



STARTERS

Roasted Tomato Pizza: 8.00

Flat bread pizza with roasted tomatoes, kalamata olives, basil pesto and fresh Parmigiano Reggiano

Grilled Chicken and Fontina Pizza: 9.25

Flat bread pizza with free-range chicken, fontina cheese, caramelized onions, pine nuts and fresh rosemary

Mussels: 10.99

Prince Edward Island Mussels steamed with cilantro, tomato, green onions, fresh ginger, sambol oleak and white wine; served with grilled baguette

Black Bean and Chicken Quesadilla: 8.25

Wheat tortilla stuffed with baby spinach, black beans, free-range chicken and Wisconsin mozzarella, served with house made salsa and guacamole

Chipotle Goat Cheese Quesadilla: 8.49

100 Percent flourless sprouted organic grain tortilla with chipotle goat cheese, smoked turkey, black beans and avocado pico de gallo

Black Bean-Crab Cakes: 9.79

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-garlic aioli

★ Bruschetta: 7.29

Grilled organic sourdough baguette topped with marinated tomato, fresh basil, capers, garlic and extra virgin olive oil

SALADS

Spinach Goat Cheese Salad: 9.00

Baby spinach with warm black pepper goat cheese, shaved onions, bacon, toasted pecans and a blueberry vinaigrette

Caesar Salad: 6.99

Baby organic romaine lettuce, croutons, house made Caesar dressing and Parmigiano Reggiano

★ Sesame Salad: 7.99

Organic mixed greens, red cabbage, cucumbers, red pepper, cilantro and a sesame-ginger dressing

Nicoise Salad: 11.99

Organic mixed greens, seared ahi tuna, haricot verts, olives, fingerling potato, boiled egg and roasted tomatoes with a lemon-herb dressing

Roasted Beet & Pear Salad: 8.99

Organic mixed greens, roasted beets, caramelized pears, St. Pete's select blue cheese, toasted walnuts and a tarragon shallot vinaigrette

Greek Salad: 8.49

Romaine lettuce tossed with roasted tomatoes, cucumbers, feta cheese, kalamata olives, red onion and a lemon-herb dressing

★ Organic Green Salad: 6.99

Baby organic greens with red beet curls, toasted sunflower seeds and a white balsamic vinaigrette

Add To Any Salad One of the Following

Spiced tofu for 3.00, Grilled free-range chicken 3.25, Salmon for 4.00

★ = VEGAN

1.50 split plate charge

SANDWICHES & LIGHTER FARE

All Sandwiches are served with organic mixed greens

☆ Thai Tempeh: 7.99

Thai spiced tempeh cakes, red bell pepper, green onions, fresh cilantro and a ginger-peanut sauce on hemp bread

☆ Grilled Tempeh Ryeben: 8.99

Marinated and grilled tempeh with sauerkraut and a tomato-caper tofu dressing on organic rye bread

Mango Chicken: 9.25

Marinated free-range chicken breast with Swiss cheese, spinach, and house-made mango chutney on grilled ciabatta

Grilled Rachel: 8.99

Free-range smoked turkey breast with sauerkraut, Swiss cheese and a tomato-caper dressing on rye bread

Ahi Tuna Salad Sandwich: 10.95

Seared ahi tuna mixed with extra virgin olive oil, fresh rosemary, shallots, pine nuts and cranberries on grilled multigrain bread with fresh arugula and a garlic 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: 7.99

Veggie burger with Swiss, lettuce, tomato, and tomato-tofu aioli on an organic sprouted-flourless bun

Smoked Salmon Croissant: 9.00

Smoked salmon on a croissant with Danish havarti cheese, tomato, spinach and pickled fennel

Free Range Turkey Burger: 8.99

Ground Minnesota free-range turkey with smoked gouda, lettuce, tomato-fennel marmalade on a 100 Percent flourless sprouted bun

☆ Sweet Corn Arepas: 8.99

Corncakes with vegan sausage, sautéed peppers, spinach, and balsamic reduction

ENTRÉES

☆ Tempeh Cutlet: 12.99

Organic tempeh cutlets served with an orange vinaigrette, spicy coconut red beans over organic brown rice and braised greens

Miso Salmon: 18.95

Pan seared Atlantic salmon with miso glaze, garlic mashed potatoes, sprouts, sautéed rainbow chard, black sesame seeds and a wasabi oil

Ricotta con Spinach Ravioli: 13.00

House made organic spinach ravioli stuffed with farmers fresh ricotta and cherry pepper, served with a parmesan broth-roasted tomato sauce

Free-range Minnesota Hen: 18.95

Range hen glazed with apricot and smoked paprika, served with couscous, onion-saffron coulis, and haricot verts

☆ Vegan Stromboli: 10.99

Stromboli filled with hearts of palm, cherry tomatoes, onions, potato and fresh basil, served with a spicy roasted tomato sauce

Bison Brasatto: 15.00

Eichten's Acres bison short ribs braised Provencal style, served with rice, Minnesota organic asparagus and green onions

Side Orders: 4.00

Brown rice, sautéed greens, mashed potatoes, coconut red beans

☆ = VEGAN

1.50 split plate charge