

# FEATURED SEASONAL

**Local Apples:** Most local varieties have been developed at the U of M. They are harvested in the fall with a surprisingly short season. With over 7,500 different varieties cultivated around the world, we are lucky to produce a unique array right at home. Rich in phyto-nutrients, apples are popular for all ages

**Squash:** The origins of squash are said to be in Central America but have traveled throughout the world in the last 10,000 years. The squash family has a wide versatility being used in dishes from appetizers to desserts. This trait, along with the nutrient punch it packs, makes squash a favorite in many households.

**Cranberries:** These are one of the three fruits that are native to North America. The name came from Dutch and German settlers and are said to have been used as early as the 1700's. Grown in bogs, the US has five states that are the main producers, one of which is our neighboring state to the east.

## APPLE CIDER MIMOSA

Apple cider mixed with sparkling wine 8

## FEATURED SOUP

Ask your server about today's selection

cup 4.75 bowl 5.75

## MAPLE CHICKEN SALAD GS

Organic baby kale, wild arugula, grilled chicken breast, local apple, roasted squash, dried cranberry, walnuts, blue cheese and maple vinaigrette 13.95

*Our drink pairing suggestion: Riesling, Evolution, Columbia Valley, Oregon*

## AUTUMN TURKEY WRAP GS

All-natural smoked turkey breast, wild rice, mushroom, gingered yams, dried cranberry, chicken cream sauce and cranberry chutney in a flour tortilla 14

*Our drink pairing suggestion: Chardonnay, Hess Shirtale, Napa County, California*

## WILD RICE STUFFED SQUASH V

Adzuki and pinto beans, sunflower and sesame seeds, cashews, candied pecans, dried cranberry and apple crème fraîche 12.95

*Our drink pairing suggestion: Indeed Brewing Day Tripper Pale Ale, Minnesota*

## JAMBALAYA GS

All-natural chicken, shrimp, spicy pork sausage, red and green bell pepper, onion, squash, celery, tomato, white wine and chicken stock served with brown rice, chilis and green onion 16

*Our drink pairing suggestion: Evolution, Red Blend, Columbia Valley, Oregon*

# SMALL PLATES.....SHARING PLATES

## STONEGROUND NACHOS V GS

Corn tortilla chips, adzuki and pinto beans, cheddar-jack cheese, chilies, radish, sour cream, chipotle sour cream, cilantro, guacamole and salsa 11.95

\*add grilled chicken 4.25

\*add grass-fed beef 4.5

## SHRIMP AND SALMON CAKES

With brown rice, fall vegetables, chilies, cilantro and teriyaki glaze 9.95

## CHICKEN QUESADILLAS GS

Flour tortillas, grilled chicken, cheddar-jack cheese, lettuce, chilies, radish, cilantro, sour cream, guacamole and salsa 13.95

## THAI CHICKEN FLATBREAD

Grilled chicken, peanut sauce, carrot, red and green bell pepper, red onion, cilantro, low-fat mozzarella and roasted peanuts 14

## BAKED ARTICHOKE DIP

Artichoke heart, spinach, jicama, sour cream, mayonnaise, Parmesan cheese and spices. Served with toasted naan bread 11.25

## GOOD EARTH BREAD BASKET

Cranberry walnut batard, 6 seed ciabatta, and everything-seasoned crackers served with house-made hummus 2.95

# SOUPS & SALADS

## VEGETABLE BEAN SOUP V GS

cup 4.75 bowl 5.75

## TROPICAL SPINACH SALAD V GS

Fresh spinach, tahini poppyseed dressing, caramelized pecans, mango, jicama and red bell pepper

small 6.5 / large 12

## GRAIN BOWL SALAD V GS

Organic baby kale, wild arugula, organic quinoa, carrot, cucumber, red bell pepper, edamame, avocado, sunflower sprouts, chia seeds with citrus vinaigrette 14.25

\*add grilled chicken or shrimp 4.25

\*add Antarctic salmon\* 6

## CASHEW CHICKEN SALAD GS

All-natural chicken, mayonnaise, romaine, spinach, tomato, cucumber, sunflower sprouts, sprouted beans, avocado, egg and Kalamata olives with tahini poppyseed dressing 14

\*Substitute Almond Tuna Salad

## MEDITERRANEAN GREEK SALAD V GS

Wedge of romaine, herb tabouleh, hummus, cucumber, tomato, Kalamata olives, feta cheese with Greek vinaigrette served with toasted naan bread 14

## CHOPPED SALAD GS

Romaine, tomato, blue cheese, raisins, corn, bacon, grilled chicken, baked flour tortilla strips with cilantro vinaigrette 14.25

An 18% gratuity will be added to parties of 8 or more