

# BREAKFAST

Served until 3 p.m.

<b>ORGANIC BELGIAN PANCAKE</b> <b>vg</b> pure Wisconsin maple syrup   whipped butter	10
<b>CAJUN HASH BROWNS</b> <b>vg   gf</b> hash browns   cheddar   garlic spicy roasted onions, peppers and tomatoes   scallions 2 SCHULTZ ORGANIC EGGS 5 NITRATE-FREE BACON 5 VEGAN SAUSAGE 5 CHICKEN CHORIZO 5 BISON SAUSAGE* 5	14
<b>SIGNATURE QUICHE</b> <b>vg</b> Schultz organic eggs   goat cheese   roasted tomatoes   leeks organic spinach   organic spring greens or hash browns	14
<b>BAKED CINNAMON FRENCH TOAST</b> <b>vg</b> house brioche   fresh blueberries house whipped cream   pure Wisconsin maple syrup	16
<b>BREAKFAST BURRITO</b> <b>vg</b> Schultz organic scrambled eggs   black bean chili   hashbrowns cheddar   scallions   chipotle sour cream   flour tortilla CHICKEN CHORIZO 5 NITRATE-FREE BACON 5 VEGAN SAUSAGE 5 BISON SAUSAGE 5	14
<b>BREAKFAST QUESADILLA</b> <b>vg</b> Schultz organic scrambled eggs   organic black beans   cheddar organic spinach   house guacamole   chipotle sour cream house salsa   100% sprouted organic tortilla	16
<b>MARTIN'S HUEVOS RANCHEROS</b> <b>gf</b> two Schultz organic poached eggs*   slow-braised pork in salsa verde organic black beans   cheddar   scallions   lime sour cream crisp corn tortillas	18
<b>EGG &amp; BACON CROISSANT</b> Schultz organic eggs   Swiss cheese   house guacamole nitrate-free bacon   organic spinach   roasted tomatoes	16
<b>EGGS &amp; SMOKED SALMON</b> two Schultz organic scrambled eggs   organic spinach smoked sustainable salmon   cream cheese organic spring greens   organic seeded sourdough toast	18
<b>THE "ZONE" OMELETTE</b> <b>vg</b> three Schultz organic eggs whites with one yolk organic spinach   goat cheese   scallions   roasted tomatoes organic seeded sourdough toast   organic spring greens or hash browns	16
<b>CLASSIC EGG BREAKFAST</b> two Schultz organic eggs   hash browns   nitrate-free bacon organic house-made sourdough toast <i>prepared scrambled, over easy, over medium, over hard or poached</i> SUBSTITUTE VEGAN CHORIZO	15
<b>ORGANIC EGGS BENEDICT*</b> two Schultz organic poached eggs*   pit ham   house hollandaise* English muffin   organic spring greens or hash browns	18
<b>SALMON EGGS BENEDICT*</b> <b>gf</b> two Schultz organic poached eggs*   sustainable salmon* sautéed organic spinach   house hollandaise* organic spring greens or hash browns ADD ENGLISH MUFFIN 1 ADD GLUTEN-FREE BREAD 3	20

## PLANT

<b>SPROUTED QUESADILLA</b> <b>v</b> organic tofu scramble   organic black beans   "cheddar" spinach   house guacamole   house salsa   100% sprouted tortilla	16
<b>AVOCADO TOAST</b> <b>v</b> smashed avocado   pumpkin seeds   fresh cilantro   lime   olive oil cracked pepper   unrefined sea salt   organic seeded sourdough toast SUB GLUTEN-FREE BREAD 3 2 SCHULTZ ORGANIC EGGS 5 NITRATE-FREE BACON 5 VEGAN SAUSAGE 5 HASH BROWNS 3	14
<b>CLASSIC VEGAN BREAKFAST</b> <b>v</b> organic tofu scramble   hashbrowns   vegan sausage organic seeded sourdough toast	15
<b>BLUEBERRY CORN PANCAKE</b> <b>v   gf</b> organic GMO-free corn pancake   fresh blueberries pure Wisconsin maple syrup	12
<b>VEGAN BREAKFAST BURRITO</b> <b>v</b> organic tofu scramble   hashbrowns   "cheddar cheese" vegan chorizo   black bean chili   scallions flour tortilla   guacamole	14
<b>HEART HEALTHY OATMEAL</b> <b>v   gf</b> organic oats & raisins   organic apple   banana   cinnamon toasted sunflower seeds   steamed organic almond milk ORGANIC SOURDOUGH TOAST 2	11

# BREAKFAST SPECIALS

Served until 3 p.m.

<b>OPEN FACE EGG SANDWICH</b> over easy organic egg   basil aioli   bacon   fresh Heirloom tomato arugula   seed organic sourdough   organic spring greens or hash browns	14
<b>TRADITIONAL TURKISH</b> <b>vg</b> soft scrambled organic eggs   seared Halloumi cheese organic sourdough toast   whipped goat cheese   cucumber roasted tomato   pickled red onion   kalamata olives SUSTAINABLE SALMON* 6	14
<b>WILD MUSHROOM OMELETTE</b> <b>vg   gf</b> organic eggs   cremini, shitake, & lion mane mushrooms gouda   gruyere   parsley   chives   organic spring greens or hash browns	16
<b>SARAH'S SHAKSHUKA</b> <b>vg</b> chunky tomato & roasted red pepper sauce   organic poached eggs* chive whipped goat cheese   parsley   chimichurri crostini CHICKEN CHORIZO 5 VEGAN SAUSAGE 5	16

## HEARTY SOUPS

Served with organic sourdough & whipped butter

CUP 7 | BOWL 9

<b>TOMATO BASIL</b> <b>vg   gf</b> fresh basil   tomatoes   cream	
<b>CHICKEN WILD RICE</b> <b>gf</b> hormone-free chicken   Minnesota wild rice   carrots   cream	
<b>MARTIN'S VERDE CHICKEN POZOLE</b> <b>gf</b> Mexican broth   pulled chicken   roasted tomatillos   hominy	
<b>VEGAN BLACK BEAN CHILI</b> <b>v   gf</b> organic black beans   ancho peppers   tomatoes chipotle peppers   corn   bell peppers   onions	

## ORGANIC GREENS

<b>BEET &amp; GOAT CHEESE</b> <b>vg   gf</b> beets   whipped herb goat cheese   organic spinach   cilantro blackberries   beet fritto   pistachio pumpkin dust blackberry tarragon sauce	16
<b>VITALIST KALE SALAD</b> <b>vg   gf</b> organic chopped marinated kale   arugula   ricotta salata toasted almonds   fennel   radish   citrus herb vinaigrette	15
<b>GREEK</b> <b>vg   gf</b> organic romaine   quinoa tabouli   feta   red onion roasted tomatoes   kalamata olives   cucumber   pepperoncini lemon-herb vinaigrette	16
<b>SALMON NICOISE*</b> <b>gf</b> sustainable salmon   fingerling potatoes   organic romaine organic spring greens   haricots verts   roasted tomatoes hard boiled Schultz organic egg   green goddess dressing	19
<b>PETITE SIRLOIN STEAK SALAD*</b> <b>gf</b> grass-fed pan-seared sirloin   crispy diced sweet potatoes red onion   wild arugula   goat cheese   whole grain mustard vinaigrette	20

## PLANT

<b>ZEN</b> <b>v   gf</b> steamed organic brown rice   radish   organic kale house-made hummus   cucumber   scallions   roasted tomatoes harissa   house-made guacamole   toasted sunflower seeds Kalamata olives   lemon-herb vinaigrette	16
<b>SPA</b> <b>v   gf</b> organic spring greens   rosewood organic tofu   carrot   beet red pepper   cucumber   edamame   cilantro   toasted sunflower seeds scallions   sesame vinaigrette	13
<b>ORGANIC VEGAN CAESAR</b> <b>v   gf</b> organic kale   pickled red onion   organic chickpea croutons shaved brussel sprouts   plant 'parmesan'   creamy garlic cashew dressing	15
<b>KUSHI BOWL</b> <b>v   gf</b> sweet potato mash   organic kale   black beans   red peppers roasted beets   house guacamole   cucumber   scallions toasted pumpkin seeds   tahini turmeric dressing	16
ADD PROTEIN:	
GRILLED SUSTAINABLE SALMON* <b>gf</b> 7	
CRISPY FRIED CHICKEN 7	
GRILLED HORMONE-FREE CHICKEN BREAST <b>gf</b> 6	
GRILLED ORGANIC ROSEWOOD TOFU <b>gf</b> 5	

**V | VEGAN VG | VEGETARIAN GF | GLUTEN-FREE**

\* These items are prepared raw or contain raw or undercooked ingredients. Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

## SANDWICHES & WRAPS

- BUTTERMILK FRIED CHICKEN** 16  
hormone-free chicken breast | shredded organic romaine  
Sriracha aioli | house-made pickles | brioche bun  
TOSS IN NASHVILLE HOT 1.5
- CHICKEN CAESAR WRAP** 15  
grilled hormone-free chicken | organic romaine  
roasted tomatoes | house-made caesar dressing  
Parmigiano-Reggiano | sprouted tortilla
- TUNA MELT** 15  
grilled tuna salad | Swiss | roasted tomatoes  
garlic-chive aioli | house-made organic sourdough
- GRILLED TURKEY RACHEL** 15  
shaved Wild Acres smoked turkey | Swiss cheese  
firecracker slaw | sauerkraut | tomato-caper aioli  
house-made organic sourdough
- WILD ACRES TURKEY & BACON CROISSANT** 16  
shaved Wild Acres smoked turkey | nitrate-free bacon | gruyère  
roasted tomatoes | organic spinach | garlic-chive aioli | croissant
- INCREDIBLE GRILLED CHEESE** **vg** 14  
house-made organic sourdough | gouda | white cheddar | swiss  
ADD NITRATE-FREE BACON 4  
SUBSTITUTE VEGAN CHEESE 4

### PLANT

- CRISPY FRIED "CHICKEN" SANDWICH** **v** 15  
house made hand breaded vegan "chicken" | secret sauce  
house made pickles | shredded organic romaine | vegan bun
- TEMPEH REUBEN** **v** 15  
marinated grilled tempeh patty | sauerkraut | firecracker slaw  
secret sauce | vegan "cheese" | house-made organic sourdough
- MEDITERRANEAN WRAP** **v** 16  
house-made organic hummus | organic romaine | carrots  
quinoa tabbouleh | roasted red pepper | kalamata olives  
creamy garlic cashew dressing | sprouted tortilla

Select one side for all sandwiches/burgers:

- CREAMY SLAW **v | gf**  
ORGANIC MIXED GREENS **v | gf**  
HAND-CUT FRIES OR CUP OF SOUP 2  
BOWL OF SOUP 4  
SUBSTITUTE GLUTEN-FREE BREAD OR BUN 3

## SUSTAINABLE BURGERS

- WILD ACRES TURKEY\*** 19  
white cheddar | nitrate-free bacon | roasted tomatoes  
onion | pickles | garlic-chive aioli | house-made guacamole  
brioche bun
- GRASS-FED BEEF\*** 18  
white cheddar | lettuce | roasted tomatoes | onion  
pickles | garlic-chive aioli | brioche bun
- COWBOY** **v** 16  
sizzled house-made veggie burger | shredded lettuce  
"cheddar" | crisp onion ring | pickles | organic sesame BBQ  
sauce | vegan bun

### PLANT

## PLATES TO SHARE

- CRISPY BRUSSELS SPROUTS** **gf** 14  
lemon parsley aioli | Parmesan Reggiano | sea salt  
SUBSTITUTE VEGAN PARMESAN
- SHROOMY "CALAMARI"** **v | gf** 16  
crispy deep fried oyster mushrooms | cashew chipotle crème
- HAND-CUT ORGANIC POMMES FRITES** **v | gf** 9  
with Moroccan-spiced house ketchup or garlic chive aioli (vg)
- ORGANIC HUMMUS WITH CRUDITÉS** **v** 12  
organic house-made hummus | olives | seasonal grilled & raw  
vegetables | house-made organic crackers
- EARTH WINGS®** **v | gf** 14  
flash-fried cauliflower | house-made organic sesame BBQ  
celery | house-made soy-cilantro dipping sauce

### PLANT

## ENTREES

- BLACKENED FISH TACOS** **gf** 16  
wild caught mahi mahi | pico slaw | radish | guacamole | cojita cheese  
cilantro lime crème | white corn tortilla | organic spring greens | white balsamic vinaigrette  
SUBSTITUTE VEGAN TEMPE
- SPICY CHICKEN TACOS** 16  
crispy fried & sliced chicken | pico slaw | radish | guacamole | cojita cheese  
secret sauce | white corn tortilla | organic spring greens | white balsamic vinaigrette  
SUBSTITUTE GRILLED CHICKEN **gf**
- SIGNATURE MAC & CHEESE** **vg | gf** 16  
organic gluten-free penne | cheddar | gouda | organic spring greens  
ADDITIONS: BACON 4 | VEGAN TEMPEH "BACON" 4
- WILD MUSHROOM TOSTADA** **v | gf** 15  
lions mane, maitake & shiitake mushrooms | almond flour tortilla | ginger tamari cashew cream  
crisp cucumbers | radish | cilantro aioli | tuxedo sesame seeds  
ADD GRILLED CHICKEN 5 **gf**
- ORGANIC HEALING PLATE** **v | gf** 16  
marinated grilled organic tempeh | organic brown rice | coconut red beans | sautéed seasonal greens  
scallions | firecracker slaw | sweet potato mash | blood orange vinaigrette  
TEMPEH SUBSTITUTIONS: SUSTAINABLE SALMON\* 6 | HORMONE-FREE CHICKEN BREAST 5
- GREEN COCONUT CURRY** **v | gf** 16  
green curry | vegetable mélange | organic brown rice  
ADD PROTEINS: CORNMEAL-CRUSTED ORGANIC TOFU **v | gf** 5 | SALMON\* **gf** 6 | CHICKEN **gf** 5

### PLANT

*"French Meadow has led, articulated, and demonstrated everything that is right and good about food in America in the last several decades: championing organics before there really was such a thing; promoting sustainable agriculture; making and serving slow foods; and generally providing a tasty little oasis of thoughtful and healthy living since the dawn of time. Or 1985, more specifically."*



**Dara Moskowitz Grumdahl,**  
Five-time James Beard Award-winning food & wine writer



ORGANIC & LOCAL SINCE 1985

## PASTRIES & DESSERTS

Our delicious baked goods are made with organic flour, eggs, sugar, and hormone-free butter

### TRADITIONAL SCONES

MAPLE PECAN	4
ICED ALMOND DATE <b>gf</b>	4
CHOCOLATTA BANANA <b>v</b>	4
ICED BLUBERRY LEMON <b>v</b>	4

### MUFFINS & MINI-CUPCAKES

LEMON BLUEBERRY MUFFIN <b>gf   v</b>	4
VEGAN MINI-CUPCAKE <b>v</b>	2.5
GLUTEN FREE MINI-CUPCAKE <b>gf</b>	2.5
TURTLE MINI-CUPCAKE <b>v</b>	2.5

### COOKIES

“THE” CHOCOLATE CHIP COOKIE	3
DARK CHOCOLATE CHIP <b>gf</b>	3
COWBOY COOKIE <b>gf   v</b>	3
Organic oats   organic brown rice krispies coconut   dark chocolate chips	
DARK CHOCOLATE SEA SALT <b>v</b>	3
GINGER COOKIE <b>gf</b>	3
molasses   white chocolate   dried cherry   candied ginger	
COCONUT MACAROON <b>gf</b>	3
SEASONAL ICED MESSAGE COOKIE <b>v</b>	3
(available with custom name or message)	

### ORGANIC SOURDOUGH BREAD

PAIN AU LEVAIN	6
SEEDED MULTI-GRAIN	6

### CROISSANTS

CINNAMON TWIST	4
PAIN AU CHOCOLAT	4
PAIN AUX AMANDES	4
BUTTER CROISSANT	3
HAM & GRUYERE	5

### BARS

HEALTHY HEMP® BROWNIE	5
LAYERED PEANUT BUTTER BROWNIE	5
LEMON CUSTARD BAR <b>gf</b>	4
FLOURLESS BROWNIE <b>gf</b>	4
CARAMEL CRUNCH BROWNIE <b>gf</b>	4
CHOCOLATE RICE CRISPY BAR <b>gf   v</b>	5

### SEASONAL DANISH & PASTRY

SEASONAL SAVORY DANISH	4.5
SEASONAL SWEET DANISH	4.5

### DECADENT CAKE

TRADITIONAL CARROT CAKE	7
moist, spiced cake layers with cream cheese frosting	
VEGAN TURTLE CAKE <b>v</b>	7
layers of moist chocolate cake, toasted pecans, chocolate ganache and house-made vegan caramel	
ROSE CAKE <b>gf   v</b>	7
chocolate layered cake with naturally dyed vanilla rose frosting	
VANILLA BERRY CREAM CAKE <b>gf</b>	7
almond layered cake with chocolate buttercream, ganache, whipped cream and seasonal berries	
TOASTED COCONUT CAKE <b>gf</b>	7
four delicate almond cake layers filled with white chocolate custard and covered with coconut	
TRIPLE CHOCOLATE MOUSSE <b>gf</b>	7
layers of white & bittersweet chocolate mousse over flourless chocolate cake	
LINGONBERRY ALMOND TORTE <b>gf</b>	7
Layers of almond cake with chocolate ganache and lingonberry sauce drizzle	

### SIGNATURE DESSERTS

CRUMBLE COFFEE CAKE	4
FRESH RHUBARB CRISP <b>v</b>	8
CARROT CAKE TOP	6

### RUSTIC TARTS

BERRY CREAM TART <b>gf   v</b>	7
Venezuelan fair-trade single-origin chocolate and ground almond crust filled with blueberry and raspberry cream, topped with fresh berries	

### SIGNATURE BRUNCH PASTRY

Available Saturday & Sunday

GIANT CINNAMON ROLL  
WITH CREAM CHEESE FROSTING

6