

# 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 15

**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, ranchero 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, sliced avocado, kale, poached egg, melted Monterey jack cheese, red pepper flakes, pomegranate seeds 14

## burgers

**Grilled Natural Angus Beef Burger** sesame bun, lettuce, tomato, pickles w/ white organic American cheese 14  
w/ bacon-onion jam, Gruyère cheese 16

**Grilled Chicken Burger** Monterey pepper jack, chipotle mayo 14

**Veggie Burger (V)** house made almond-veggie patty, guacamole, chipotle veganaise, housemade whole wheat bun 12

Add **French Fries, Sweet Potato Fries** or **Baby Green Salad** 3  
Add **Vegan Mozzarella Cheese** 1  
Sub **Gluten Free Bread** 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 17

**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 17

**Arugula Veggie Bowl (V/GF)**  
arugula, chickpeas, butternut squash, pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 17

**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, radicchio, 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 18

**Chopped Green Salad**  
kale, romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 14

**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)** 16  
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, bay 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  
French Fries 7  
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

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