

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
- Chicken lettuce cups - warm spiced yogurt, herbs 12
- 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

Vegetables

- Charred little gem - spicy avocado dip 8
- Charred sweet potatoes - dried cherry vanilla vinaigrette, feta, holy basil 10
- Broccoli - cashew butter, chili oil, sesame seeds 9
- Sauteed greens 8

Bowls

- Little gem salad - avocado, grapefruit, pickled onion, almonds, pink peppercorn, shallot vinaigrette 12
- Spring salad - arugula, baby kale, celery ribbons, asparagus, golden beets, pistachio, chive vinaigrette 12
- Watermelon salad - arugula, baby kale, watermelon, feta, mint, onion, white wine vinaigrette 12
- 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, easter radish, golden beet tahini, pea mint salsa verde 14

Sandwiches

- BLAT - Nueske bacon, lettuce, charred avocado, roast tomato, aioli, sourdough 14
- Chicken salad sandwich - herb aioli, greens, pickled cucumber, sourdough 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

- Avocado - charred scallion oil, pickled onion, thai basil 9
- Tahini - golden beet tahini, blackberries, mint, honey 8
- Nut - cashew butter, coconut flakes, dried cherries, mint 8

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

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
- Hanger steak 7.5
- Poached gulf shrimp 7.5

Sweets (served open-close)

- Pancakes - marinated berries, mascarpone 11
- Banana bread (gf) - whipped cocoa mascarpone 7
- Black bean brownie - marinated berries (v,gf) - 6
- Salted honey gelato - sea salt, honey 4
- Chocolate espresso gelato 4
- Kafir lime gelato (v) 4
- Affogato - honey gelato, shot of espresso 6.5
- Olive oil cake - mascarpone, sea salt 8

Plates - After 5pm

Charred spanish octopus - spring panzanella, toasted sourdough, roasted red pepper, roasted zucchini, onion, rosemary vinaigrette 15

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

Wild cod - carrot orange puree, watermelon radish, cara cara orange, carrots, purple fingerling potato, sesame and holy basil oil 23

Wild sea trout - green curry, black rice, sautéed greens, herbs 24

Joyce Farms chicken - braised leg & thigh, sherry mustard jus, sauteed collards, carrots, onion, radish, brown rice 16

Grass fed hanger steak - roasted cauliflower, purple fingerling potato, tonnato sauce, pea mint salsa verde 25

Extras

Bottle of BL Hot sauce 8
Antidote chocolate bar 9
Biocean marine plasma 3



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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

You can sit with us @blakelanenyc