



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, sriracha-lime crema 13

Organic Chickpea Hummus (V)

crudités, toasted za'atar pita 12

Cauliflower–Broccoli–Parmesan Fritters (Vg)

sriracha-lime aioli 10

Spinach Parsley Mac 'n Cheese 11

Crab Tater Tots

pickled vegetables, chipotle mayo 10

Crispy Calamari (GF)

hot and sweet cherry peppers, marinara sauce 14

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

sautéed 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.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

wok station

Sweet Plantain & Avocado Rice (V/GF) 16

carrots, peas, mushrooms, onions

Zen Temple Rice Noodles (V/GF) 16

peppers, mushrooms, onions, baby bok choy, bean sprouts, ground cashews, nori seaweed, sukiyaki sauce

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

Egg–Avocado–Kale Toast

house made five grain toast, sliced avocado, poached eggs, melted Monterey jack cheese, kale, pomegranate seeds 15

Grilled Natural Beef Burger (pasture-fed)

brioche 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 brioche 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 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

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

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

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