

STARTERS WITH LOVE

EARTH WINGS GF V VG

flash-fried cauliflower / organic sesame BBQ sauce / celery sticks / fresh soy cilantro dipping sauce **14.50**

FREE RANGE CHICKEN WINGS GF

farm free range wings / organic sesame BBQ sauce / celery sticks / blue cheese dipping sauce **16.00**

AVOCADO TOAST V VG

smashed avocado / tamari roasted sunflower seeds / fresh cilantro / lime / olive oil / cracked pepper / unrefined sea salt / 100% sprouted organic toast **17.60**
+ two organic eggs **5.00** / + bacon **6.00** / + vegan sausage **6.00** / + fried potatoes **3.50**

HUMMUS, HARISSA & CUCUMBER TARTINE GF V VG

Served with 100% rye crackers / carrots / cucumbers / kalamata olives **13.20**

SWEET POTATO FRIES GF V VG with sriracha aioli **11.00**

SEA SALT FRIES GF VG with garlic chive aioli **8.80**

EARTHBOUNDED SALADS

+ grilled organic tofu **6.00** / + free-range chicken **7.00** / + mahi **9.00** / + sustainable salmon **9.00**

BUDDHA GF V VG

organic brown rice / organic kale / radish / cucumber / roasted tomatoes / scallions / house-made guacamole / kalamata olives / house-made hummus / tamari roasted sunflower seeds / harissa with lemon-herb vinaigrette **19.80**

SPA SALAD GF V VG

organic greens / roasted beets / carrots / red peppers / cucumbers / tamari roasted sunflower seeds / scallions / edamame / cilantro / toasted sesame vinaigrette **17.60**

REALLY GREEK SALAD GF VG

organic romaine / roasted tomatoes / quinoa tabouli / cucumbers / organic marinated chickpeas / kalamata olives / feta / lemon oregano dressing **18.70**

MACRO BOWL GF V VG

organic kale / black beans / peppers / roasted beets / smashed avocado / sweet potato / cucumber / organic brown rice / turmeric tahini dressing **19.80**

SOUPS WE LOVE

TOMATO BASIL GF VG bowl **9.90**

CHICKEN WILD RICE GF bowl **9.90**

VEGAN BLACK BEAN CHILI GF V VG bowl **9.90**

SPROUTED WRAPS & SANDWICHES

served with organic green salad & balsamic vinaigrette
sub fries **4.00** / sub sweet potato fries **6.00**

ROASTED TURKEY & PESTO SANDWICH

local free-ranged smoked turkey / BGH-free white cheddar / roasted tomatoes / house-made pesto / organic romaine / artisan croissant **17.60**

NORTHERN CALIFORNIA WRAP

grilled free-range chicken / smashed avocado / roasted tomatoes / tomato aioli / fresh cilantro / organic romaine / 100% sprouted organic tortilla **17.60**

MEDITERRANEAN WRAP VG

quinoa tabouli / roasted tomatoes / greek olives / carrots / feta / hummus / organic romaine / 100% sprouted organic tortilla **15.40**

HOT FROM THE KITCHEN

served with organic green salad & balsamic vinaigrette
sub fries **4.00** / sub sweet potato fries **6.00**

GRILLED CHELSEA V VG

roasted beets / sauerkraut / daiya vegan cheese / tomatoes / smashed avocado / sriracha aioli / vegan thousand island dressing / 100% sprouted organic wheat bread **16.50**

GRILLED RACHEL

local free-range smoked turkey / sauerkraut / BGH-free swiss / vegan thousand island dressing / grilled 100% sprouted organic wheat bread **17.60**

CHICKEN & GOAT CHEESE CIABATTA

free-range chicken / goat cheese / roasted tomatoes / organic spinach / sun-dried tomato aioli **17.60**

TURKEY & BACON CIABATTA

local free-range smoked turkey / BGH-free white cheddar / organic spinach / nitrate-free bacon / garlic aioli / served on an artisan ciabatta **17.60**

TWO STREET TACOS GF

Blackened Mahi / grilled free-range chicken or organic marinated tofu / pico de gallo / guacamole / organic romaine / chipotle sour cream / scallions / corn tortilla **20.90**

SUSTAINABLE BURGERS

served with organic green salad & balsamic vinaigrette
sub fries **4.00** / sub sweet potato fries **6.00**

GRASS-FED CHEESEBURGER

local grass-fed beef / BGH-free white cheddar / romaine lettuce / pickles / caramelized onions / sriracha aioli / 100% sprouted organic wheat bun **19.80**

TURKEY BURGER

BGH-free white cheddar / nitrate-free bacon / guacamole / organic romaine / garlic chive aioli / 100% sprouted organic wheat bun **19.80**

COWBOY BURGER V VG

Beyond Burger® patty / pickles / organic romaine / daiya vegan cheese / crispy onions / organic sesame BBQ sauce / 100% sprouted organic wheat bun **19.80**

GLUTEN FREE GF

VEGAN V

VEGETARIAN VG

*18% GRATUITY WILL BE ADDED FOR PARTIES OF SIX (6) OR MORE | A 4.5% HOSPITALITY CHARGE WILL BE ADDED TO ALL GUEST CHECKS. THIS SURCHARGE IS NOT A GRATUITY PAYABLE DIRECTLY TO STAFF.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food-borne illness.

*Our gluten-free items have gluten free ingredients. However, food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any item is completely free of gluten.

MSP 240327

DESSERTS


MAPLE DONUTS 6.50 


FRESH LEMON BAR 6.50  

POMEGRANITE PISTACHIO BAR 6.50 

RASPBERRY CRUMBLE BAKERY BAR 6.50 

VEGAN CHOCOLATE DONUTS 6.50 

SEVEN LAYER BAR 6.50 

CINNAMON BLUEBERRY MUFFIN 6.50 

GLUTEN FREE

CARAMEL BROWNIE 6.50  

VEGAN BROWNIE 7.50 

CLASSIC COCKTAILS

MARGARITA Sauza® Blue Tequila, DeKuyper® Triple Sec / Finest Call® Sour Mix / Lime 12.00

ORGANIC MARTINI Prairie Organic Vodka / Dry Vermouth / Olive 13.00

WAKE ME UP COCKTAILS MAKE IT A DOUBLE FOR \$4

DILL BLOODY MARY Demitri's® Gourmet Bloody Mary Mix / New Amsterdam® Vodka / Dill Aquavit / Celery Stalk / Green Olives / Pickle Chips 13.00

ESPRESSO MARTINI Stoli Vanilla / Kahlua / Baileys/ espresso 14.00

BLOOD ORANGE MIMOSA Silver Gate / Blood Orange Juice 14.00

BELLINI Silver Gate / Peach Nectar 15.00


ORGANIC SCREWDRIVER Prairie Organic Vodka / Organic Orange Juice 15.00

BRASS MONKEY Surly Furious / Organic Orange Juice 13.00

THE RADLER Surly Furious / Organic Grapefruit Juice 13.00

IRISH COFFEE Jameson Irish Whiskey / Peoples Organic Coffee / Whipped Cream 14.00

WHITE WINE

 ORGANIC  SUSTAINABLE
 BIODYNAMIC  VEGAN





HOUSE WINE 10

FLEUR DE MER ROSÉ Russian River Valley, California 18.00

NOBILO SAUVIGNON BLANC New Zealand 16.00 

J LOHR RIVER STONE CHARDONNAY Russian River Valley, California 18.00

RED WINE

 ORGANIC  SUSTAINABLE
 BIODYNAMIC  VEGAN

HOUSE WINE 10

DOÑA PAULA ESTATE MALBEC Mendoza Argentina 13.00 

JOEL GOTT 815 CABERNET SAUVIGNON California 18.00

CANDONI ORGANIC MERLOT Italy 16.00 

SIDURI PINOT NOIR Willamette Valley, Oregon 18.00

SPARKLING

SILVER GATE SPARKLING WINE California 13.00

LA MARCA PROSECCO *INDIVIDUAL BOTTLE* Italy 13.00

CHANDON SPARKLING ROSÉ *INDIVIDUAL BOTTLE* California 13.00

LONG ISLAND ICED TEA Cruzan® Light Rum / New Amsterdam® Gin / New Amsterdam® Vodka / DeKuyper® Triple Sec / Finest Call® Sour Mix / Cola / Lemon 16.00

SPECIALTY COCKTAILS

PEOPLES BLUE MOJITO Rum Haven Coconut Rum / Blue Curacao / Lime / Fresh Mint / Soda Water 15.00

MUDDLED GREEN BEE Prairie Organic Vodka / Mint / Agave Nectar / Lemon Juice / Lemon Zest / Mint 15.00

DUNORD BLOODY MARY Foundation vodka, lovejoy's rim seasoning, Lovejoy's bloody mary mix, lemon juice 13.00

MINNEHAHA MULE Foundation Vodka, Pronounced Apple Liqueur, ginger beer 17.00

SUPERIOR VIBES Cafe Frieda Coffee Liqueur, Foundation Vodka, orange curacao, coffee, salt 17.00

MINNESOTA MIRACLE Mixed Blood Whiskey, sweet vermouth, bitters 17.00


MINNESOTA GOODBYE Cafe Frieda Coffee Liqueur, steamed milk, espresso, chocolate syrup 17.00

DRAFT LOCAL LOCAL ORGANIC

BUD LIGHT® 6.75/10.50

SAMUEL ADAMS® LAGER 9.00/12.00

STELLA ARTOIS® 8.50/11.50

SURLY FURIOUS IPA 9.00/12.00 

THIRD STREET BREWHOUSE MINNESOTA GOLD LAGER 10.00/13.00

WILD STATE ORGANIC CIDER 9.00/12.00 

BOTTLED BEER LOCAL LOCAL ORGANIC

BLUE MOON® 8.00

CORONA EXTRA® 8.00

SAMUEL ADAMS® SEASONAL 9.00

MICHELOB ULTRA® PURE GOLD ORGANIC BEER 8.00

KONA BIG WAVE 10.00/13.00

DESCHUTES FRESH SQUEEZED IPA 9.00

TRULY SELTZERS 9.00

CLAUSTHAULER NON-ALCOHOLIC 8.00

*18% GRATUITY WILL BE ADDED FOR PARTIES OF SIX (6) OR MORE | A 4.5% HOSPITALITY CHARGE WILL BE ADDED TO ALL GUEST CHECKS. THIS SURCHARGE IS NOT A GRATUITY PAYABLE DIRECTLY TO STAFF.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food-borne illness.

MSP 240327

*Our gluten-free items have gluten free ingredients. However, food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any item is completely free of gluten.