All Day

Starters

Popcorn - nutritional yeast, olive oil, sea salt 4

Deviled eggs - beet pickled egg, herb aioli 6

Tuna tartine - yellowfin tuna, broccoli salsa verde, aleppo pepper 13

Avocado lettuce cup - little gem cups, broccoli pumpkin seed salsa 9

Winter squash soup - creamy kabocha, beet tahini, chermoula oil 10

Tom yum chicken soup - aromatic broth, bok choy, fresh herbs, bird eye chili, ginger poached chicken 10

Vegetables

Charred little gem - spicy avocado dip 8

Charred sweet potatoes - dried cherry vanilla vinaigrette, feta, basil 10

Broccoli - cashew vinaigrette, chili oil,
sesame seeds 9

Sauteed greens 8

Bowls

Little gem salad - avocado, grapefruit, pickled onion, almonds, pink peppercorn, shallot vinaigrette 13

Green salad - arugula, baby kale, celery ribbons,
pear, beets, pistachio, chive vinaigrette 13

 $\it Fall\ salad\ -$ arugula, baby kale, kabocha squash, roasted beet, carrots, feta, sprouted pumpkin seeds, balsamic vinaigrette 13

Poke - wild tuna, black rice, avocado puree, mango, cucumber, sesame seeds, nori 16

Beans and rice - black bean puree, black rice, sautéed greens, plantain, pickled chilies 14

Bibimbap - brown rice, kimchi, sautéed greens, shaved vegetables, beet pickled egg 13.5

Courgetti - spiralized squash, basil pistachio
pesto, roasted tomato, feta 14

Fall brassica - charred brussel sprouts, sauteed kale, broccoli, beet tahini, chermoula 14.5

Sandwiches

BLAT - Nueske bacon, lettuce, charred avocado, roast tomato, aioli, sourdough 14

Chicken salad sandwich - herb aioli, greens, pickled cucumber, croissant 14

Steak banh mi - lemongrass marinated hanger steak, chili aioli, shallots, pickled carrots, herbs, sourdough 17

Breakfast (8am - 5pm)

Fruity

Acai bowl - banana, cashew butter, marinated berries, granola 12

Matcha chia pudding - matcha infused coconut milk,
marinated berries, almonds, banana 12

Coconut rice porridge - black & brown rice, spiced coconut milk, orange zest, cashew butter, granola, roasted pear 12

Toast

Ricotta - vegan ricotta, caramelized onion, dukkah

Carrot hummus - roast carrot, chili oil, sesame seeds

Avocado - charred scallion oil, pickled onion, scallion basil oil 9

Eggs

English breakfast - fried/scrambled eggs, sautéed
greens, roasted tomato, beans, toast 14

Simple breakfast - 2 eggs fried/scrambled, bacon, avocado, toast $14\,$

Egg sandwich - scrambled egg, avocado, green
chile cilantro sauce, pickled chili, aioli,
sourdough 11 +croissant 2.5

Breakfast tacos - scrambled egg, black bean puree, avocado puree, BL hot sauce, corn tortilla, plantains 11

Plates - After 5pm

Charred spanish octopus - fall panzanella, toasted sourdough, sweet potato, grapefruit, brussels sprout leaves, scallion basil oil 16

Gulf shrimp creole - spiced shrimp, roast tomato stew, jalapeno, celery ribbons, brown rice 24

Wild cod - roasted carrot hummus, watermelon radish,
purple fingerling potato, orange, scallion basil oil
23

Wild sea trout - green curry, black rice, herbs 2

Joyce Farms chicken - braised leg & thigh, sherry mustard jus, sauteed collards, carrots & onion, brown rice \$18\$

Grass fed hanger steak - baby bok choy, purple
fingerling potato, jus, broccoli pesto 25

Add ons :

Avocado 3
Sourdough Toast 2
Croissant 3.5
Organic fried/scrambled egg 3
Beet pickled egg 3
Nueske bacon 5
Cold poached sea trout 5
Ginger poached chicken 5.5
Hanger steak 7.5
Poached gulf shrimp 7.5

Sweets (served open-close)

Pancakes - marinated berries, mascarpone 11

Banana Bread (gf) - cocoa mascarpone 6

Black bean brownie - marinated berries (v,gf) 6

Olive oil cake - mascarpone, sea salt 8

Extras

Bottle of BL Hot sauce
Antidote chocolate bar 9
Biocean marine plasma 3
Granola to go 5
Popcorn to go 5
Turmeric tea canister 34



Most items are naturally vegan and gluten free.

If you have any dietary requests please let us know!
We filter our water and source the best seasonal,
organic, and local ingredients we can.

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

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You can sit with us @blakelanenyc