



PEOPLES ORGANIC COFFEE

FAIR TRADE ORGANIC COFFEE	3.25
COLD PRESSED ORGANIC COFFEE	4
ESPRESSO	2.75
LATTE	4/5
CAPPUCCINO	4/5
AU LAIT	3.25/4.25
AMERICANO	3.25
MACCHIATO	3.25
SHOT IN THE DARK	3.25/4.25
MIEL	4.25/5
MOCHA	4.25/5
FMB MOCHA	4/4.75
TURTLE MOCHA	4.75/5.25
MATCHA LATTE	4.25/5
STEAMER	3.25/3.75
ADD FLAVOR SHOT	.75
HOT CHOCOLATE made with our house-made vegan chocolate	3.5/4
ORGANIC MASALA CHAI LATTE	4.5

Milk options: skim, 2%, whole, oat, soy
Add 1.00 for hemp, almond, coconut milk

FRESH BREWED ICED TEA

HOUSE-MADE ORGANIC BLACK TEA	4
FEATURED ORGANIC ICED TEA	4
ARNIE PALMER made with our fresh-squeezed lemonade & house-made ice tea	4.5

JUICES & SODAS

FRESH-SQUEEZED LEMONADE	4.5
ORGANIC ORANGE JUICE	4.5
ORGANIC GRAPEFRUIT JUICE	4.5
ORGANIC APPLE CIDER	4.5
FRENCH/ITALIAN SODA	3.5

BRUNCH COCKTAILS

BLOODY MARY	10
Organic vodka, house-spiced tomato juice, celery salt rim	
DILL BLOODY MARY	11
Dill Aquavit vodka, house-spiced tomato juice, celery salt rim	
MIMOSA	9
Champagne & organic orange juice	
BELLINI	9
Champagne & peach nectar	
SCREWDRIVER	9
Organic vodka & organic orange juice	
GREYHOUND	9
Organic vodka & organic grapefruit juice	
SALTY DOG	9
Organic vodka, organic grapefruit juice, salted rim	
IRISH COFFEE	9
Jameson & People's Organic Coffee	
BRASS MONKEY	9
Organic vodka, dark rum, organic orange juice	
RADLER	9
Surly Furious & organic grapefruit juice	

ORGANIC LOOSE LEAF TEA

A SELECTION OF ORGANIC RISHI TEAS

3.75

BLACK

earl grey | earl grey lavender
china breakfast | vanilla bean

OOLONG

tropical coconut | iron goddess of mercy

GREEN

jasmine | orange blossom | jade cloud

HERBAL

chamomile medley | peppermint | tangerine ginger
blueberry rooibos | ginger lime rooibos
hibiscus rooibos | turmeric ginger

Scarlet tea

WHITE

peach blossom

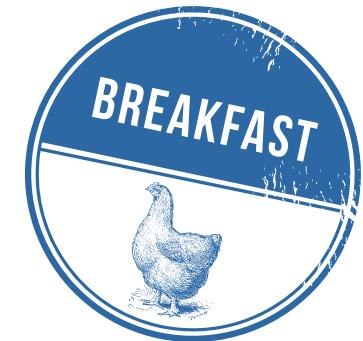


served until
2 pm Monday - Thursday
3 pm Friday - Sunday

MORNING FOOD

AVOCADO TOAST v	10
Smashed avocado, tamari roasted pumpkin seeds, fresh cilantro, lime, olive oil, cracked pepper, unrefined sea salt, organic seeded sourdough toast	
*ADD TWO ORGANIC SCHULTZ EGGS - 4	
ADD NITRATE-FREE BACON - 3	
ADD VEGAN SAUSAGE - 3	
ADD HASHBROWNS - 3	
SUB GLUTEN FREE BREAD - 3	
BLUEBERRY CORN PANCAKE v/gf	9
organic GMO-free corn pancake, fresh blueberries, pure Wisconsin maple syrup	
ORGANIC HEART HEALTHY OATMEAL v/gf	9
organic apple, organic raisins, toasted sunflower seeds, steamed organic almond milk, cinnamon, served with organic sourdough toast	
CLASSIC VEGAN BREAKFAST v	11
organic tofu scramble, house-made organic brunch potatoes, vegan sausage, organic seeded sourdough toast	
*CLASSIC EGG BREAKFAST	12
two organic Schultz eggs, organic sourdough toast, house-made organic brunch potatoes, nitrate-free bacon	
CAJUN HASHBROWNS vg/gf	10
spicy house-made organic hashbrowns, cheddar, onions, roasted peppers, roasted tomatoes, garlic	
ADD NITRATE-FREE BACON - 3	
ADD CHICKEN CHORIZO - 3	
ADD VEGAN SAUSAGE - 3	
*ADD SCHULTZ ORGANIC EGGS - 4	
EGG & BACON CROISSANT	11
organic Schultz eggs, swiss, house-made guacamole, nitrate-free bacon, organic spinach, tomatoes, mixed organic greens	

v = vegan vg = vegetarian gf = gluten free



PLATES TO SHARE

EARTH WINGS ® v/gf	13
hand-battered & fried cauliflower, sesame BBQ, organic celery, soy-cilantro aioli	
ORGANIC CORN CHIPS	8
house-made salsa and guacamole	
ORGANIC POMMES FRITES v	6
hand-cut organic fries served with Ras El Hanout ketchup	

ORGANIC GREENS

ADD GRILLED PROTEIN TO ANY SALAD

ORGANIC ROSEWOOD TOFU - 5
HORMONE-FREE CHICKEN - 6
*SUSTAINABLE SALMON - 8
*HIDDEN STREAM FARM STEAK - 8

SALMON NIÇOISE

19
seared sustainable salmon, fingerling potatoes, mixed olives, tomato, haricot-verts, Schultz organic hard-boiled egg, lemon-herb vinaigrette

ZEN v/gf

14
steamed organic brown rice, house-made hummus, organic kale, radish, cucumber, tomatoes, scallion, harissa, mixed olives, house-made guacamole, toasted sunflower seeds, organic micro-greens, lemon vinaigrette

SPA v/gf

14
organic mixed greens, rosewood organic marinated tofu, red pepper, beets, cucumber, edamame, scallion, cilantro, carrots, toasted sunflower seeds, sesame vinaigrette

APPLE & CHEDDAR vg/gf

14
crisp organic apples, sharp cheddar, romaine, toasted pecans, maple dijon vinaigrette

ROASTED BEET vg/gf

12
organic mixed greens, roasted beets, St. Pete's bleu cheese, caramelized pears, candied walnuts, tarragon vinaigrette

CHICKEN COBB gf

14
romaine, hormone-free grilled chicken, tomato, nitrate-free bacon, Schultz organic hard-boiled egg, mixed olives, bleu cheese dressing, crumbled bleu cheese

RUSTIC SANDWICHES & WRAPS

SERVED WITH YOUR CHOICE OF
HAND-CUT ORGANIC FRIES
ORGANIC TORTILLA CHIPS & SALSA
FIRECRACKER SLAW
ORGANIC MIXED GREENS
substitute gf bread - 2
substitute cup of soup - 2

TEMPEH REUBEN v

12
organic marinated grilled tempeh, sauerkraut, Herbivorous Butcher vegan swiss, firecracker slaw, tomato-soy aioli, organic rye

GRILLED RACHEL

14
Wild Acres smoked turkey, swiss, firecracker slaw, sauerkraut, tomato-caper aioli, organic rye

INCREDIBLE GRILLED CHEESE vg

12
white cheddar, swiss, organic sourdough

TUNA MELT

14
grilled tuna salad, swiss, roasted tomato, garlic-chive aioli, organic sourdough

WILD ACRES TURKEY & BACON CROISSANT

12
smoked Wild Acres turkey, nitrate-free bacon, swiss, tomato, organic spinach, garlic-chive aioli, croissant

CALIFORNIA WRAP

12
Wild Acres smoked turkey, house-made guacamole, roasted tomato, romaine, chipotle sour cream

PLANT WRAP v

12
coconut-scented red beans, romaine, red peppers, carrots, radish, pickled red onions, pico de gallo, guacamole

HEARTY SOUPS

add bread - 1
add gluten-free bread - 2

TOMATO BASIL vg/gf

4/7
fresh basil in a tomato cream base

CHICKEN WILD RICE gf

4/7
hormone-free chicken, Minnesota wild rice, carrots, onions, cream

VEGAN BLACK BEAN CHILI vg/gf

4/7
organic black beans, ancho peppers, chipotle peppers, corn, bell peppers, tomatoes, onions

DAILY SOUP SPECIAL

4/7
please ask about our house-made soup of the day



BLACKENED FISH TACOS gf

15
mahi, firecracker slaw, radish, cilantro-lime aioli, pickled red onion, organic mixed greens
MAKE IT VEGAN WITH TEMPEH & SOY-CILANTRO AIOLI

BLACK BEAN & CHICKEN QUESADILLA

11
chicken, organic black beans, organic spinach, mozzarella, salsa, guacamole, chipotle sour cream

THE HEALING PLATE v/gf

15
grilled tempeh, organic brown rice, sautéed greens, mashed sweet potato, firecracker slaw, coconut-scented red beans, orange vinaigrette

SUBSTITUTE SUSTAINABLE SALMON - 4

SUBSTITUTE HORMONE-FREE CHICKEN - 4

MAC & CHEESE vg/gf

14
organic gluten-free penne, parmesan, cheddar, gouda served with a side of organic mixed greens

ADD NITRATE-FREE BACON +3

ADD ROASTED TOMATOES +2

ADD HORMONE-FREE CHICKEN +6

FOR AGES 10 AND UNDER

THREE MINI CORN PANCAKES * v/gf

6
three mini pancakes, powdered sugar, Wisconsin maple syrup

*CAMPFIRE EGGS *

7
two Schultz organic scrambled eggs, one nitrate-free bacon strip, one slice organic sourdough toast

ADD CHICKEN CHORIZO +4

MAKE IT VEGAN +4

*HIDDEN STREAM FARM BURGER

7
grass-fed beef burger, organic brioche bun, organic Minnesota corn chips

ADD CHEDDAR +2

ADD ROASTED TOMATOES +2

KIDS HEALING PLATE v/gf

6
organic brown rice, mashed organic roasted sweet potato, coconut red beans

LITTLE ONES

*SERVED UNTIL 3PM FRI-SUN AND UNTIL 2PM MON-THU

KIDS PEANUT BUTTER & JELLY SANDWICH

6
strawberry preserves, all natural peanut butter, toasted organic sourdough bread, served with carrots & hummus

KIDS QUESADILLA vg

5
flour tortilla & cheddar cheese
ADD ORGANIC BLACK BEANS +1
ADD HORMONE-FREE CHICKEN +4

GRILLED CHEESE vg

6
organic sourdough, white cheddar, served with carrots & hummus

MAC & CHEESE vg/gf

7
organic gluten-free penne, cheddar cheese sauce, served with carrots & hummus

SIDES

*BREAKFAST ONLY

*grilled sustainable salmon	8	organic brown rice gf	4	*organic Schultz egg * (single)	2
grilled hormone-free chicken	6	gluten-free toast	4	organic tofu scramble * gf	5
marinated organic rosewood tofu	5	organic mixed greens v, gf	5	house-made organic hash browns * v/gf	5
house-made salsa	2	nitrate-free bacon	5	all-natural peanut butter * gf	2
house-made guacamole	2.5	chicken chorizo * gf	5	seasonal fruit *	6
firecracker slaw	4	vegan sausage *	5		

*These items are served raw or undercooked, or contain, or may contain, raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SUSTAINABLE BURGERS

served with your choice of

ORGANIC TORTILLA CHIPS & SALSA

FIRECRACKER SLAW

ORGANIC MIXED GREENS

substitute gf bread +2

substitute cup of soup +2

WILD ACRES TURKEY BURGER

15
smoked gouda, nitrate-free bacon, guacamole, lettuce, tomato, onion, pickles, garlic-chive aioli, 100% organic sprouted bun

*HIDDEN STREAM BEEF BURGER

15
cheddar, lettuce, tomato, onion, pickles, garlic-chive aioli, organic brioche bun

PLANT BURGER v

15
grilled Beyond burger, Herbivorous Butcher "swiss," pickled red onions, tomato-soy aioli, romaine, 100% sprouted organic bun