

WE DINNER

FRESH + LOCAL

WE LOVE OUR LOCAL PARTNERS :)

DRAGSMITH FARM, WI
RED BARN FARM, WI
SEBASTIAN JOE'S, MN
B & W COFFEE, MN
WILD ACRES FARM, MN



LET US HOST
YOUR NEXT
EVENT

WE DO BRUNCH

SAT - SUN
11 AM - 2 PM

* THIS ITEM IS SERVED
RAW OR UNDER COOKED
OR MAY CONTAIN RAW
OR UNDER COOKED
INGREDIENTS

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

gfo gf option may be available.
Ask your server

STARTERS

- gfo** **Signature Hummus** / 9
house made, tahini, cumin, olive oil,
smoked paprika, chili relish
choice of grilled pita or fresh veggies
- gfi** **Edamame** / 7.5
sea salt, sriracha, ponzu
- gfi** **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

- gfi** **Smoked Chicken Nachos** / 13
house cured & smoked, black beans,
pepper jack cheese, fresh salsa &
guacamole

Lettuce Wraps / 9.5
lemongrass chicken, pickled radish
& parsnip, carrot, squash, tangy
ponzu, peanut sauce

Warm Pretzels / 8
jalapeno fondue

- gfi** **Chilled Borscht** / 5
roasted beets, lemon juice, dill, fresh
cucumber, spring onions, hardboiled
egg, chive crème fraiche

SIDES

- gfi** **Sweet Potato Fries** / 8
spicy ketchup, saffron aioli
- Jalapeno Mac & Cheese** / 8
crunchy panko, jalapeno fondue
- gfi** **Crispy Brussels Sprouts** / 7.5
pomegranate molasses, bacon

Signature Entrees

- gfo** **Grilled Shrimp Tacos** / 16
guacamole, lettuce, sprouts, chili
aioli, pico, house made black
beans, lime tortilla chips
- Whiskey Soy Salmon** / 22
noodles, fresh mixed stir
fry vegetables
- gfi** **Chicken Curry** / 17
house curry, spinach, cauliflower,
chickpeas, basmati lime rice
- gfi** **Smoked Pork Chop** / 25
cider glaze, apple chutney,
parmesan risotto, balsamic reduction
- Grilled Steak Urban** / 28
blue cheese bacon & mushroom
crusted medallions, sauteed
spinach, hash, Guinness sauce
- BBQ Ribs** / 19 half / 29 full
house smoked pork ribs,
asian slaw, fries

GRILLED FLATBREADS

Tomato & Avocado / 13
fresh mozzarella, fresh basil,
house white balsamic
add crispy prosciutto / 3

Prosciutto & Pear / 14.5
crispy prosciutto, poached pear,
blue cheese, parmesan, mozzarella,
arugula, balsamic reduction

SALADS

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

- gfi** **Local Greens** / 8.5
Dragsmith Farms micro-greens,
arugula, marcona almonds, fresh
citrus, radish, pecorino romano,
white balsamic vinaigrette
- gfi** **Roasted Beets** / 9
local greens, goat cheese,
hazelnuts, honey dijon dressing
- gfo** **Fresh Garden Salad** / 8
tomato, cucumber, bell pepper,
radish, red & spring onion, dill,
parsley, romaine, cold pressed
sunflower oil vinaigrette, grilled
sourdough rye

Small Caesar / 6

ENTRÉE SALADS

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

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

Large Caesar / 9
warm crouton, tomato, house
caesar, pecorino romano
add chicken /5 salmon /9

HEALTHY ZONE

- gfi** **Grilled Chipotle Chicken** / 17
marinated all natural chicken, mango
salsa, fire roasted corn & peppers,
basmati lime rice
- gfi** **Grilled Swordfish** / 24
lemon & herb marinated, grilled
broccolini, tomato-cucumber salad,
sumac basmati rice
- Grilled Salmon** / 21
apricot glaze, black bean quinoa salad
- Beef Kabobs** / 19.5
red pepper, house slaw, peanuts, garlic
ginger dipping sauce, asian dipping sauce

BURGERS

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

Proper Burger / 13.5
pasture raised beef, local cheddar,
house aioli, lettuce, sauteed onions

Lamb Burger / 14
goat cheese, pico de gallo, chili aioli

Turkey Burger / 13
arugula, tomato, red onion,
pepper jack, guacamole, chili aioli

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

Veggie Burger / 12.5
carrot, sprouts, cilantro, sweet soy,
provolone cheese, house made BBQ