## 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 - 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, 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

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, 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 +croissant 3

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 +croissant 3

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

# 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 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, radish, brown rice \$18\$

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

## Add ons :

Avocado 3
Sourdough Toast 2
Croissant 3.5
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)

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Pancakes - marinated berries, mascarpone 11

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
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### **Extras**

Bottle of BL Hot sauce 8
Antidote chocolate bar 9
Biocean marine plasma 3
Granola to go 5
Popcorn to go 5
Turmeric tea canister 34



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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