



Sarah Ann Haugen ~ Chef

## PLATES TO SHARE

**BREAD BOARD** **vg**  
warm French baguette | chimichurri | soft butter

**CRISPY BRUSSELS SPROUTS** **vg | gf**  
lemon parsley aioli | Parmesan Reggiano | sea salt  
SUBSTITUTE VEGAN PARMESAN

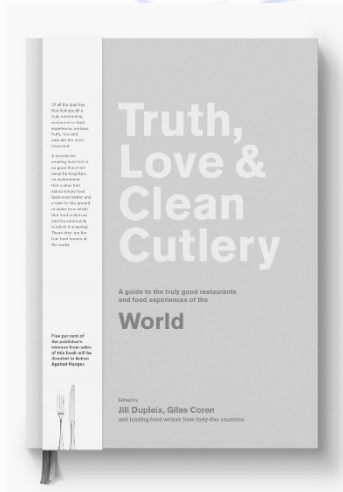
**JERK CHICKEN WINGS** **gf**  
cage and hormone free chicken wings  
Caribbean dry rub or housemade organic BBQ  
served with blue cheese dressing

## PLANT

**EARTH WINGS** **v | gf**  
flash-fried cauliflower | house-made organic sesame BBQ  
celery | house-made soy-cilantro dipping sauce

**HAND-CUT ORGANIC POMME FRITES** **v | gf** 9  
with Moroccan-spiced house ketchup or garlic chive aioli (vg)

**SHROOMY "CALAMARI"** **v | gf** 16  
crispy deep fried oyster mushrooms | cashew chipotle crème



French Meadow is honored to be featured and celebrated as one of the world's exceptional restaurants in the inaugural edition of Truth, Love & Clean Cutlery, A Guide to The Truly Great Restaurants in the world.

"Is there an Alice Waters of American baking? If so, it might as well be Minneapolis' Lynn Gordon, who, as a health-minded macrobiotic cook in 1985, had her neighborhood café and yeast-free bakery certified as the country's first organic bakery." - Authors

**French Meadow is the only restaurant from Minnesota represented in the World edition.**

"Our restaurants were chosen completely on merit, for the unequivocal good that they bring to the food industry."

"Truth, Love and Clean Cutlery provides a roadmap to restaurants that understand the importance of operating morally and sustainably; that treat their workers with compassion and humanity; that value the health and well-being of their customers; and that help us all to become good citizens of this planet." -Alice Waters

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## ORGANIC GREENS

8 **BEET & GOAT CHEESE** **vg | gf** 16  
beets | whipped herb goat cheese | spinach | cilantro  
blackberries | beet fritto | pistachio pumpkin dust  
blackberry tarragon sauce

14 **VITALIST KALE SALAD** **vg | gf** 15  
organic chopped marinated kale | arugula  
ricotta salata | fennel | toasted spiced almonds  
radish | citrus herb vinaigrette

15 **SALMON NICOISE** **gf** 19  
sustainable salmon | fingerling potatoes | romaine  
organic spring greens | haricots verts | roasted tomatoes  
hard boiled Schultz organic egg | green goddess dressing

14 **PETITE SIRLOIN STEAK SALAD** **gf** 20  
grass-fed pan-seared sirloin\* | red onion  
crispy diced sweet potatoes | arugula  
goat cheese | whole grain mustard vinaigrette

## PLANT

**ZEN** **v | gf** 16  
steamed organic brown rice | fresh chives  
organic kale | house-made hummus | cucumber  
kalamata olives | roasted tomatoes | harissa  
radish | house-made guacamole | scallions  
toasted sunflower seeds | lemon-herb vinaigrette

**SPA** **v | gf** 13  
organic marinated rosewood tofu  
organic spring greens | carrot | red pepper | beet  
cucumber | edamame | scallions | cilantro  
toasted sunflower seeds | sesame vinaigrette

**ORGANIC VEGAN CAESAR** **v | gf** 15  
organic kale | pickled red onion  
shaved brussels sprouts | organic chickpea croutons  
plant 'parmesan' | creamy garlic cashew dressing

**KUSHI BOWL** **v | gf** 16  
sweet potato mash | organic kale | black beans  
red peppers | roasted beets | house-made guacamole  
cucumber | scallions | toasted pumpkin seeds  
tahini turmeric dressing

### ADD PROTEIN:

GRILLED SUSTAINABLE SALMON\* **gf** 7  
CRISPY FRIED CHICKEN 7  
GRILLED HORMONE-FREE CHICKEN BREAST **gf** 6  
GRILLED ORGANIC ROSEWOOD TOFU **gf** 5

## HEARTY SOUPS

Served with organic sourdough & whipped butter

CUP 7 | BOWL 9

**TOMATO BASIL** **vg | gf**  
fresh basil | tomatoes | cream

**CHICKEN WILD RICE** **gf**  
hormone-free chicken | Minnesota wild rice | carrots  
cream

**MARTIN'S VERDE CHICKEN POZOLE** **gf**  
Mexican broth | pulled chicken | roasted tomatillos  
hominy

**VEGAN BLACK BEAN CHILI** **v | gf**  
organic black beans | ancho peppers | tomatoes  
chipotle peppers | corn | bell peppers | onions

# DINNER | 4PM - CLOSE

## 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  
house-made pickles | basil aioli | brioche bun

### PLANT

**CALI BURGER v** 16  
sizzled house made veggie burger | guacamole  
wasabi mayo | Heirloom tomato | cucumber | arugula  
chipotle cashew sauce | vegan bun

**COWBOY BURGER v** 16  
sizzled house-made veggie burger | shredded lettuce  
"cheddar" cheese | crisp onion ring | pickles  
house-made organic BBQ sauce | vegan bun

## RUSTIC SANDWICHES

**BUTTERMILK FRIED CHICKEN** 16  
hormone-free chicken breast | shredded organic romaine  
Sriracha aioli | house-made pickles | brioche bun  
TOSS IN NASHVILLE HOT 1.5

**WILD ACRES TURKEY & BACON CROISSANT** 16  
shaved Wild Acres smoked turkey | nitrate-free bacon | gruyère  
roasted tomatoes | organic spinach | basil aioli | croissant

### PLANT

**FRIED "CHICKEN" SANDWICH v** 15  
hand-breaded fried "chicken" | secret sauce  
house-made pickles | shredded organic romaine | vegan bun

**TEMPEH REUBEN v** 15  
marinated grilled tempeh patty | sauerkraut | firecracker slaw  
tomato aioli | vegan Swiss "cheese"  
house-made organic sourdough

Select one side for all sandwiches / burgers:

CREAMY SLAW v | gf  
ORGANIC MIXED GREENS v | gf  
HAND-CUT FRIES gf 2  
CUP OF SOUP 2

SUBSTITUTE GLUTEN-FREE BREAD OR BUN 3

## TACOS

**POBLANO & SHROOMS vg | gf** 17  
organic blue tortilla | avocado crème | poblano & green peppers  
shitake, lions mane & cremini mushrooms | pickled onions  
blackberry sauce | ricotta salata | cilantro | crisp tortilla shards  
fresno chili | organic spring greens | white balsamic vinaigrette

**BLACKENED FISH gf** 16  
wild caught mahi mahi | pico slaw | radish  
cilantro-lime crème | guacamole | queso fresco  
white corn tortillas | organic spring greens  
white balsamic vinaigrette  
SUBSTITUTE GRILLED MARINATED TEMPEH

**SPICY CHICKEN** 16  
crispy fried & sliced chicken | pico slaw | radish | guacamole  
cojita cheese | secret sauce | white corn tortillas  
organic spring greens | white balsamic vinaigrette  
SUBSTITUTE GRILLED CHICKEN gf

### PLANT

**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

**BUFFALO CAULIFLOWER v | gf** 15  
breaded cauliflower | chipotle "cream" | pickled onions  
guacamole | pico de gallo | radish | cilantro  
open face crispy white corn tortilla | organic spring greens  
white balsamic vinaigrette

**"CHORIZO" v | gf** 14  
chipotle "chorizo" | vegan "cheese" | shredded lettuce  
diced tomato | guacamole | crispy white corn tortilla  
organic spring greens | white balsamic vinaigrette

## PLANT ENTREES

**CAULIFLOWER STEAK v | gf** 20  
roasted cauliflower | spiced tahini smear | forbidden rice  
Tunisian lentil medley | cucumber tomato & olive salsa

**ORGANIC HEALING PLATE v | gf** 16  
marinated grilled organic tempeh | organic brown rice coconut  
red beans | sautéed kale | sweet potato mash  
firecracker slaw | scallions | blood orange vinaigrette  
TEMPEH SUBSTITUTES:  
SUSTAINABLE SALMON gf 7  
HORMONE-FREE CHICKEN BREAST gf 6

**GREEN COCONUT CURRY v | gf** 16  
green curry | vegetable mélange | organic brown rice  
CORNMEAL-CRUSTED ORGANIC TOFU v | gf 5  
HORMONE-FREE CHICKEN gf 6  
SUSTAINABLE SALMON gf 7

**BOLOGNESE & "MEATBALLS" v | gf** 18  
organic penne pasta | house-made red sauce  
fresh basil | fennel | onion | garlic | carrots  
vegan "meatballs" & vegan "sausage"

## ENTREES

**REDLAKE WALLEYE gf** 29  
pan fried fresh local Red Lake Nation walleye | organic garlic mashed potatoes | crispy broccolini | basil pesto

**SPRING SALMON gf** 28  
sustainable fresh grilled salmon | turmeric jasmine rice | fennel | asparagus | dill | lemon caper beurre blanc

**PEQUOT LAKES HALF CHICKEN no dairy | gf** 26  
local Wild Acres chicken | forbidden black rice | olive & preserved lemon mélange | crispy artichoke hearts  
parsley aioli | Tangier coulis

**SIGNATURE MAC & CHEESE vg | gf** 16  
organic gluten-free penne | cheddar | gouda  
served with a side of organic spring greens & white balsamic vinaigrette  
BACON 4  
PEAS 2

**BRAISED BEEF gf** 29  
tender grass-fed boneless beef | organic garlic mashed potatoes | broccolini | horseradish crème

\* 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.



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

### SIGNATURE BRUNCH PASTRY

Available Saturday & Sunday

GIANT CINNAMON ROLL  
WITH CREAM CHEESE FROSTING

6