

## 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

*Green smoothie* - kale, mango, banana, chia seed, avocado, dates, almond milk 10

*Purple smoothie* - acai, blueberries, cashew butter, avocado, vanilla, dates, almond milk 10

## TOAST

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

*Tahini* - beet tahini, blackberries, basil, honey 8

*Nut* - cashew butter, coconut flakes, dried cherries, mint 8

## SOUP/SALAD

*Cauliflower soup* - blanched pureed cauliflower, pea mint salsa verde, turmeric beet tahini 10

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

*Little gem salad* - avocado, grapefruit, pickled onion, almonds, pink peppercorn, shallot vinaigrette 12

*Baby arugula salad* - mango, easter radish, english peas, roasted red pepper, green olive vinaigrette 13

## Add ons:

Sourdough toast 2  
Avocado 3  
Organic fried/scrambled egg 3  
Beet pickled egg 3  
Nueske bacon 5  
Poached sea trout 5  
Turmeric poached chicken 5.5  
Poached gulf shrimp 7.5  
Hanger steak 7.5  
Bottle of BL Hot sauce 8  
Antidote chocolate bar 9  
Biocean marine plasma 3  
Maison Louis Marie candle 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.

## BOWLS

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

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

*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 12

*Bibimbap* - brown rice, kimchi, sautéed greens, shaved vegetables, beet pickled egg 13

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

*Spring brassica* - roasted cauliflower, snap peas, blanched asparagus, golden beet tahini, pea mint salsa verde 14

## SANDWICHES/WRAPS

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

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

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

*Chicken salad sandwich* - herb aioli, greens, pickled cucumber, sourdough 14

*Shrimp collard wrap* - poached gulf shrimp, nori, watermelon radish, cucumber, carrot, red onion, herbs, black rice, aleppo cashew cream, herbs, kimchi 14

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

## SWEET

*Pancakes* - marinated berries, mascarpone 11

*Banana bread (gf)* - whipped cocoa mascarpone 7

*Chocolate orange cake (gf, sugar free)* - yogurt drizzle, orange zest 7

Please ask to see our dinner menu! :)

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

## Integral Coffee

Drip coffee 2.75	Espresso 3
Cappuccino 3.75	Americano 3.25
Latte 4	Macchiato 3.5
Cortado 3.5	Iced coffee 3

Golden Mylk - almond milk, ginger, turmeric,  
black pepper, honey 5.5

## Tonics

Hibiscus leaf, cinnamon, ginger, served hot 4

Ginger, lemon, cayenne, served hot or cold -  
optional honey 3.5

Apple cider vinegar, bay leaf infusion 3.5

Blueberry mint limeade 4

Torii Labs Awake tonic - goji, ginger, citrus,  
cayenne 8

## Leaves & Flowers Tea 6

### Herbal

*African Rooibos* - vanilla, rich, smooth

*Pure Tulsi* - vana, rama, Kapoor tulsi

*Turmeric Wellness* - turmeric, rosemary, citrus  
peel, ginger, black pepper

*Sweet Rush* - lemongrass, ginger, rose

*Royal* - calendula blossom, sage, peppermint

*Leaves of Grass* - lemon verbena, peppermint,  
tarragon

*Peace* - calendula blossoms, rose petal, tulsi, lemon  
verbena

### White/Green/Oolong

*White Lily* - delicate, floral, peach; Fujian  
Province, China

*Silver Leaf* - full-bodied green; golden raisin,  
nectar, vegetal; Zhejiang Province, China

*Emerald Oolong* - jasmine, cream, honeysuckle;  
Hunan Province, China

### Black

*Longan Black* - creamy, smooth, vanilla; Fujian  
Province, China

*Assam Chai* - assam tea, cardamom, cinnamon,  
turmeric, black pepper

The logo for Blake Lane is enclosed in a thin green rectangular border. The text "Blake" is on the top line and "Lane" is on the bottom line, both in a large, green, sans-serif font.

1429 Third Avenue  
New York, NY 10028

212-988-4700

You can sit with us @blakelanelnyc