

TO GET YOU STARTED

GRILLED CHICKEN & FONTINA FLATBREAD	11.99
grilled chicken caramelized onions fontina cheese toasted pine nuts rosemary	
TOMATO & PESTO FLATBREAD	11.99
oven-roasted plum tomatoes basil pesto kalamata olives parmesan cheese	
ROSEMARY POTATO FLATBREAD	10.99
sour cream sharp white cheddar chives	
BLACK BEAN & CHICKEN QUESADILLA	10.99
black beans grilled chicken house-made salsa Wisconsin mozzarella cheese guacamole chipotle sour cream 100% sprouted organic tortilla	
CHIPOTLE GOAT CHEESE QUESADILLA	10.99
smoked turkey chipotle goat cheese black beans guacamole pico de gallo house made salsa 100% sprouted organic tortilla	
ORGANIC POTATO WEDGES	6.99
seasoned organic potatoes shredded parmesan cheese bleu cheese dipping sauce	

HEARTY SOUPS

Served with sourdough bread **7.99**

VEGAN BLACK BEAN CHILI V GF
CHICKEN WILD RICE GF SOUP OF THE DAY
TOMATO BASIL GF CHICKEN NOODLE SOUP

SUSTAINABLE BURGERS

SELECT ONE:

HERB WEDGE POTATOES | FIRECRACKER SLAW
ORGANIC MIXED GREENS | ORGANIC BROWN RICE

GRASS-FED BURGER	15.39
white cheddar lettuce tomato onion pickle garlic-chive aioli 100% sprouted organic whole grain bun	
BISON BURGER	16.39
bleu cheese nitrate-free bacon red onion marmalade 100% sprouted organic whole grain bun	
TURKEY BURGER	16.39
white cheddar nitrate-free bacon housemade guacamole garlic-chive aioli 100% sprouted organic whole grain bun	
VEGGIE BURGER	15.39
vegan black bean veggie burger white cheddar lettuce tomatoes onion housemade tomato-tofu aioli pickle 100% sprouted organic whole grain bun	

MAINS

PAN - SEARED MISO SALMON GF	26.39
short grain brown rice sautéed kale black sesame seeds miso sauce	
ALMOND ENCRUSTED WALLEYE	26.39
short grain brown rice pesto beurre blanc sautéed broccolini	
VEGAN CHILI & BROWN RICE V GF	9.99
housemade vegan black bean chili organic brown rice sautéed kale	
BLACKENED FISH TACOS GF	15.49
mahi pico slaw radish cilantro-lime creme organic mixed greens white balsamic dressing	
PASTA POMODORO	11.99
pasta classic tomato sauce ciabatta garlic toast	
GREEN COCONUT CURRY V GF	13.19
green curry vegetable melange organic brown rice ADD GRILLED TOFU - 4 ADD GRILLED CHICKEN - 5 ADD WILD-CAUGHT SALMON - 6	

FARM TO TABLE SALADS

ADD TO ANY SALAD:

GRILLED SALMON - 6 | GRILLED CHICKEN - 5
GRILLED TOFU - 4

ZEN V GF	15.39
steamed organic brown rice house-made hummus organic kale house-made guacamole radish cucumber roasted tomatoes scallion kalamata olives sambal organic greens toasted sunflower seeds house made lemon vinaigrette	
GREEK	11.99
romaine tabbouleh feta cheese tomato cucumber red onion pepperoncini mixed olives lemon-herb vinaigrette	
FRENCH MEADOW V GF	8.89
organic mixed greens beet radishes tomato carrot toasted sunflower seeds white balsamic vinaigrette	
LE DEUX	9.99
organic mixed greens curried chicken salad tuna salad grilled ciabatta	
GRILLED CHICKEN CAESAR	13.99
grilled chicken breast organic romaine croutons Caesar dressing parmesan cheese	
ROASTED BEET & PEAR GF	12.09
organic mixed greens roasted beets bleu cheese caramelized pears toasted walnuts tarragon vinaigrette	
CITY COBB GF	13.69
organic romaine smoked turkey roasted tomatoes nitrate-free bacon organic egg bleu cheese kalamata olives bleu cheese dressing	

RUSTIC SANDWICHES

SELECT ONE:

HERB WEDGE POTATOES | FIRECRACKER SLAW
ORGANIC MIXED GREENS | ORGANIC BROWN RICE
GLUTEN FREE BREAD +2

GRILLED RACHEL SANDWICH	13.19
smoked sliced turkey swiss firecracker slaw sauerkraut tomato-caper aioli marble rye bread	
TURKEY & BACON CROISSANT	11.49
smoked sliced turkey nitrate-free bacon swiss roasted tomato spinach garlic-chive aioli grilled croissant	
GRILLED CHICKEN BREAST SANDWICH	11.99
grilled chicken guacamole spinach tomato garlic-chive aioli organic ciabatta bread	
TUNA MELT	11.09
grilled tuna salad swiss roasted tomato garlic-chive aioli marble rye bread	
CURRIED CHICKEN CROISSANT	10.39
curried chicken salad with golden raisins and pistachios roasted tomato spinach grilled croissant	
SIGNATURE WALLEYE SANDWICH	15.39
spinach tomato white cheddar spicy remoulade organic sprouted whole grain bun	

DESSERTS

WARM SEASONAL FRUIT CRISP	7.99
fresh organic apples smothered in cinnamon organic oat topping sweetened with maple syrup	
TURTLE CHEESECAKE	5.99
with caramel sauce	
RASPBERRY CHEESECAKE	5.99
with raspberry sauce	
SIGNATURE HOUSEMADE COCONUT MACAROONS	4.99
chewy coconut morsels dipped in dark Venezuelan chocolate	

tax & gratuity not included

*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. This facility may use wheat, egg, soybean, milk, peanuts, tree nuts, fish and shellfish. Please speak to the manager on duty regarding any allergen-related issues.

BEVERAGES

FAIR-TRADE PEOPLES ORGANIC COFFEE	2.99
ICED TEA	2.99
LEMONADE	2.99
ARNOLD PALMER	2.99
ORANGE JUICE	4.00
GRAPEFRUIT JUICE	4.00

CRAFT COCKTAILS

HYBRID BLOODY MARY

Hybrid organic vodka or gin infused with fresh cilantro and French Meadow spicy house-made organic Bloody Mary mix.

ANTIOXIDANT MARTINI

Organic Vodka or gin, organic pomegranate juice and a splash of Cointreau. Garnished with fresh orange and fresh mint.

PEARL ILLUSION MARTINI

Organic vodka or gin, organic pear juice, ginger and orange zest. Garnished with fresh mint and orange.

ULTIMATE MOJITO

Fresh mint leaves, fresh lime and white rum with our own mint infused organic sugar and a splash of soda.

COSMIC COSMOPOLITAN

Organic vodka or gin, organic cranberry juice and a splash of lime juice. Garnished with fresh orange.

ZEN MARTINI

Organic vodka or gin, green tea and a splash of lemon juice. Garnished with a sprig of fresh mint and a lemon twist.

ASK YOUR SERVER FOR OUR COMPLETE SPIRITS LISTING

WINE & BEER

WHITES	6oz	9oz	Btl
Santa Margherita Pinot Grigio	13	19.5	52
Altitude Project Chardonnay	8	12	32
Château Ste. Michelle Riesling	9.5	16	38
Villa Maria Sauvignon Blanc	11	16.5	44
Sonoma-Cutrer Russian River Ranches Chardonnay	14	21	56
Conundrum White	13	19.5	52
REDS			
Altitude Project Cabernet Sauvignon	8	12	32
Nielson Pinot Noir	13	19.5	52
Benziger Merlot	13	19.5	52
Gascón Malbec	11	16.5	44
Hess Shirtail Ranches Cabernet Sauvignon	14	21	56
Bridlewood Blend 175 Red Blend	13	19.5	52
BUBBLES			
Korbel Brut California Champagne 187 ml			12

DRAFT BEER

Deschutes Fresh Squeezed	Summit Horizon Red
Stella Artois	Bells Two Hearted
Surly Furious	Bud Light

BOTTLES & CANS

Blue Moon	Samuel Adams Nitro White Ale
Budweiser	Samuel Adams Boston Lager
Heineken	Shock Top Belgian White
Michelob ULTRA	Summit Pale Ale
Coors Light	Omission Pale Ale GF
Corona Extra	Angry Orchard Cider
	O'Doul's NA



Celebrating 30 years!

BREAKFAST

Served until 11:00 am

ORGANIC GRANOLA	8.29
organic oats hemp seeds pumpkin seeds almonds walnuts toasted sunflower seeds served with milk or yogurt ADD SEASONAL FRESH FRUIT - 1.50	
BLUEBERRY CORN PANCAKE V GF	Single 7.79 Dbl 11.79
organic GMO-free corn pancake fresh blueberries pure Minnesota maple syrup	
FAMOUS FRUIT & NUT PANCAKE	7.79
chef's daily creation pure Minnesota maple syrup	
DAILY FEATURED OMELET	11.59
chef's daily creation three organic egg omelette hashbrowns sourdough toast	
ORGANIC OATMEAL V	8.89
organic apple organic banana organic raisins steamed milk toasted sunflower seeds 100% sprouted organic toast	
BREAKFAST QUESADILLA	11.59
organic scrambled eggs black beans cheddar spinach house-made guacamole chipotle sour cream house-made salsa 100% sprouted organic tortilla	
CAJUN HASH BROWNS	10.99
spicy hash browns cheddar onions roasted peppers roasted tomatoes garlic nitrate-free bacon ADD TWO ORGANIC EGGS - 3.59	
CLASSIC EGG BREAKFAST	10.99
two organic eggs sourdough toast hashbrowns nitrate-free bacon	
BREAKFAST BURRITO	11.99
organic scrambled eggs black bean chili cheddar scallions hashbrowns chipotle sour cream 100% sprouted organic tortilla	
EGG & BACON CROISSANT	10.99
organic eggs swiss house-made guacamole nitrate-free bacon spinach tomatoes side of organic mixed greens	
THE "ZONE" OMELET	11.59
three organic egg whites and one organic yolk spinach goat cheese scallions roasted tomatoes organic mixed greens 100% sprouted organic toast	
CLASSIC VEGAN BREAKFAST V	10.99
organic tofu scramble hash browns vegan sausage 100% sprouted organic toast	
ORGANIC EGGS BENEDICT	12.59
two organic basted eggs pit ham hollandaise sauce english muffin side of organic mixed greens	

 You may have heard of us...This restaurant is operated by HMSHost. We bring your favorite restaurants to travel venues worldwide, infusing innovation and culinary expertise into everything we do. To learn more, visit us online at hmshost.com.

V = VEGAN **GF** = GLUTEN FREE