{GF} gluten free
{DF} dairy free
{V} vegan
{VA} veganadaptable

DINNER

Sunday: 10am-9pm
Monday - Thursday: 11am-9pm
Friday: 11am-10pm
Saturday: 10am-10pm

STARTERS

SOUP OF THE DAY ..... (C) $9/(B) $11

VEGAN CHILI {GF, V} ..... (C) $9/(B) $11

SHRIMP TACOS {GF} $21
corn tortilla, coleslaw, marinated shrimp, green goddess
350 | 24 | 31 | 6 | 7

HUMMUS {V} $18
chermoula, pine nut, cauliflower, sourdough
580 | 22 | 83 | 20 | 18

MANGO VEGGIE SPRING ROLLS {GF, V} $11
carrot, cucumber, radish, rice noodles, basil, mint, peanut sauce
280 | 10 | 42 | 8 | 3

EDAMAME {GF, V} $12
sea salt & lemon or spicy
280 | 12 | 39 | 7 | 4

PORK EDAMAME DUMPLINGS {DF} $15
ginger soy broth, scallion, radish
380 | 20 | 25 | 25 | 5

GRILLED WINGS $20
korean dry rub or house bbq
839 | 54 | 4.5 | 77.1 | 1

SHRIMP LETTUCE WRAPS {GF, DF} $21
green papaya, mango, kelp noodles, peanut vinaigrette, cilantro
420 | 11 | 55 | 17 | 0

PEI STEAMED MUSSELS* {DF} $21
harissa broth, olives, chorizo, Turtle Bread sourdough | *+$2 for extra bread*
650| 22 | 43 | 65 | 2

SIDES

CURRIED CAULIFLOWER {GF, VA} $13
ras al hanout, tikka sauce, pickled rasins
180 | 4 | 23 | 5 | 5

SESAME CARROTS {GF, VA} $11
tahini yogurt
130 | 6 | 16 | 6 | 3

SEARED BROCCOLI {GF, VA} $11
garlic, lemon, chili, parmesan, pinenuts
200 | 14 | 17 | 10 | 7

BRUSSEL SPROUTS {GF, VA} $13
deep fried sprouts, bacon, sunflower seeds, maple soy glaze
850 | 68 | 32 | 32 | 9

CRISPY POTATOES {GF, VA} $10
smoked crème fraîche, chives
480 | 30 | 56 | 6 | 6

ZA'TAR SWEET POTATOES {GF, VA} $11
hot honey
490 | 11 | 78 | 9 | 11

FRENCH FRIES {GF, VA} $12
lemon aioli
480 | 30 | 56 | 6 | 6

NUTRITIONAL INFORMATION
from left to right, the numbers under each menu item represent:
calories | fat | carbohydrates | protein | fiber

SALADS

MIXED GREENS {GF,VA} ..... $8 SM/$13 LG
spring mix, chèvre, dried cranberries, pepitas, ground flax seed, red wine vinaigrette
250 | 20 | 13 | 7 | 3

BABY KALE {GF, VA} ..... $8 SM/$13 LG
manchego, pine nut, lemon vinaigrette
230 | 26 | 17 | 9 | 3

CLASSIC CAESAR $16
gem lettuce, caesar dressing, cherry tomato, brioche crouton, parmesan, chive
480 | 41 | 16 | 16 | 4

SPINACH SQUASH SALAD $16
spinach, roasted butternut squash, red onion, manchego, candied walnuts, pomegranite seeds, honey lime vinaigrette
550 | 43 | 31 | 17 | 6

GEM LETTUCE {VA} $16
gem lettuce, ranch, cherry tomato, radish, avocado, red onion, carrots, brioche crouton
330 | 23 | 26 | 7 | 11

ENTREES

PARMESAN CRUSTED WALLEYE $45
butternut squash risotto, lemon buerreblanc
1150 | 61 | 85 | 75 | 6

GRILLED SALMON $36
sweet potato gnocci, creamed kale, panchetta, pecans
960 | 58 | 53 | 55 | 8

SMOKED PORK CHOP {GF} $40
grilled, sweet potato mash, roasted root vegetables, maple soy glaze
1100 | 54 | 89 | 68 | 12

ROASTED WILD ACRES CHICKEN BREAST $34
farro-mushroom risotto, mushrooms, chicken jus
740 | 21 | 70 | 45 | 10

LENTIL BOWL {GF, V} $20
beluga lentils, za'atar sweet potatoes, alfalfa sprouts, avocado,tomatoconfit
375 | 18 | 40 | 10 | 10

BEEF TENDERLOIN* {GF} $55
parsnip puree, brussel sprouts, truffle
730 | 50 | 34 | 43 | 9

STEAK FRITES* {GF} $50
14oz.ribeye, french fries, chimichurri, lemon aoli
890 | 67 | 35 | 44 | 8

SEAFOOD CIOPPINO {DF} $36
shrimp, clams, mussels, sea bass, Sourdough
670 | 24 | 47 | 65 | 7

PASTA

SPAGHETTI PESTO ROSSO {V} $22
pesto rosso, pinenuts, grana padano, micro basil
1090 | 70 | 86 | 35 | 7

MISO WILD MUSHROOM PASTA {V} $25
spaghetti, roasted wildmushrooms, miso, parmesan, szechuan chili crisp
1150 | 72 | 93 | 31 | 7

PAPPARDELLE BOLOGNESE $26
tomato confit, parmesan, basil
860 | 42 | 78 | 86 | 14

*These items are served raw or undercooked or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food born illness, especially if you have certain medical conditions.

**Wild mushrooms are not an inspected product and are harvested from a non inspected site.

HANDHELDS

served with side salad

SMASH BURGER*
cheddar,lettuce, tomato, onion, special sauce
880 | 56 | 37 | 57 | 4
- $21 -

BISON BURGER*
lettuce,tomato, onion, lemon aioli
800 | 54 | 33 | 44 | 7
- $23 -

FALAFEL WRAP {VA}
house falafel patty, lettuce, tomato,red onion, tzatziki, harissa aioli
870 | 41 | 90 | 39 | 18
- $19 -

FLATBREADS

cold fermented sourdough with mozzarella

TOMATO, FRESH MOZZARELLA & BASIL
740 | 33 | 77 | 35 | 2
- $20 -

BBQ CHICKEN
bbq, chicken confit, pineapple, jalapeno, fontina
740 | 33 | 77 | 35 | 2
- $24 -

PEPPERONI & HOT HONEY
900 | 50 | 78 | 35 | 2
- $23 -

WILD MUSHROOM
roasted wild mushrooms, fresh mozzarella, fontina, parmesan, black truffle vinaigette
740 | 33 | 77 | 35 | 2
- $24 -

PEACH PROSCIUTTO
brie spread, whiskey peaches, proscuitto, balsalmic glaze, arugula
960 | 47 | 84 | 51 | 2
- $24 -

ADD PROTEIN

CHICKEN BREAST {GF} ..... $10 190 | 3.5 | 0 | 36 | 0

GRILLED SALMON* {GF} ..... $15 230 | 14 | 0 | 25 | 0

STEAK* {GF} ..... $16 250 | 15 | 0 | 28 | 0

GRILLED GARLIC SHRIMP* {GF} ..... $12 135 | 3 | 1 | 27 | 0