



# EDEN

LOCAL

· Eat No Evil ·



EDEN seeks to inspire a holistic lifestyle through the appreciation of the ingredients and the story of the people who harvest them.

Our ethos is that food can be sustainable, chemical & cruelty-free without compromising the style and taste.



Chef David Laris

## DINNER

### TO START

SHISHITO PEPPERS (V, VG, GF, DF)  
maldon

OLIVES (V, VG, GF, DF)  
kalamata, castelvetrano, nicoise

PICKLES (V, VG, GF, DF)  
seasonal pickle

### SMALLER

FARMERS MARKET CRUDITE +  
HOUSE HUMMUS (V, VG, DF)  
sunflower seed, sumac, seasonal vegetable

SPROUTED LENTIL FALAFEL (V)  
watercress, labneh, pomegranate, black lime

SPROUTS + BRUSSELS CAESAR (GF)  
boquerones, sprouted sunflower seeds, asparagus,  
walnuts nicoise

SOUP OF THE HOUSE  
ask your server

BEETS SALAD (V, VG, GF, DF)  
sunflower seeds, avocado, baby herbs, sprouted lentils,  
cashew cheese

GRASSFED BEEF TARTARE (GF, D) 19  
pink beauty radishes, baby shiitake, quail egg, spicy mustard,  
sesame

### SIDES

SUGAR SNAP PEAS TEMPURA (V, DF) 11  
anchovy, chili, citrus

CHARRED SEASONAL MUSHROOM (V, GF) 13  
chives, romesco

SMASHED POTATOES 8  
thyme, paprika, maldon

### LARGER

ROASTED HEIRLOOM CARROTS (V, VG, GF, DF) 21  
coconut caraway curry, bamboo rice, delfino cilantro

KABOCHA GNOCCHI (V, GF) 22  
zucchini, parmesan, charred corn, spinach

BUFFALO MEATBALLS 24  
whole wheat orzo, sweet 100's tomato sauce, parmesan

ROASTED CAULIFLOWER "STEAK" (V, VG, GF, DF) 23  
sultana raisin gremolata, spiced pine nuts, coconut yogurt

WHOLE GRAIN RISOTTO (V, GF) 21  
poached eggs, roasted mushrooms, parmesan

GRILLED OCTOPUS (GF) 26  
potato tostones, chimichurri, kalamansi sofrito, herbs

POACHED ATLANTIC COD (GF) 29  
sunchoke, calabrian chili, buttermilk, black garlic

HERITAGE PORK BELLY (DF) 31  
chard, gochujang, housemade kimchi

GRILLED 100% GRASSFED RIBEYE (GF, DF) 43  
fairytale eggplant, melty shallots, wild chanterelle, sprouts

GRILLED HALF FREE RANGE CHICKEN (GF) 28  
yukon, castelvetrano gremolata, crème fraiche

EARTH BURGER (V) 19  
black turtle beans, avocado, Tewksbury cheese,  
charred onions

DRY AGED BURGER 24  
pickles, tomato, white cheddar, caramelized onions,  
special sauce, fries



We choose to source our ingredients organic and local whenever possible. We grow our own sprouts, and we soak and dehydrate our nuts and seeds for optimal nutrition.

V: Vegetarian VG: Vegan GF: Gluten Free DF: Dairy Free

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