



BRUNCH

starters

Warm Spinach–Artichoke Nachos (V/GF)
 crispy tortilla chips, vegan cheddar cheese,
 pico de gallo, greens,
 pickled Serrano peppers, sriracha dressing 13

Vegetable Spring Rolls (V)
 napa cabbage, carrots, seasonal mushrooms,
 fresh cilantro, ginger,
 sweet chili-plum sauce 10

eggs

Smoked Salmon Omelet (GF)
 asparagus, red onions, goat cheese, home fries 16

Caprese Frittata (GF)
 fresh mozzarella, 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, rancho sauce, sweet plantains 17

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)
 chimichurri, two eggs any style, home fries 20

Egg dishes available with only egg whites add 1

big salads

Southwestern Grilled Chicken Salad (GF)
 grilled chicken, field greens, sun-dried cranberries, roasted corn,
 toasted almonds, Gorgonzola, orange-mirin vinaigrette 18

Chopped Green Salad (Vg)
 romaine, baby spinach, mesclun, radicchio, roasted corn,
 butternut squash, feta, red peppers, chopped tomatoes,
 herbed croutons, herb balsamic vinaigrette 15

Kale Salad (Vg/GF)
 curried hazelnuts, chick peas, Pecorino Romano,
 radicchio, 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 (V) 8
- beef burger (GF) 9
- grilled jumbo shrimp (GF) 6
- grilled organic salmon 4oz / 7oz (GF) 9 / 14

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

4% convenience fee added to credit card payments

waffles & toasts

Belgian Waffle
 pure Vermont maple syrup, fresh seasonal berries, strawberry butter 12

Waffle 'n Chicken
 corn flake crusted buttermilk-tabasco fried chicken,
 belgian waffle, Vermont maple syrup, fresh seasonal berries 17

House Made Brioche French Toast
 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 eggs, melted Monterey jack cheese, red pepper flakes 15

burgers

Grilled Natural Beef Burger (pasture-fed)
 sesame bun, lettuce, tomato, pickles 15
 Add white organic American cheese 1
 Add Gruyère cheese 2
 Add bacon-onion jam 2

Grilled Chicken Burger
 Monterey pepper jack, chipotle mayo 15

Grilled Organic Salmon Burger sesame bun, lettuce, tomato,
 fresh mango-garden vegetable salsa, chive-lime mayonnaise 16

Veggie Burger (V) house made almond-veggie patty, guacamole,
 chipotle veganise, housemade whole wheat bun 14

ADD to any Burger:

- French Fries, Sweet Potato Fries or Baby Green Salad 3
- Truffle-Parmesan Fries 4
- Vegan Mozzarella Cheese 1
- Sub Gluten Free Bread 1

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

wok

Stir-Fried Market Vegetables (V/GF) 16
 tamari, ginger, garlic, herbs
 served w/ organic brown rice or organic quinoa

add protein:

- seasoned tofu (V/GF) 2
- tempeh (V/GF) 2
- chicken (GF) 4
- beef (GF) 4
- shrimp and calamari (GF) 7

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
- Truffle-Parmesan Fries 8
- Chickpea Fries tzatziki sauce 11
- Steamed Edamame 10
- Fresh Seasonal Fruit Bowl 9

**All Grains and Legumes are Certified Organic.

**All meat, poultry and eggs are free range and pasture fed

**no hormones, no antibiotics, no nitrates ever.