



SMALL PLATES

Marinated Mediterranean Olives

marinated in garlic and herbs, with house made focaccia
8.00

Crispy Calamari

charmoula aioli with lemon
7.00

Artichoke Spinach Dip

served with lavosch flatbread
9.00

Korean Barbecue Chicken Wings

dill cream sauce
7.00

Steamed Blue Mussels

preserved lemon-harissa broth,
grilled **Rustica Bakery** sourdough
8.00

Grilled Duck Confit Flatbread

pickled red onions, Taleggio cheese,
oven dried tomato, black pepper
9.00

Charcuterie Plate

artisanal and house cured meats, house made pickles,
mustard, grilled **Rustica Bakery** sourdough
14.00

Trio of Small Plates

mini crab cakes; sweet and spicy mango sauce,
pickled fennel
grilled, marinated beef skewers; artichoke tapenade,
Northern Lights Blue Cheese
chickpea fritters; frisee, roasted peppers, harissa yogurt
16.00

SOUP AND SALAD

Tomato-Lemongrass Soup

black olive oil, Thai basil
Cup 4.50 Bowl 7.00

Soup of the Day

Cup 4.50 Bowl 6.50

House Green Salad

fennel, cherry tomatoes, radish, cucumber,
saba, citrus vinaigrette
Starter 5.50 Large 10.00

Watermelon Salad

Garden Farme arugula, **Stickney Hills** Chevre,
salted pecans, balsamic vinaigrette
Starter 7.00 Large 13.50

"BLT" Salad

petite iceberg lettuce, **Theilen Family** bacon lardons, oven dried
tomato, **Northern Lights** bleu cheese dressing, fine herbs
Starter 6.50 Large 11.00

Local Vegetable Panzanella Salad

peppers, cucumber, red onion, Heirloom romaine, feta cheese,
basil, ciabatta croutons, red wine vinaigrette
Starter 7.00 Large 12.00

SIDES - 6.00

creamed corn
warm potato salad
summer vegetable succotash

SANDWICHES

Choice of house green salad, fresh fruit, French fries,
1.50 upcharge for cup of soup

Chef's Mini Sandwich of the Day

daily selection
6.50

Grilled Black Angus Hamburger

lettuce, tomato, and onion
9.75

Chef's Burger

lettuce, bacon, red onion marmalade,
Wisconsin cheddar cheese, mustard aioli
11.00

Grilled Lamb Burger

cucumber yogurt, lettuce, tomato, hummus
12.00

Pulled Pork Sandwich

Korean barbecue, pickled fennel, sourdough bun
10.00

Fried Egg BLT Sandwich

Farmer Bob's tomato, applewood smoked bacon, lettuce
on ciabatta bread with sriracha aioli
10.50

House Cold Smoked Salmon Gravlax Club

avocado spread, cucumber, red onion, dill cream,
toasted bri che
9.50

Grilled Portobella Mushroom Sandwich

roasted red peppers, artichoke tapenade, lettuce,
fresh mozzarella, ciabatta bread
10.00

ENTREES

(Entrees Not Available After 2pm)

Kataifi Crusted Tofu

Chinese mushrooms, hot and sour soup, bamboo shoots,
baby bok choy, scallion-radish salad
11.00

Grilled Norwegian Salmon Salad

chilled soba noodle-seaweed salad, sesame, scallions,
radish, sweet chili dressing
14.50

Sweet Corn Risotto

black olive oil, seared broccoli rabe, tomato marmalade
14.00

Pan Roasted Lake Superior Whitefish

summer vegetable succotash, tomato-basil consomm ,
Sicilian extra virgin olive oil
15.00

Pan Roasted Norwegian Salmon

truffled white asparagus risotto, blistered haricot vert,
ni oise vinaigrette
16.00

Pan Roasted Wild Acres Half Chicken

creamed local corn, house made pancetta, **Footjoy Farms**
rainbow chard, tomato marmalade, chicken jus
16.50

Grilled All Natural Black Angus Hanger Steak

warm olive oil potato salad, grilled scallions,
hazelnut romesco sauce
18.00

W. A. FROST SUPPORTS ORGANIC AND SUSTAINABLE FARMERS AND FISHERIES

excess food is donated to Second Harvest Farms / to-go containers sugar cane based 100% compostable / we recycle all paper, plastic, glass, cardboard, aluminum and oil / we use low energy fluorescent bulbs when possible

ARTISAN CHEESE PLATES

Plates are garnished with micro greens, a seasonal selection of fruits & nuts and assorted house made glazes & preserves

Single (1) 7.00 Three (3) 17.00 Five (5) 26.00

REGIONAL AND DOMESTIC

- Northern Lights Blue** (Plato, Minnesota)
raw cow's milk, single family farm, a mild and subtle blue
- Cabot Clothbound Cheddar** (Vermont)
cow's milk, aged 10 months, buttery and sharp with notes of horseradish and earth
- Crave Brothers "Les Frères"** (Waterloo, Wisconsin)
farmstead cow's milk, washed rind, soft, fruity and earthy with yeasty aromas
- Upland Farm's Pleasant Ridge Reserve** (Dodgeville, Wisconsin)
aged, raw farmstead cow's milk, big nutty flavor with a sweet after taste

IMPORTED

- Calvados Camembert** (Normandy, France)
washed with apple brandy, cow's milk, fruity with hints of mushrooms and garlic
- Fourme d'Ambert** (Auvergne, France)
blue, raw cow's milk with hints of fruit and nuts
- Charolais** (Burgundy, France)
bloomy rind goat's milk, hints of lemon, dense mouth feel
- Regal De Bourgogne** (Burgundy, France)
soft cow's milk cheese is coated in raisins, soaked in marc, sweet, fruity and creamy
- bloomy rind goat's milk, hints of lemon, dense mouth feel**
- Tuma Trifulera** (Italy)
cow and sheeps milk, blended with alba truffles, subtle truffle flavor, citrus on the finish, smooth semi firm texture
- Taleggio** (Lombardy, Italy)
cow's milk, semi soft with a washed rind and yeasty with a buttery texture, fruity finish
- Burrata** (Puglia, Italy)
cow's milk, fresh mozzarella encasing a milky center, the flavor is lactic with a soft finish
- Murcia** (Spain)
goats milk, soaked in red wine, fruity and floral, with a smooth mouthfeel

NON-ALCOHOLIC SPECIALTIES

- Pineapple Collins**
Pineapple juice, house-made sour, soda water and a dash of grenadine
4.00
- Ginger Tonic**
Tonic water with ginger syrup, cucumber and mint
4.00
- House Made Cola**
House made cola syrup with soda water
4.00
- Hazelnut Soda**
Soda water with hazelnut syrup and a dash of cream
3.75
- Blueberry-Rosemary Press**
House made blueberry-rosemary syrup with soda and tonic
5.00

EARLY SEATING PRIX FIXE MENU

MONDAY - FRIDAY 5P.M. - 6P.M.

~ THREE COURSES ~

28.00 PERSON INCLUDES N/A BEVERAGE

45.00 INCLUDES SELECT BOTTLE OF WINE

SEE DINNER MENU FOR DETAILS

HAPPY HOUR

MONDAY-FRIDAY 4P.M. - 6P.M. AND 9 P.M. - 11 P.M.
SEE BAR MENU FOR DETAILS - SERVED IN BARS

\$5 - DRINKS \$5 - APPETIZERS

TEA

Individual 14oz. pot 3.75

We proudly serve loose teas supplied by
TeaSource - St.Paul, MN www.teasource.com

Tea Source Gold

Marvelously fruity and aromatic

Dragon Well Green

Aromatic and floral, mildly sweet and grassy

Green Tea with Lemon

Sencha tea with sweet lemon and lemongrass

Blue Beauty Oolong

Green tea from China, sweet, floral, slightly spicy

Jasmine

Very aromatic and refreshing tea, with floral notes

Gunpowder Temple of Heaven

A classic green tea, with a hint of sweetness

Moon Over Madagascar

Rich black tea with Madagascar vanilla

Goomtee Estate Darjeeling Orchid Delight

Smooth texture with rather full body, hints of toastiness

English Breakfast

A mellow blend of black teas

Breakfast Assam

Rich and malty black tea, but clean on the palate

Earl Grey White Tip

Fine China tea. Incredibly aromatic

Evening In Missoula

A slightly sweet caffeine free herbal blend

African Skies

Rooibos-based herbal blend, reminiscent of passionfruit, mango and tropical flowers

Basket o' Berries

Very fruity and rather sweet herbal blend

Peppermint

Refreshing, intense, and aromatic tea from Oregon

English Breakfast Decaffeinated

Medium-bodied black tea

GOURMET COFFEE

USDA Organic and Fair Trade Certified

Individual 2 Cup Press Pot 3.50

Ethiopian Sidoma

Dark roast coffee from the birthplace of the coffee bean.
Full-bodied with earthy notes and mellow acidity

Sumatra Blue Lintong

Full-bodied, rich with a long finish and pronounced acidity

Finca Dos Marias

Guatemalan Estate - Organic
smokey, rich, french roast.
Well-balanced with spicy acidity

Rainforest - Organic

A blend of beans from South and Central America. Medium bodied, with a soft, mellow flavor

BOTTLED WATER

San Pellegrino Sparkling

San Pellegrino Panna

500 mL 3.25

1 Liter 4.75

1/2 OFF - BOTTLE WINE

MONDAY 11 A.M. - 11 P.M.

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ANY BOTTLE FROM OUR MAIN WINE LIST

LIST PRICE OF \$80 - \$200 ONLY

CLEARANCE WINE EXCLUDED