

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, crispy 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

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 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, toasted pumpkin seeds, roasted cauliflower, quinoa, black beans, avocado, balsamic dressing 16

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 station

Sweet Plantain & Avocado Rice (V/GF) 15

carrots, peas, mushrooms, onions

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

roasted vegetables, bean sprouts, ground cashews, fresh basil

Stir-Fried Market Vegetables (V/GF) 15

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, scallop) (GF) 7

sandwich + burger

Grilled Chicken Sandwich

house made focaccia, melted New York State white cheddar, chopped cilantro, Dijon mayonnaise, hand-cut French fries 15

Avocado Toast Deluxe

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

Pressed Bacon, Egg and Cheese Sandwich

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

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

Grilled Salmon Burger

soft potato bun, lettuce, tomato, fresh mango-garden vegetable salsa, chive-lime mayo, hand-cut French fries 15

Veggie Burger (V)

house made almond-veggie patty, guacamole, chipotle veganaise, housemade whole wheat bun, sweet potato fries 14

ADD Vegan Cheddar Cheese (V) 1

*Gluten free bread is available upon request

vegan

Organic Scrambled Tofu (V/GF)

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

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)

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 or Sweet Potato Fries (V) 7

Organic Black Beans (V) 5 / 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.