

starter

Spring Rolls (V)

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

Warm Spinach–Artichoke Nachos (V)

crispy corn tortilla chips, vegan cheddar cheese, greens, pickled Serrano peppers, chipotle crema 13

Organic Chickpea Hummus (V) toasted pita bread 10

Crab Tater Tots

pickled vegetables, chipotle dipping sauce 10

Chickpea Fries (Vg/GF) tzatziki sauce 11

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 10

Mixed Baby Green Salad (V/GF) carrot-ginger dressing 10

salad

Southwestern Grilled Chicken Salad (GF)

grilled chicken, field greens, sun-dried cranberries, roasted corn, toasted almonds, Gorgonzola, orange-mirin vinaigrette 18

Shaved Brussels Sprout Salad (GF)

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

Chopped Green Salad (Vg)

romaine, baby spinach, mesclun, radicchio, roasted corn, butternut squash, feta, red peppers, chopped tomatoes, herbed croutons, herb balsamic vinaigrette 11 Hf. / 14 Wh

Kale Salad (Vg/GF)

curried hazelnuts, chick peas, Pecorino Romano, radicchio, dried apricots, avocado, green goddess dressing 12 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 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, toasted pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 17

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

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

4% convenience fee added to credit card payments

wok station

Sweet Plantain & Avocado Rice (V/GF) 16

carrots, peas, mushrooms, onions

Stir-Fried Miso Rice Noodles (V/GF) 16

roasted vegetables, bean sprouts, ground cashews, fresh basil

Stir-Fried Market Vegetables (V/GF) 16

tamari, ginger, garlic, herbs

served w/ choice of 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 scallops) (GF) 7

entrée

Seared Organic Salmon (GF)

fresh berry-dijon-red wine sauce, sweet potato-poblano pepper gratin, sauteed chinese broccoli 29

Pan Seared Atlantic Cod (GF)

roasted garlic-fresh orange beurre blanc, spaghetti vegetables, chive mashed potatoes 28

Crisp Pan Roasted Chicken Under a Brick (GF)

red curry-cashew-coconut milk, herb basmati rice, sauteed chinese broccoli and carrots 23

Fresh Black Linguine w/ Seafood

lump crab, jumbo shrimp, bay scallops, calamari, clams, zucchini, fresh tomatoes, crushed pepper-lemon-butter 23

Grilled Rib Eye Steak (GF)

béarnaise sauce, curly fries, steamed French green beans 29

vegan entrée

Tempeh-Vegetable Enchiladas (V)

black bean puree, green onions, avocado cream, vegan mozzarella cheese, chipotle salsa 18

Quinoa Lentil Cakes (V/GF)

curry spice, kabocha squash, caramelized onion, Mediterranean salad w/ Calamata olives, cucumber, watercress, roasted peppers, red onions, green goddess sauce 18

Roasted Vegetable Mac n' Cheese (V)

vegan cheese (100% dairy free), caramelized onion, peppers, broccoli, zucchini, panko 15

Rice & Vegetable Dinner (V)

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

burger

Grilled Natural 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 veganise, housemade whole wheat bun, sweet potato fries 12

Add **French Fries, Sweet Potato Fries** or **Baby Green Salad** 3

Add **Vegan Mozzarella Cheese** 1

Sub **Gluten Free Bread** 1

side

French Fries / Sweet Potato Fries (V) 7

Organic Black Beans / Organic Brown Rice (V) 5

Vegan Mac n' Cheese (V) 11

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