

# BREAKFAST & LUNCH MENU



*Organic & Local Since 1985*

## BREAKFAST

*Served until 3 p.m.*

<b>FAMOUS FRUIT PANCAKE</b> <i>vg</i>	8   13
chef's daily creation   pure Wisconsin maple syrup	
<b>BAKED CINNAMON FRENCH TOAST</b> <i>vg</i>	12
thick-sliced organic sourdough   fresh blueberries house-made whipped cream   pure Wisconsin maple syrup	
<b>CAJUN HASH BROWNS</b> <i>vg/gf</i>	12
hash browns   cheddar   spicy roasted onions, peppers and tomatoes ADD 2 SCHULTZ ORGANIC EGGS* 4 garlic   scallions ADD BISON SAUSAGE 5 ADD NITRATE-FREE BACON 3 ADD GRILLED PETTIT SIRLOIN 7 ADD VEGAN SAUSAGE 3 ADD CHICKEN CHORIZO 3	
<b>CLASSIC EGG BREAKFAST*</b>	12
two Schultz organic eggs   organic house-made seeded sourdough toast hash browns   nitrate-free bacon SUBSTITUTE GRILLED PETTIT SIRLOIN 6 <i>prepared scrambled, over easy, over medium, over hard or poached</i>	
<b>ORGANIC EGGS BENEDICT</b>	15
two Schultz organic poached eggs   pit ham   house-made hollandaise organic house-made English muffin organic spring greens or hash browns	
<b>SALMON EGGS BENEDICT*</b> <i>gf</i>	18
two Schultz organic poached eggs   sustainable salmon sautéed organic spinach   house-made hollandaise sauce organic spring greens or hash browns ADD ORGANIC HOUSE-MADE ENGLISH MUFFIN 1 ADD GLUTEN-FREE BREAD 3	
<b>SIGNATURE QUICHE</b> <i>vg</i>	14
Schultz organic eggs   goat cheese   roasted tomatoes   leeks organic spinach   organic spring greens or hash browns	
<b>BREAKFAST BURRITO</b> <i>vg</i>	12
Schultz organic scrambled eggs   vegan black bean chili   hash browns cheddar   scallions   chipotle sour cream   flour tortilla ADD CHICKEN CHORIZO 3 ADD NITRATE-FREE BACON 3 ADD VEGAN SAUSAGE 3 ADD BISON SAUSAGE 5	
<b>BREAKFAST QUESADILLA</b> <i>vg</i>	13
Schultz organic scrambled eggs   organic black beans   cheddar organic spinach   house-made guacamole   chipotle sour cream house-made salsa   100% sprouted organic tortilla	
<b>EGGS &amp; SMOKED SALMON</b>	14
two Schultz organic scrambled eggs   organic spinach smoked sustainable salmon   cream cheese   organic spring greens organic seeded sourdough toast	
<b>MARTIN'S HUEVOS RANCHEROS*</b> <i>gf</i>	14
two Schultz organic poached eggs   slow-braised pork in salsa verde organic black beans   cheddar   scallions   chipotle sour cream crisp corn tortillas	
<b>EGG &amp; BACON CROISSANT</b>	13
Schultz organic eggs   Swiss cheese   house-made guacamole nitrate-free bacon   organic spinach   roasted tomato organic spring greens or hash browns	
<b>THE "ZONE" OMELETTE</b> <i>vg</i>	13
three Schultz organic eggs whites with one yolk   organic spinach goat cheese   scallions   roasted tomatoes   organic spring greens organic seeded sourdough toast	
<i>Plant</i>	
<b>AVOCADO TOAST</b> <i>v</i>	12
smashed avocado   pumpkin seeds   fresh cilantro   lime   olive oil cracked pepper   unrefined sea salt   organic seeded sourdough toast SUB GLUTEN-FREE BREAD 3 ADD 2 SCHULTZ ORGANIC EGGS* 4 ADD NITRATE-FREE BACON 3 ADD VEGAN SAUSAGE 3 ADD HASH BROWNS 3	
<b>BLUEBERRY CORN PANCAKE</b> <i>v/gf</i>	10   16
organic GMO-free corn pancake   fresh blueberries pure Wisconsin maple syrup	
<b>CLASSIC VEGAN BREAKFAST</b> <i>v</i>	12
organic tofu scramble   hash browns   vegan sausage organic seeded sourdough toast	

## HEARTY SOUPS

*Served with organic sourdough.  
Ask about our seasonal soup of the day.*

CUP 4 | BOWL 8

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

**CHICKEN WILD RICE** *gf*  
chicken | Minnesota wild rice | carrots | onion | cream | scallions

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

### *Plant*

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

## ORGANIC GREENS

**PETITE SIRLOIN STEAK SALAD\*** *gf* 18  
grass-fed pan-seared sirloin | crispy diced sweet potatoes  
red onion | wild arugula | goat cheese  
whole grain mustard vinaigrette

**TRADITIONAL NIÇOISE\*** *gf* 18  
seared ahi tuna | fingerling potatoes | Kalamata olives | roasted tomato  
haricots verts | hard-boiled Schultz organic egg | lemon-herb vinaigrette

**ROASTED BEET & PEAR** *vg/gf* 15  
roasted beets | roasted caramelized pears | St. Pete's Select  
blue cheese | Bibb lettuce | toasted walnuts | tarragon vinaigrette

**APPLE & CHEDDAR** *vg/gf* 14  
crisp, tart organic apples | extra sharp Tillamook cheddar  
organic romaine | radicchio | toasted pecans | maple Dijon vinaigrette

**FRENCH MEADOW COBB** *gf* 14  
organic Bibb lettuce | shaved Wild Acres turkey breast  
cherry tomatoes | nitrate-free bacon | hard-boiled Schultz organic egg  
crumbled blue cheese | green goddess dressing

**CLASSIC CAESAR** 8 | 14  
layered organic romaine | signature Caesar dressing  
shaved parmigiano reggiano | grilled crostini | brûléed lemon

### *Plant*

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

**SPA** *v/gf* 14  
organic spring greens | rosewood organic tofu | beet | carrot  
red pepper | cucumber | edamame | toasted sunflower seeds  
cilantro | scallions | sesame vinaigrette

**ORGANIC VEGAN CAESAR** *v/gf* 14  
organic romaine | organic kale | organic tempeh "bacon" bits  
garlic | roasted organic chickpea croutons | vegan "parmesan"  
creamy cashew dressing

**KUSHI BOWL** *v/gf* 15  
sweet potato mash | organic kale | black beans | red peppers  
roasted beets | house-made guacamole | cucumber | scallions  
toasted pumpkin seeds | tahini turmeric dressing

**ADD TO ANY SALAD:**  
GRASS-FED PETTIT SIRLOIN\* 7  
GRILLED SUSTAINABLE SALMON 7  
GRILLED HORMONE-FREE CHICKEN BREAST 6  
GRILLED ORGANIC ROSEWOOD TOFU 5

## PLATES TO SHARE

**CHICKEN WINGS** *gf* 14  
cage & hormone-free chicken wings | house-made organic sesame BBQ  
or Caribbean dry rub | celery | blue cheese dressing

### *Plant*

**EARTH WINGS®** *v/gf* 14  
flash-fried cauliflower | house-made organic sesame BBQ  
celery | house-made soy-cilantro dipping sauce

**HAND-CUT ORGANIC POMMES FRITES** *v/gf* 9  
with Moroccan-spiced house-made ketchup  
OPTIONAL GARLIC CHIVE AIOLI *vg*

**ORGANIC HUMMUS WITH CRUDITÉS** *v* 12  
organic house-made hummus | seasonal grilled & raw vegetables  
olives | house-made pickles | house-made organic crackers

*v* = vegan

*gf* = gluten-free

*vg* = vegetarian

\* Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.  
French Meadow adds a 5% wellness service charge to our guest checks in an effort to offset the cost of employee benefits. This is not a gratuity.

# BREAKFAST & LUNCH MENU

## SANDWICHES & WRAPS

- BUTTERMILK FRIED CHICKEN** 16  
hormone-free chicken breast | shredded organic romaine  
Sriracha aioli | pickles | organic brioche bun  
TOSS IN NASHVILLE HOT 1.5
- CALIFORNIA WRAP** 12  
shaved Wild Acres smoked turkey | house-made guacamole  
roasted tomatoes | organic romaine | chipotle sour cream  
100% sprouted organic tortilla  
ADD NITRATE-FREE BACON 3
- TUNA MELT** 14  
grilled tuna salad | swiss cheese | roasted tomatoes | garlic-chive aioli  
house-made organic sourdough rye
- GRILLED TURKEY RACHEL** 14  
shaved Wild Acres smoked turkey | Swiss cheese | firecracker slaw  
sauerkraut | tomato-caper aioli | house-made organic sourdough rye
- WILD ACRES TURKEY & BACON CROISSANT** 14  
shaved Wild Acres smoked turkey | nitrate-free bacon | Gruyère  
roasted tomatoes | organic spinach | garlic-chive aioli | croissant
- INCREDIBLE CAULIFLOWER GRILLED CHEESE** v<sup>g</sup> 14  
house-made organic sourdough | grilled cauliflower | white cheddar  
jalapeño-chive aioli | arugula | pickled red onion  
ADD NITRATE-FREE BACON 3  
SUBSTITUTE VEGAN CHEESE 3

### *Plant*

- TEMPEH REUBEN** v 14  
marinated grilled tempeh patty | sauerkraut | firecracker slaw  
tomato-soy aioli | Herbivorous Butcher vegan Swiss “cheese”  
house-made organic sourdough rye

## SUSTAINABLE BURGERS

- WILD ACRES TURKEY BURGER\*** 15  
white cheddar | nitrate-free bacon | roasted tomatoes | onion  
pickles | garlic-chive aioli | house-made guacamole  
100% sprouted organic seeded multi-grain bun
- GRASS-FED BEEF BURGER\*** 18  
white cheddar | lettuce | roasted tomatoes | onion  
pickles | garlic-chive aioli | organic brioche bun

### *Plant*

- COWBOY BURGER** v 16  
sizzled Beyond Meat burger | Herbivorous Butcher “American”  
crispy onions | cilantro aioli | pickles  
organic house-made sesame BBQ sauce  
100% sprouted organic seeded multi-grain bun

### SELECT ONE SIDE for all sandwiches/burgers:

- FIRECRACKER 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  
ANY SANDWICH OR BURGER 3

## ENTREES

- OAXACAN SALMON TOSTADA** gf 18  
sustainable Norwegian salmon | avocado | tomato | red onion | jalapeño | cilantro lime aioli | crispy corn tortilla
- BLACKENED FISH TACOS** gf 14  
mahi mahi | pico slaw | radish | cilantro-lime crème | organic spring greens | white balsamic vinaigrette  
SUBSTITUTE GRILLED PETITE SIRLOIN\* 6
- PAN-SEARED MISO SALMON** gf 28  
sustainable Norwegian salmon | organic Yukon Gold garlic mashed potatoes | sautéed greens
- BRAISED BEEF** 28  
grass-fed boneless short rib | organic Yukon Gold garlic mashed potatoes | red wine demi-glace | horseradish crème
- SIGNATURE MAC & CHEESE** gf/v<sup>g</sup> 16  
Organic gluten-free penne | cheddar | gouda | served with a side of mixed greens  
ADD BACON 3  
ADD VEGAN TEMPEH “BACON” 3  
ADD PEAS 2

### *PLANT*

- GREEN COCONUT CURRY** v/gf 14  
green curry | vegetable mélange | organic brown rice  
ADD CORNMEAL-CRUSTED ORGANIC TOFU v/gf 5  
ADD HORMONE-FREE CHICKEN gf 6  
ADD SUSTAINABLE SALMON gf 7
- BLACKENED TEMPEH TACOS** v/gf 12  
blackened organic tempeh | tempeh chorizo | pico slaw | house-made guacamole | radish | soy-cilantro aioli  
organic spring greens | white balsamic vinaigrette
- ORGANIC HEALING PLATE** v/gf 15  
marinated grilled organic tempeh | organic brown rice | coconut red beans | sautéed seasonal greens | scallions  
firecracker slaw sweet potato | blood orange vinaigrette  
SUBSTITUTE SUSTAINABLE SALMON gf 7  
SUBSTITUTE HORMONE-FREE CHICKEN BREAST gf 6



*“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

French Meadow sources as many ingredients as possible from small regional farmers that we know and trust to serve the freshest, healthiest, and highest quality food. These partners hold the same commitment to sustainable, GMO-free, and humane practices that have been a cornerstone of our organic farm-to-table mission for more than 30 years.