby greens 14

Rice & Vegetable Platter (V)

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

Vegan Breakfast Burrito (V)

whole wheat tortilla, scrambled tofu w/ caramelized onions, shiitakes, sautéed spinach, tomatoes, cilantro, curry, miso-jalapeno sauce, baby greens 14

sides

Chicken-Apple Sausages 4

Apple-wood Smoked Bacon 4

Mexican Chorizo 4

Sweet Plantains 4

Home Fries 6

Hand-Cut French Fries 7

Hand-Cut Sweet Potato Fries 7

Fresh Seasonal Fruit Bowl 9

Organic Black Beans 5

Organic Brown Rice 5

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.

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