

# WE LUNCH

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

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**

**gfo** **Edamame** / 8  
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

**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

**gfo** **Chilled Borscht** / 7  
roasted beets, lemon juice, dill, radish,  
fresh cucumber, spring onions, hard  
boiled egg, chive crème fraiche,  
grilled sourdough rye

## SIDES

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

**Jalapeno Mac & Cheese** / 8  
crunchy panko, jalapeno fondue

**gfi** **Crispy Brussels Sprouts** / 7.5  
pomegranate molasses, bacon

## HEALTHY ZONE

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

**gfi** **Grilled Swordfish** / 24  
lemon & herb marinated, grilled  
broccoli, 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

## GRILLED FLATBREADS

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

**Prosciutto & Pear** / 15  
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,  
citrus, radish, white balsamic  
vinaigrette, marcona almonds,  
pecorino romano

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

**Small Caesar** / 6  
warm crouton, tomato, house  
caesar dressing, pecorino romano

## ENTRÉE SALADS

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

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

**gfo** **Fresh Garden Salad** / 9  
tomato, cucumber, bell pepper,  
radish, red & spring onion, fresh  
dill & parsley, romaine, cold  
pressed sunflower oil vinaigrette,  
grilled sourdough rye  
**add chicken /5 salmon /9**

## EGGS + MORE

**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

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

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

## 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 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

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

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