

• STARTERS •

V TRES BRUSCHETTA	7 ⁰⁰
Organic grilled ciabatta presented in three; tomato-caper, organic eggplant and patty pan zucchini tapenade	
MUSSELS	11 ⁰⁰
Prince Edward Island Mussels steamed with cilantro, tomato, green onions, fresh ginger, sambol oleak, and white wine served with grilled baguette	
V VEGAN CALZONE	7 ⁰⁰
Turnover filled with hearts of palm, cherry tomatoes, onions, potato, and fresh basil, served with spicy roasted tomato sauce	
GRILLED CHICKEN AND FONTINA PIZZA	9 ²⁵
Flat bread pizza with free-range chicken, fontina cheese, caramelized onions, pine nuts, and fresh rosemary	
FRIED GNOCCHI	8 ⁰⁰
Roasted butternut squash gnocchi fried with walnuts, sage, and St. Pete's select blue cheese on a bed of organic arugula	
BLACK BEAN AND CHICKEN QUESADILLA	9 ⁰⁰
Flour tortilla stuffed with baby spinach, black beans, free-range chicken and Wisconsin mozzarella, served with house made salsa, chipotle sour cream, and guacamole	
CHIPOTLE GOAT CHEESE QUESADILLA	9 ⁰⁰
100 Percent flourless sprouted organic grain tortilla with chipotle goat cheese, smoked turkey, black beans, and avocado pico de gallo	
CRAB CAKES	10 ⁰⁰
Crab cake made with organic black turtle beans, scallions, lemon zest, garlic, and fresh cilantro on a bed of organic mixed greens with a chipotle sour cream	

• SANDWICHES •

All Sandwiches are served with organic mixed greens

SMOKED SALMON CROISSANT	9 ⁰⁰
Smoked salmon with Danish Havarti cheese, tomato, organic spinach, chive aioli and pickled fennel	
FREE RANGE TURKEY BURGER	9 ⁵⁰
Ground Minnesota free-range turkey with Eichten's local gouda, caramelized onions, tomatoes, and romaine on a 100 % flourless sprouted bun	
V THAI TEMPEH	8 ⁰⁰
Thai spiced tempeh cakes, red bell pepper, green onions, fresh cilantro, and a ginger-peanut sauce on organic Healthy Hemp bread	
V GRILLED TEMPEH RUEBEN	9 ⁰⁰
Marinated and grilled tempeh with sauerkraut and a spiced tomato-soy aioli on organic rye bread	
GRILLED CHICKEN	10 ⁰⁰
Marinated free-range chicken breast with swiss cheese, organic spinach, and cherry pepper relish on organic grilled ciabatta	
GRILLED RACHEL	9 ⁵⁰
Free-range smoked turkey breast with sauerkraut, swiss cheese, and tomato-caper dressing on organic rye bread	
AHI TUNA SALAD SANDWICH	11 ⁰⁰
Seared ahi tuna mixed with extra virgin olive oil, fresh rosemary, shallots, pine nuts and cranberries on grilled organic Healthy Hemp bread with fresh arugula and chive aioli	
HALF SANDWICH AND SOUP	7 ⁰⁰
Choose from free-range curry chicken salad, tuna salad, or egg salad sandwiches on pain au levain	
VEGGIE BURGER	9 ⁰⁰
Veggie burger with Swiss, organic romaine, tomato, onion, pickle slices, and chive aioli on an organic sprouted-flourless bun	

• ORGANIC PASTA & RISOTTO •

SCALLOP RISOTTO	14 ⁰⁰
Arborio risotto with bay scallops, Spanish chorizo, oven roasted tomatoes, leeks, organic spinach, and parmigiano reggiano	
BUTTERNUT SQUASH RAVIOLI	13 ⁰⁰
House made organic ravioli stuffed with roasted butternut squash and St. Pete's select blue cheese, served with a sage brown butter sauce and parmigiano reggiano	
PAPARADELLE & DUCK CONFIT	13 ⁰⁰
House made organic paparadelle with duck confit ragout, provencal green olives, roasted red bell pepper, red onion, tomatoes, sweet peas, fresh marjoram and fontina cheese	
V BUTTERNUT SQUASH GNOCCHI	11 ⁰⁰
House made organic gnocchi with wild mushrooms, cherry tomatoes, zucchini, garlic and organic arugula	

• ENTRÉES •

FREE-RANGE MINNESOTA CHICKEN	19 ⁰⁰
Herb roasted chicken with black mission fig glaze de viande, roasted garlic mashed potatoes, and haricot verts	
V SWEET CORN AREPAS	9 ⁰⁰
Corncakes with vegan sausage, sautéed peppers, organic spinach, and balsamic reduction	
BISON POTPIE	14 ⁰⁰
Eichten's Acres Minnesota bison stewed with black beer, onions, carrots, celery, potatoes, barley, and cabbage	
V TEMPEH CUTLET	13 ⁰⁰
Organic tempeh cutlets served with blood orange vinaigrette, spicy coconut red beans, organic dirty brown rice, and braised greens	
MISO SALMON	19 ⁰⁰
Pan seared Atlantic Salmon with miso glaze, garlic mashed potatoes, radish sprouts, sautéed rainbow chard, black sesame seeds, and wasabi oil	

• SALADS •

V SESAME SALAD	7 ⁵⁰
Organic mixed greens, red cabbage, cucumbers, red pepper, cilantro, and sesame-ginger dressing	
ROASTED BEET & PEAR SALAD	9 ⁰⁰
Organic mixed greens, roasted red, striped, and golden beets, caramelized pears, St. Pete's select blue cheese, toasted walnuts, with tarragon shallot vinaigrette	
SPINACH GOAT CHEESE SALAD	9 ⁰⁰
Organic baby spinach with warm black pepper goat cheese, shaved onions, bacon, toasted pecans, and blueberry vinaigrette	
CAESAR SALAD	8 ⁵⁰
Organic romaine lettuce, croutons, house made caesar dressing, and parmigiano reggiano	
NICOISE SALAD	13 ⁰⁰
Organic mixed greens, seared ahi tuna, haricot verts, olives, fingerling potato, boiled egg, and roasted tomatoes with a lemon-herb dressing	
GREEK SALAD	9 ⁰⁰
Romaine lettuce tossed with cherry tomatoes, cucumbers, feta cheese, kalamata olives, red onions, and lemon-herb dressing	
V ORGANIC GREEN SALAD	7 ⁰⁰
Organic mixed greens with red beet curls, toasted sunflower seeds, and white balsamic vinaigrette	

ADD TO ANY SALAD:
Grilled Tofu 3⁰⁰ Grilled Salmon 5⁰⁰ Grilled free-range chicken 4⁰⁰

Ask your server for daily soup specials

V = VEGAN

1⁵⁰ Split plate charge