

WE BRUNCH

FRESH + LOCAL

WE LOVE OUR LOCAL PARTNERS :)

DRAGSMITH FARM, WI
RED BARN FARM, WI
SEBASTIAN JOE'S, MN
B & W COFFEE, MN
UNTIED FARM, MN
PARADISE MARKET, MN



LET US HOST YOUR NEXT EVENT

WE PROUDLY USE
CAGE FREE EGGS.

WE SERVE 100%
PURE MAPLE SYRUP

* ITEM IS SERVED RAW OR
UNDER COOKED OR MAY
CONTAIN RAW OR UNDER
COOKED INGREDIENTS.
CONSUMING RAW OR
UNDER COOKED ITEMS
MAY INCREASE CHANCE OF
FOOD BOURNE ILLNESSES

made without glutenous
ingredients (please note our
facility is not gluten-free)

gf option may be available.
Ask your server

BRUNCH

Peaches & Cream French Toast / 12
peaches, house vanilla cream, fresh fruit

Lemon Blueberry Pancake / 11
light & fluffy, served w/ 100% pure maple syrup,
it's MASSIVE! great for sharing.

Breakfast Pizza / 14
scrambled eggs, crispy prosciutto, tomato,
mozzarella, parmesan, avocado, fresh basil

Shakshuka Skillet w/ Merguez / 14
two eggs, house made lamb sausage, peppers,
tomato, chickpeas, cumin, paprika, topped with
feta cheese & Za'atar spice, grilled pita for scooping

* **Mexican Hash** / 13.5
sunny side-up eggs, sausage, potatoes,
pico de gallo, cheddar, guacamole, crème fraiche

* **Protein Bowl** / 12.5
two eggs over easy, black bean quinoa salad,
pico de gallo, creme fraiche
add guacamole / 2.5

Urban Steak & Eggs / 16.5
blue cheese bacon & mushroom crusted
medallion, two eggs, hash browns, sauteed
spinach, guinness sauce

Garden Omelette / 13
leeks, mushrooms, tomato, cream cheese,
served with a local greens salad, wheat toast
add smoked chicken / 3

Urban Breakfast / 13
two eggs, breakfast potatoes, wheat toast
choice of bacon or sausage

Breakfast Sandwich / 12
fried egg, sausage, bacon, tomato, jalapeno
cheese fondue, croissant bun, tater tots

SIDES

Two eggs / 4 • **Three eggs** / 5 • **Toast** / 2

Bacon / 4 • **Breakfast Sausage** / 4 • **Fruit Cup** / 3

Breakfast Potatoes / 4 • **100% Pure Maple Syrup** / 1

Saffron Mayo / .75 • **Spicy Ketchup** / .5

STARTERS

Signature Hummus / 9
house made, tahini, cumin, olive oil,
smoked paprika, chili relish
choice of grilled pita or fresh veggies

Fresh Guacamole / 10
warm tortilla chips, chili lime salt

Wisconsin Cheese Curds / 11
beer battered white cheddar curds,
chipotle crema, spicy ketchup

Urban Wings / 11
buffalo style, celery salad,
house blue cheese dressing

Jalapeno Mac & Cheese / 8
crunchy panko, jalapeno fondue

BURGERS + MORE

**CHOICE OF FRIES OR WARM LIME TORTILLA CHIPS
SUB SWEET FRIES, TOTS OR CAESAR SALAD** / 2.5

Proper Burger / 14
house ground, pasture raised beef, local
cheddar, house aioli, lettuce, sauteed onion

Turkey Burger / 13.5
pepper jack, arugula, tomato,
red onion, guacamole, chili aioli

Lamb Burger / 14.5
goat cheese, chili aioli, pico de gallo

Veggie Burger / 13
provolone, carrot, sprout, cilantro,
sweet soy, house made BBQ

Salmon Burger / 14.5
house made patty, fresh mango salsa,
sprouts, cilantro

Chipotle Chicken Sandwich / 14
pepper jack, avocado, bacon,
lettuce, chili aioli

Grilled Shrimp Tacos / 16.5
guacamole, lettuce, sprouts, chili aioli,
pico de gallo, house made black beans,
warm lime tortilla chips

Brunch happy

Bloody Mary Bar / 8
La Marca Mimosa / 7
House Margarita / 7

HEALTHY ZONE

Grilled Beef Kabobs / 19.5
red pepper, house slaw, peanuts,
two dipping sauces

Grilled Swordfish / 24
Farmers Market ratatouille, curried farro

Grilled Salmon / 21
apricot glaze, black bean quinoa salad

Grilled Chipotle Chicken / 17.5
marinated all natural chicken, mango salsa,
fire roasted corn & peppers, basmati rice

SALADS

ADD CHICKEN \$5 / 8 OZ. SALMON \$9 / 6 OZ.

Local Greens / 8.5
Dragsmith Farms micro-greens, white
balsamic vinaigrette, marcona almonds,
citrus, radish, pecorino romano

Roasted Beets / 9
local micro greens, goat cheese,
hazelnuts, honey dijon dressing

Fresh Garden Salad / 9
tomato, cucumber, bell pepper, radish, red
& spring onion, dill, parsley, romaine, cold
pressed sunflower oil vinaigrette, grilled
sourdough rye

Thai Steak Salad / 16
arugula, basil, mint, cilantro, carrot,
onion, tomato, hearts of palm,
ginger vinaigrette

Grilled Salmon Salad / 17
spring mix, fresh citrus, red onion, tomato,
orange vinaigrette