

UE DINNER

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 DO
BRUNCH
FRI, SAT & SUN

* 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

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

gfo gf option may be available. Ask your server

STARTERS

- gfi Charred Cauliflower / 8.5**
celery, hazelnuts, pomegranate, mint, tahini, sherry vinaigrette
- gfo Signature Hummus / 9**
tahini, spicy Zhug, pine nuts, Za'atar, Aleppo pepper, olive oil, served with grilled pita
- Chicken Liver Pate / 9**
grilled bread, house cornichons
- gfi Fresh Guacamole / 10**
warm tortilla chips, chili lime salt
- Wisconsin Cheese Curds / 11**
beer battered white cheddar curds, chipotle crema, spicy ketchup

- gfi Urban Wings / 12**
buffalo style, celery salad, house blue cheese dressing,
- gfi Smoked Chicken Nachos / 13.5**
house cured & smoked, black beans, pepper jack cheese, house pico & guacamole
- gfo Lettuce Wraps / 11**
lemongrass chicken, pickled radish, parsnip & carrot, squash, tangy ponzu, peanut sauce
- Warm Pretzels / 8**
jalapeno fondue

- gfi Sweet Potato Fries / 8.5**
spicy ketchup, saffron aioli

SIDES

- gfi Ratatouille / 7.5**
bell peppers, eggplant, zucchini, squash, tomato, onion, herbs, Chèvre
- Jalapeno Mac & Cheese / 8**
crunchy panko, jalapeno fondue
- gfi Crispy Brussels Sprouts / 7.5**
pomegranate molasses, bacon

Signature Entrees

- gfo Grilled Shrimp Tacos / 16.75**
guacamole, lettuce, sprouts, chili aioli, pico, house made black beans, lime tortilla chips
- Whiskey Soy Salmon / 24**
noodles, fresh mixed stir fry vegetables
- gfi Chicken Curry / 17.75**
house curry, spinach, cauliflower, chickpeas, basmati rice
- Pesto Pappardelle / 16.5**
ratatouille, house pasta, Chèvre
- gfi Smoked Pork Chop / 25.75**
cider glaze, apple chutney, parmesan risotto, balsamic reduction
- BBQ Ribs / 19.5 half / 29.5 full**
house smoked pork ribs, house slaw, fries
- Grilled Steak Urban / 29.5**
blue cheese crusted medallions, sautéed spinach, crispy potato hash, Guinness sauce
- Beef Stroganoff / 28**
beef tenderloin, mixed mushrooms, crème fraiche, fresh noodles

GRILLED FLATBREADS

- Tomato & Avocado / 13.5**
fresh mozzarella, fresh basil, house white balsamic
add crispy prosciutto / 3
- Prosciutto & Pear / 15.5**
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 / 9.5**
local greens, goat cheese, hazelnuts, honey dijon dressing
- Small Caesar / 6.5**
house croutons, tomato, house caesar, pecorino romano
- gfi Thai Steak Salad / 16.5**
arugula, spinach, basil, mint, cilantro, carrot, onion, tomato, hearts of palm, ginger vinaigrette
- gfo Fresh Garden Salad / 9.5**
tomato, cucumber, bell pepper, dill, radish, red & spring onion, parsley, romaine, cold pressed sunflower vinaigrette, grilled sourdough rye

HEALTHY ZONE

- Grilled Beef Kabobs / 19.75**
soy & sesame marinated, red pepper, house slaw, peanuts, two dipping sauces
- Grilled Salmon / 21.75**
apricot glaze, black bean quinoa salad
- gfi Grilled Chipotle Chicken / 17.5**
marinated all natural chicken, mango salsa, fire roasted corn & peppers, basmati rice

BURGERS

CHOICE OF FRIES OR WARM 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 onions
- Lamb Burger / 14.5**
goat cheese, pico de gallo, chili aioli
- Turkey Burger / 13.5**
pepper jack, arugula, tomato, red onion, guacamole, chili aioli
- Salmon Burger / 14.5**
house made patty, fresh mango salsa, sprouts, cilantro
- Veggie Burger / 13**
provolone, carrot, sprouts, cilantro, sweet soy, house made BBQ