

TO SHARE + MORE

- gfo Signature Hummus** / 12.95
tahini, spicy Zhug, pine nuts, Za'atar, Aleppo pepper, olive oil, grilled house pita
- gfi Fresh Guacamole** / 12.95
warm lime tortilla chips
- gfi Urban Wings** / 14.95
buffalo style, house blue cheese dressing
- gfi Smoked Chicken Nachos** / 14.95
house smoked chicken, black beans, jalapeño cheese fondue, pico & guacamole
- Wisconsin Cheese Curds** / 13.95
beer battered, chipotle crema, spicy ketchup
- * **gfi Ceviche Crudo** / 17.5
swordfish, shrimp, tomato, onion, cilantro, Aji Amarillo Passion Fruit dressing
- gfi Chilled Borscht** / 9
roasted beets, lemon, dill, fresh cucumber, spring onions, hard boiled egg, chive crema

BURGERS + MORE

**SERVED WITH HOUSE CUT POTATOES
SUB SWEET FRIES, TOTS, OR SALAD / 2.95**

- gfo Proper Burger** / 16.95
pasture raised beef, local cheddar, house aioli, lettuce, marsala griddled onions
- gfo Lamb Burger** / 16.95
goat cheese, pickled onions & jalapeños, adjika chili aioli
- gfo Falafel Burger** / 16.75
house made falafel patty, feta, adjika chili aioli, lettuce, pickled onions & jalapeños
- gfo Turkey Burger** / 15.95
local cheddar, arugula, tomato, red onion, guacamole, adjika chili aioli

- gfi Grilled Shrimp Tacos** / 17.95
corn tortillas, guacamole, lettuce, pickled onions & jalapeños, queso fresco, adjika chili aioli [3 tacos / no side]

SIDES

Two eggs / 4 • Three eggs / 6 • Toast / 3 • Bacon / 4.95
House Sausage / 5 • Fruit Cup / 3.5 • Breakfast Potatoes / 7.5

EGGS + MORE [CAGE FREE EGGS]

- * **Crab Cake Benedict** / 19.95
crab cakes, poaches eggs, spinach, english muffin, hollandaise, small salad
- * **gfi Brunch Grain Bowl** / 16.95
two poached eggs, wild rice, buckwheat, sorghum, amaranth, chickpeas, kale, roasted cauliflower, tahini, sherry vinaigrette, sunflower seeds, peppadews
- Peaches & Cream French Toast** / 14.5
peaches, house vanilla cream, fresh fruit
- * **Shakshuka Skillet w/ Merguez** / 16.95
two eggs, house made spicy lamb sausage, peppers, tomato, chickpeas, cumin, paprika, topped with feta & Za'atar spice, grilled house pita
- * **Mexican Hash** / 15.95
sunny side-up eggs, sausage, potatoes, pico de gallo, jalapeno cheese, guacamole, chive crema
- * **Breakfast Sandwich** / 14.5
fried egg, sausage, bacon, tomato, jalapeño cheese fondue, croissant bun, tater tots
- Breakfast Pizza** / 16.95
scrambled eggs, crispy prosciutto, tomato, mozzarella, parmesan, avocado, fresh basil
- gfo Mushroom Omelette** / 15.5
mixed mushrooms, shallots, herbs, gruyere, microgreens salad, wheat toast
- * **gfo Urban Breakfast** / 14.5
two eggs, breakfast potatoes, wheat toast, choice of bacon or house made sausage

SALADS

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

- gfi Local Greens** / 10.95
Dragsmith Farms micro-greens, white balsamic vinaigrette, marcona almonds, citrus, radish, pecorino romano
- gfi Roasted Beets** / 10.95
micro-greens, goat cheese, hazelnuts, honey dijon dressing
- * **gfi Thai Steak Salad** / 21.5
arugula, spinach, basil, mint, cilantro, carrot, onion, tomato, hearts of palm, ginger vinaigrette, peanuts
- gfi Grilled Chicken Salad** / 17.95
rosemary-garlic chicken, heirloom lettuce, avocado, red onion, radish, cucumber, tomato, carrot, herb vinaigrette

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

gfo gf option may be 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