

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)

crudités, toasted za'atar pita 12

Crab Tater Tots

pickled vegetables, chipotle dipping sauce 10

Crispy Calamari (GF)

sweet and hot cherry peppers, marinara sauce 14

Burrata (Vg)

cherry tomatoes, pears, fresh basil, balsamic reduction, extra virgin olive oil 15

Spring Natural Guacamole Trio (V/GF)

guacamole, pico de gallo and black bean dips; tortilla chips 16

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

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, 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 (V) 8

beef burger (GF) 9

grilled jumbo shrimp (GF) 6

grilled organic salmon 4oz / 7oz (GF) 9 / 14

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.

All Beef is **grass-fed

We source our meat from a collection of **small local farms.

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

chicken (GF) 4

beef (GF) 4

shrimp and calamari (GF) 7

sandwich + burger

Grilled Chicken Sandwich

house made focaccia, melted New York State white cheddar, chopped cilantro, Dijon mayo 15

Avocado Toast Deluxe

house made five grain toast, sliced avocado, poached eggs, melted Monterey jack cheese, kale, red pepper flakes 15

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 mayonnaise 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 veganaise, housemade whole wheat bun 14

ADD to any Burger or Sandwich:

French Fries, Sweet Potato Fries or Baby Green Salad 3

Truffle–Parmesan Fries 4

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 19

Rice & Vegetable Platter (V)

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

side

French Fries (V/GF) 7

Sweet Potato Fries (V/GF) 7

Truffle–Parmesan Fries (Vg/GF) 8

Chickpea Fries (Vg/GF) tzatziki sauce 11

Steamed Edamame (V/GF) 10

Vegan Mac n' Cheese (V) 11

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

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

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