

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
FOREST TO FORK, MN



WE DO BRUNCH
SAT & SUN

LET US HOST YOUR NEXT EVENT

We Proudly Serve
pasture raised
house ground beef

all natural house
cut chicken

TO SHARE

- gfo Signature Hummus / 12.95**
tahini, spicy Zhug, pine nuts, Za'atar, Aleppo pepper, olive oil, served with grilled house pita
- gfi Fresh Guacamole / 12.95**
warm tortilla chips, chili lime salt
- Wisconsin Cheese Curds / 13.95**
beer battered white cheddar curds, chipotle crema, spicy ketchup
- gfi Urban Wings / 14.95**
buffalo style, house blue cheese dressing
- gfi Smoked Chicken Nachos / 14.95**
house cured & smoked chicken, black beans, jalapeño cheese fondue, house pico de gallo & guacamole
- gfi Root Vegetables / 11.75**
herbs, butter, whole grain mustard sauce
- gfi Crispy Brussels Sprouts / 9.5**
pomegranate molasses, bacon
- gfi Truffle Potatoes / 9.5**
parmesan, truffle oil, parsley

SOUPS CUP 6 / BOWL 9

- gfi Wild Rice Mushroom Soup**
Forest to Fork exotic mushrooms, organic wild rice
- gfi Chicken Chili**
shredded natural chicken, beans, corn, peppers, crema

Signature Entrees

- gfi Grilled Shrimp Tacos / 17.95**
corn tortillas, guacamole, lettuce, pickled jalapeños & onion, queso fresco, adjika chili aioli [3 tacos \ no side]
- * gfi Beef & Shrimp Pho / 17.75**
traditional Vietnamese beef broth, rice noodles, shrimp, sliced beef, mushrooms, fresh toppings
- * Salmon & Pierogi / 29.95**
blackened salmon, house pierogi w/ potato, chanterelle & caramelized onion, Chardonnay cream sauce
- House Made Pasta / 17.95**
fresh tagliolini, tomato, garlic, bacon, pecorino
add chicken / 7.95
add salmon or steak / 11.95
- gfi BBQ Ribs / 25.75**
house smoked pork ribs, collard greens, house cut potatoes
- gfi Smoked Pork Chop / 28.95**
cider glaze, apple chutney, parmesan risotto, collard greens
- * gfi Grilled Steak / 29.5**
top sirloin, root vegetables, kale, whole grain mustard sauce
- gfi Grain Bowl / 16.75**
wild rice, buckwheat, sorghum, amaranth, chickpeas, kale, roasted cauliflower, tahini, sunflower seeds, sherry vinaigrette, peppadews
add chicken / 7.95
add salmon or steak / 11.95
- gfi House Curry / 18.95**
chicken or vegetarian, kale, cauliflower, chickpeas, basmati rice, fingerling potatoes

SALADS ADD CHICKEN / \$7.95 ADD SALMON / \$11.95

- gfi Local Greens / 10.95**
micro-greens, arugula, radish, marcona almonds, fresh citrus, pecorino, white balsamic vinaigrette
- * gfi Thai Steak Salad / 21.5**
lemongrass marinated steak, peanuts, arugula, spinach, basil, mint, cilantro, carrot, onion, tomato, hearts of palm, ginger vinaigrette
- gfi Roasted Beets / 10.95**
micro-greens, hazelnuts, goat cheese, honey dijon dressing

gfi made w/ out glutenous ingredients (our facility is not gluten-free).
gfo gf option available. Ask your server.

* 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.

GRILLED FLATBREADS

- Tomato & Avocado / 16.5**
fresh basil, fresh mozzarella, house white balsamic vinaigrette add crispy prosciutto / 2.5
- Mushroom & Herb / 16.95**
creamed leeks, mixed mushrooms, herbs, Taleggio, mozzarella, truffle

BURGERS

- SERVED W/ HOUSE CUT POTATOES
SUB SWEET FRIES, TOTS, SALAD / 2.95**
- * gfo Proper Burger / 16.95**
pasture raised beef, local cheddar, house aioli, lettuce, griddled marsala onions
 - * gfo Lamb Burger / 16.95**
goat cheese, pickled onions & jalapeños, adjika chili aioli
 - gfo Turkey Burger / 15.95**
local cheddar, arugula, guacamole, red onion, tomato, adjika chili aioli
 - * gfo Salmon Burger / 17.5**
house made patty, cilantro, arugula, fresh mango salsa
 - gfo Falafel Burger / 16.75**
house made falafel patty, feta, adjika chili aioli, lettuce, pickled onions & jalapenos

DESSERTS

- Lemon Curd Semifreddo / 7.95**
meyer lemon, summer berries, almonds
- Strawberry Rhubarb Crisp / 9.5**
oatmeal, brown sugar, vanilla ice cream, rhubarb syrup
- Dale's Sundae / 8.95**
Sebastian joe's vanilla, salted caramel, nicollet pot hole ice cream, chocolate sauce, hazelnuts, whipped cream

VE SPECIALTIES

Smoke & Mango Fidencio Mezcal Tequila, honey, ginger, mango, lemon, ginger beer	12.5
Messy Jessy Hangar 1 Rosé Vodka, St. Germain, lemon, La Marca Prosecco	12.5
Uptowner Cucumber & Basil Infused Titos Vodka, lime, simple	12
Lakeside Lemonade Stoli Blueberi Vodka, lemon, simple, blueberry, soda	12
Busy Bee Hendrick's Gin, Lavender, honey syrup, lemon	12

THE CLASSICS

Aperol Spritz Aperol, La Marca Prosecco, soda	11
Cosmopolitan Stoli Citrus Vodka, Cointreau, lime, cranberry	12.5
Espresso Martini Stoli Vanilla Vodka, Trader Vic's Chocolate, Bailey's, espresso	12.5
French 75 Hendrick's Gin, lemon, simple, La Marca Prosecco	12
Margarita Cabritos Blanco Tequila, Triple Sec, sweet & sour, lime	11
Mojito Bacardi & Bacardi Limon Rum, lime, simple, mint, soda	12.5
Negroni Bombay Sapphire Gin, Sweet Vermouth, Campari	11.5
Old Fashioned Redemption Bourbon, Angostura Bitters, simple	12.5
Paloma Corralejo Reposado Tequila, simple, grapefruit, lime & orange, soda	12.5
Signature Bloody Mary Pepper Infused Tito's Vodka, house made mix	11.95

RED WINE

Grayson Cellars , Zinfandel California	12/44
Lapostolle Apalta , Cabernet Blend Chile	12/45
Elouan , Pinot Noir Oregon	13/47
Bodega Colomé , Malbec Argentina	14/52
Justin , Cabernet Paso Robles	15/59
Hess Select , Cabernet California	44
Château de Fontenille , Bordeaux France	46
Conquista , Malbec Argentina	49
Markham , Merlot Napa Valley	58
Belle Glos , Pinot Noir California	89

WHITE + ROSÉ

Zenato , Pinot Grigio Italy	11.5/41
Clean Slate , Riesling Germany	11.5/39
Twin Island , Sauvignon Blanc New Zealand	12/44
Joel Gott , Unoaked Chardonnay California	12/44
Fleurs de Prairie , Rosé France	13/47
Sonoma-Cutrer , Chardonnay Sonoma Coast, California	15/59
Maso Canali , Pinot Grigio Italy	39
Echo Bay , Sauvignon Blanc New Zealand	39
Better Half , Sauvignon Blanc New Zealand	39
La Crema , Chardonnay Sonoma, California	49

BUBBLES

La Marca , Prosecco Italy	11.5/44
Veuve Du Vernay Sparkling Rose , 187mL France	12
La Marca Rosé , Prosecco Rosé Italy	48
Scharffenberger , Brut Rosé California	55
Schramsberg Mirabelle , Brut Napa Valley	59
Louis Roederer , Champagne France	89

ON TAP

Miller Lite PILSNER / Milwaukee, WI	6.5	612Brew Hazy IPA AMERICAN HAZY IPA / MPLS, MN	7.5
Third Street Minnesota Gold LAGER / Cold Spring, MN	6.5	Castle Danger Cream Ale CREAM ALE / Two Harbors, MN	7.5
Summit EPA / St. Paul, MN	7.5	Castle Danger Ode IPA IPA / Two Harbors, MN	7.5
Finnegans Irish Amber AMERICAN AMBER / MPLS, MN	7.5	Pryes Miraculum MIDWEST IPA / Minneapolis, MN	7.5
		Seasonal Tap ask your server	MKT

BOTTLED BEER

Bud / Bud Light LAGER / St Louis, MO	5.5	Heineken Zero N/A BEER / Netherlands	6
Longboard ISLAND LAGER / Kona, HI	6.5	Coors Light 16 oz. LAGER / Golden, CO	6.5
Blue Moon BELGIAN WHITE / Golden, CO	6.5	Mich Ultra 16 oz. LAGER / St. Louis, MO	6.5
Corona LAGER / Mexico	6.5	Bells Two Hearted 16 oz. IPA / Comstock, MI	7.5
Alaskan Amber ALT STYLE ALE / Alaska	6.5	Pryes Royal Raspberry 16 oz. SOUR ALE / Minneapolis, MN	8
Founders Porter PORTER / Grand Rapids, MI	6.5	Guinness 15 oz. STOUT / Dublin, Ireland	7.5
Left Hand Milk Stout STOUT / Longmount, CO	6.5	Sociable Cider Werks 16 oz. CIDER / Minneapolis, MN	8
Stella PILSNER / Belgium	6.5	Loon Juice 16 oz. CIDER / Spring Valley, MN	8
Widmer Omission PALE ALE / Portland, OR	6.5	White Claw 12 oz. HARD SELTZER / Chicago, IL	6.5

CANS

NON-ALCOHOLIC

San Pellegrino	7
Red Bull Regular, Sugar Free	3.5
Heineken Zero , N/A Beer	6
Fountain Soda Coke Products, Rootbeer, Gingerale, Lemonade	3.5
Juice Apple, Cranberry	4
Orange Juice	4.5
Milk	3
Espresso	3.5
Latte/Cappuccino	5
Regular Coffee , Organic / Fair Trade	4
Decaf Coffee , Brewed upon request	4
Hot Tea	4

CRAFTED N/A BEVS

Fresh Squeezed Lemonade / 5 Simple Syrup & Lemon Juice
Virgin Bloody Mary / 5 House Bloody Mary Mix