



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 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 14

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 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

(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 scallop) (GF) 7

sandwich + burger

Grilled Chicken Sandwich house made focaccia, melted New York State white cheddar, chopped cilantro, Dijon mayo 13

Avocado Toast Deluxe

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

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 mayonnaise 14

Grilled Salmon Burger sesame bun, lettuce, tomato,

fresh mango-garden vegetable salsa, chive-lime mayonnaise 13

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

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)

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

Rice & Vegetable Platter (V)

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

side

French Fries or Sweet Potato Fries (V) 7

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

Vegan Mac n' Cheese (V) 11

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.