

WE LUNCH

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

gfo **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

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
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 / 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,
citrus, radish, white balsamic
vinaigrette, marcona almonds,
pecorino romano

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, fresh 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, red onion,
tomato, orange vinaigrette

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

EGGS + MORE

Peaches & Cream French Toast / 11
peaches, house vanilla cream, fresh fruit

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

* **Mexican Hash** / 13
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 / 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

gfo **Grilled Shrimp Tacos** / 16
guacamole, lettuce, sprouts, chili aioli,
pico de gallo, house made black beans,
lime tortilla chips

Chipotle Chicken Sandwich / 13.5
avocado, bacon, pepper jack, bib lettuce, chili aioli