

## BREAKFAST

SERVED ALL DAY

### STEEL CUT ORGANIC OATMEAL GF V VG

your choice of: coconut marmalade **8.50**  
or brown sugar / fresh apple / cinnamon **8.50**

### AVOCADO TOAST V VG

smashed avocado / tamari roasted sunflower seeds / fresh cilantro / lime / olive oil / cracked pepper / unrefined sea salt / 100% sprouted organic toast **12.50**  
+ two organic eggs **4.00** / + bacon **4.00**  
+ vegan sausage **4.00** / + fried potatoes **3.00**

### BREAKFAST BURRITO VG

100% sprouted organic tortilla / organic eggs / salsa / BGH-free white cheddar / organic brown rice / chipotle sour cream / smothered with black bean chili / with fried potatoes **13.50**

### BREAKFAST BOWL GF VG

organic eggs / brown rice / black beans / sweet potatoes / spinach / smashed avocado / pico de gallo / sour cream / tamari roasted sunflower seeds **13.00**

### PEOPLES BREAKFAST CROISSANT

organic eggs / nitrate-free bacon / roasted tomatoes / BGH-free gruyere / guacamole / artisan croissant / with fried potatoes **13.50**

## PEOPLES CLASSIC BREAKFAST

scrambled organic eggs / nitrate-free bacon / 100% sprouted organic toast with fried potatoes **13.20**

### CLASSIC VEGAN SCRAMBLE V VG

organic tofu scramble / curry-seasoned vegetables / fried potatoes / 100% sprouted organic toast **12.00**

### BREAKFAST QUESADILLA VG

organic scrambled eggs / organic black beans / BGH-free white cheddar / spinach / house-made guacamole / chipotle sour cream / salsa / 100% sprouted organic tortilla **13.20**

### ZONE OMELETTE VG

three organic egg whites & one yolk / organic spinach / goat cheese / scallions / roasted tomatoes / organic mixed greens / 100% sprouted organic toast / spring mix or fried potatoes **13.20**

## STARTERS WITH LOVE

### EARTH WINGS™ GF V VG

flash-fried cauliflower / organic sesame BBQ sauce / celery sticks / fresh soy cilantro dipping sauce **14.00**

### ORGANIC CHICKEN WINGS GF

farm free range wings / organic sesame BBQ sauce / celery sticks / blue cheese dipping sauce **15.00**

### AVOCADO TOAST V VG

smashed avocado / tamari roasted sunflower seeds / fresh cilantro / lime / olive oil / cracked pepper / unrefined sea salt / 100% sprouted organic toast **12.50**  
+ two organic eggs **4.00** / + bacon **4.00** / + vegan sausage **4.00** / + fried potatoes **3.00**

### HUMMUS, HARISSA & CUCUMBER TARTINE GF V VG

Served with 100% rye crackers / carrots / cucumbers / kalamata olives **10.00**

### SWEET POTATO FRIES GF V VG with sriracha aioli **7.00**

### HANDCUT SEA SALT FRIES GF VG with garlic chive aioli **7.00**

## EARTHBOUND SALADS

+ grilled organic tofu **5.50** / + free-range chicken **6.50** / + mahi **8.50** / + sustainable salmon **8.50**

### BUDDHA GF V VG

organic brown rice / organic kale / radish / cucumber / roasted tomatoes / scallions / house-made guacamole / kalamata olives / house-made hummus / tamari roasted sunflower seeds / harissa with lemon-herb vinaigrette **15.00**

### SPA SALAD GF V VG

organic greens / roasted beets / carrots / red peppers / cucumbers / tamari roasted sunflower seeds / scallions / edamame / cilantro / toasted sesame vinaigrette **12.00**

### REALLY GREEK SALAD GF VG

organic romaine / roasted tomatoes / quinoa tabouli / cucumbers / organic marinated chickpeas / kalamata olives / feta / lemon oregano dressing **13.00**

### ROASTED BEET SALAD GF VG

bibb lettuce / roasted beets / goat cheese / tamari roasted sunflower seeds / balsamic vinaigrette **14.00**

### MACRO BOWL GF V VG

organic kale / black beans / peppers / roasted beets / smashed avocado / sweet potato / cucumber / organic brown rice / turmeric tahini dressing **14.50**

## SOUPS WE LOVE

**TOMATO BASIL** GF VG bowl **7.50**

**CHICKEN WILD RICE** GF bowl **7.50**

**VEGAN BLACK BEAN CHILI** GF V VG bowl **7.50**

GLUTEN FREE GF

VEGAN V

VEGETARIAN VG

## SPROUTED WRAPS & SANDWICHES

served with organic green salad & balsamic vinaigrette  
sub hand cut fries **3.05** / sub sweet potato fries **3.75**

### ROASTED TURKEY & PESTO SANDWICH

local free-ranged smoked turkey / BGH-free white cheddar / roasted tomatoes / house-made pesto / organic romaine / artisan croissant **13.50**

### NORTHERN CALIFORNIA WRAP

grilled free-range chicken / smashed avocado / roasted tomatoes / garlic chive aioli / fresh cilantro / organic romaine / 100% sprouted organic tortilla **13.20**

### MEDITERRANEAN WRAP VG

quinoa tabouli / roasted tomatoes / greek olives / carrots / feta / hummus / organic romaine / 100% sprouted organic tortilla **12.00**

## HOT FROM THE KITCHEN

served with organic green salad & balsamic vinaigrette  
sub hand cut fries **3.00** / sub sweet potato fries **3.75**

### GRILLED CHELSEA V VG

roasted beets / sauerkraut / daiya vegan cheese / tomatoes / smashed avocado / sriracha aioli / vegan thousand island dressing / 100% sprouted organic wheat bread **13.00**

### GRILLED RACHEL

local free-range smoked turkey / sauerkraut / BGH-free swiss / vegan thousand island dressing / grilled 100% sprouted organic wheat bread **14.00**

### CHICKEN & GOAT CHEESE CIABATTA

free-range chicken / goat cheese / roasted tomatoes / organic spinach / sun-dried tomato aioli **13.75**

### TURKEY & BACON CROISSANT

local free-range smoked turkey / BGH-free white cheddar / organic spinach / nitrate-free bacon / garlic chive aioli / served on an artisan croissant **14.50**

### TWO STREET TACOS GF

Blackened Mahi / grilled free-range chicken or organic marinated tofu / pico de gallo / guacamole / organic romaine / chipotle sour cream / scallions / corn tortilla **16.50**

## SUSTAINABLE BURGERS

served with organic green salad & balsamic vinaigrette  
sub hand cut fries **3.00** / sub sweet potato fries **3.75**

### GRASS-FED CHEESEBURGER

local grass-fed beef / BGH-free white cheddar / bibb lettuce / pickles / caramelized onions / sriracha aioli / 100% sprouted organic wheat bun **17.00**



### TURKEY BURGER


BGH-free gruyere / nitrate-free bacon / guacamole / organic romaine / garlic chive aioli / 100% sprouted organic wheat bun **16.00**

### COWBOY BURGER V VG

Beyond Burger® patty / pickles / organic romaine / daiya vegan cheese / crispy onions / organic sesame BBQ sauce / 100% sprouted organic wheat bun **15.95**


## DESSERTS

CHOCOLATE BARS 3.50   

FRESH LEMON BAR 3.50  

RASPBERRY CHOCOLATE BAR 3.50   




POMEGRANITE PISTACHIO BAR 3.49 

RASPBERRY CRUMBLE BAKERY BAR 3.49 

BLUEBERRY CRUMBLE BAKERY BAR 3.49 

SEVEN LAYER BAR 3.49 

VEGAN BROWN

RICE CRISPY BAR 3.50   

GLUTEN FREE



CARAMEL BROWNIE 3.49  

VEGAN BROWNIE 3.49 

LE SAL BROWNIE 3.49 

FRUIT CRISP 3.50  

GLUTEN-FREE

COCONUT MACAROONS 2.00  

## CLASSIC COCKTAILS

**MARGARITA** Sauza® Blue Tequila, DeKuyper® Triple Sec / Finest Call® Sour Mix / Lime **12.00**

**ORGANIC MARTINI** Prairie Organic Vodka / Dry Vermouth / Olive **12.00**

## WAKE ME UP COCKTAILS

**DILL BLOODY MARY** Demitri's® Gourmet Bloody Mary Mix / New Amsterdam® Vodka / Dill Aquavit / Celery Stalk / Green Olives / Pickle Chips **13.00**

**BLOOD ORANGE MIMOSA** Freixenet® / Blood Orange Juice **13.00**

**BELLINI** Freixenet® / Peach Nectar **15.00**

**ORGANIC SCREWDRIVER** Prairie Organic Vodka / Organic Orange Juice **15.00**

**BRASS MONKEY** Surly Furious / Organic Orange Juice **13.00**

**THE RADLER** Surly Furious / Organic Grapefruit Juice **13.00**

**IRISH COFFEE** Jameson Irish Whiskey / Peoples Organic Coffee / Whipped Cream **14.00**

## RED WINE

 ORGANIC  SUSTAINABLE  
 BIODYNAMIC  VEGAN

HOUSE WINE 10

**OKO MALBEC** Argentina **13** 

**JOEL GOTT CABERNET** California **18**

**ALBERT BICHOT BEAUJOLAIS CHATEU DE JARNIOUX** France **13**

**CANDONI ORGANIC MERLOT** Italy **16** 

**SIDURI PINOT NOIR** Willamette Valley, Oregon **18**

**RÉMY FERBRAS CÔTES-DU-RHÔNE** France **16**



## SPARKLING

**FREXIENET® CAVA CORDON NEGRO BRUT INDIVIDUAL BOTTLE** Spain **13**

**LA MARCA PROSECCO INDIVIDUAL BOTTLE** Italy **13**

**CHANDON SPARKLING ROSÉ INDIVIDUAL BOTTLE** California **13**


## DRAFT

 LOCAL  LOCAL ORGANIC


**BUD LIGHT®** 7.50

**SAMUEL ADAMS® LAGER** 8.00

**STELLA ARTOIS®** 8.50

**SURLY FURIOUS IPA** 9.00 



**PEAK ORGANIC BREWING SWEET TART**

**CRANBERRY SOUR ALE** 10.00 

**THIRD STREET BREWHOUSE MINNESOTA GOLD LAGER** 10.00 


**WILD STATE ORGANIC CIDER** 9.00 

## CRAFT CANS

 LOCAL  LOCAL ORGANIC

**UNCLE JOHNS BLUEBERRY CIDER TALL BOY** 9.00

**MINNESOTA GOLD LAGER TALL BOY** 9.00 

**TIN WHISKERS WHEATSTONE BRIDGE TALL BOY** 9.00 

**YELLOW BELLY BOURBON BARREL AGED APPLE CIDER** 9.00 

**LONG ISLAND ICED TEA** Cruzan® Light Rum / New Amsterdam® Gin / New Amsterdam® Vodka / DeKuyper® Triple Sec / Finest Call® Sour Mix / Cola / Lemon **16.00**

**AVIATION** Prairie Organic Gin / Crème D'Violette / Luxardo Cherry / Lemon **15.00**

## SPECIALTY COCKTAILS

**PEOPLES BLUE MOJITO** Rum Haven Coconut Rum / Blue Curacao / Lime / Fresh Mint / Soda Water / Coconut Flakes **15.00**

**JAMAICAN MOSCOW MULE** Prairie Organic Vodka / Ginger Beer / Fresh Mint / Muddled Lime / Jamaican Bitters **15.00**

**THYME AND THYME AGAIN** Prairie Organic Gin / Maple Syrup / Lemon Juice / Thyme / Orange Bitters **15.00**

**MUDDLED GREEN BEE** Prairie Organic Vodka / Mint / Agave Nectar / Lemon Juice / Lemon Zest / Mint **15.00**

**BLACKBERRY LAVENDER CHAMPAGNE COCKTAIL** Freixenet® / Prairie Organic Vodka / Lavender Flowers / Blackberries / Maple Syrup **15.00**

## WHITE WINE



 ORGANIC  SUSTAINABLE  
 BIODYNAMIC  VEGAN


HOUSE WINE 10

**KIM CRAWFORD SAUVIGNON BLANC** New Zealand **14** 

**GRÜNER VELTLINER, BIODYNAMIC** Austria **16**   

**JOSEPH DROUHIN CHARDONNAY** France **14**

**NOBILO SAUVIGNON BLANC** New Zealand **16**  

**J VINEYARDS PINOT GRIS** Russian River Valley, California **16** 



**LAGUNA CHARDONNAY** Russian River Valley, California **18**

## ROSÉ

**FLEUR DE MER CÔTES DE PROVENCE** France **16**

**CHAPOUTIER 'BELLERUCHE' CÔTES-DU-RHÔNE** France **13**

## BOTTLED BEER

 LOCAL  LOCAL ORGANIC

**BLUE MOON®** 8.00

**CORONA EXTRA®** 8.00

**SAMUEL ADAMS® SEASONAL** 8.00

**BUDWEISER®** 7.00

**PINKUS ORGANIC**

**MUNSTER ALT** 9.00

**MICHELOB ULTRA® PURE**

**GOLD ORGANIC BEER** 8.00

**SAMUEL SMITH® ORGANIC**

**CHOCOLATE STOUT** 9.00

**MAIDEN ROCK HONEY**

**CRISP CIDER** 9.00 

**CLAUSTHAULER**

**NON-ALCOHOLIC** 8.00

**CUTWATER SPICY BLOODY MARY** 9.00

**CUTWATER REGULAR MARGARITA** 9.00

**BON & VIV BLACK CHERRY** 9.00

**BON & VIV GRAPEFRUIT** 9.00

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food-borne illness.*

*\*Our gluten-free items have gluten free ingredients. However, food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any item is completely free of gluten.*

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