

MENU

BREAKFAST -served until 5pm weekdays, 5pm weekends

All eggs certified organic, (*) available after 5pm

Basic Breakfast * 8

Make Your Own Omelette 9

Add Cheese 2 - Swiss, jack, cheddar, feta, vegan cheddar or
vegan mozzarella

Add Veggies 1.5 - Onion, mushroom, bell pepper, spinach,
broccoli, jalapeño, tomato

Add Protein 2.5 - Pork bacon, seitan bacon, turkey sausage,
housemade seitan sausage, chili

Heartland Panhandler * 10.5 -  Add protein 2.5

The Plant-Eating Panhandler * 10 -   Add protein - 2

Whole Wheat Pancakes 9

Add vegan chocolate chips or organic blueberries 1.5


Buckwheat Pancakes 9.5 -

Add vegan chocolate chips or organic blueberries 1.5

The Commuter 7.50 -

Breakfast Wrap 11 -

BREAKFAST SIDES

One egg 2 Housemade seitan sausage 3 - 


Turkey sausage 4 Pork bacon 4

Seitan bacon 4 -  One pancake 4 -  

Cornbread 3 -  English muffin with house jam 4

Choice of toast - wheat - vegan white - vegan rye 2.5

Maple Hollow pure maple syrup 2

Fresh Fruit bowl 7 - 



Carryout and Delivery Available

8 a.m. - 10 p.m. Daily

(773)465-8005

7000 N. Glenwood

At the Morse Redline stop!

Farm fresh organic food on the go. Located in the heart of rogers park. Find us online at Grubhub for delivery or phone in your carry out order.

Kitchen open:

Monday -Friday 9am -3pm; 5pm -10pm

Saturday & Sunday 8am - 10 pm

Check out our newly renovated music venue right around the corner at 7006 N. Glenwood.

Music nightly and event space available!

contact us at (773)465-8005 or at

booking@heartlandcafe.com

Farmer Owned

Fresh Organic Produce



Earth First Farms

Vegan-  Gluten Free-  Vegan Option-  Gluten Free Option- 

Small Plates

Pita Plate 7 - 

Artichoke Dip 8 -  



Stuffed Mushrooms 7 -  

Tempura Vegetables 8.5 - 

Tortilla Chips and Salsa 6 -  

Hand Cut French Fries 5 -  

Heartland Skins 7 -  

Nachos 10.5 -  

Buffalo Bites 9 -  

SOUP & CHILI

Heartland Vegetarian or Bison Chili 5 cup/8 bowl - 

Soup of the Day 4 cup/6 bowl

SALADS - All vegetables are Certified Organic and all salad dressings are vegan and gluten-free

Heartland Salad 13 -  

Quinoa Salad 10 -  




Spinach Salad 13 -  





Kale, Caesar! 10 -  


Side Salad 5 -  

Protein Add-Ons: 3

House made tunaless salad ( )

house made hummus ( ) seitan ()

local tofu ( ) tempeh ( ) or

sauteed chicken ()

Dressings - Caesar, Ranch, Balsamic Vinaigrette, Tarragon

Vegan-  Gluten Free-  Vegan Option-  Gluten Free Option- 

SANDWICHES

Served with house pickles and chips or choice of side, gluten free bun available for \$1

On The Veg 11 - ⑥

Cheesy Italian Setian 12 - ⑦

Asian BBQ 12 - ⑦

Tunaless Melt 11 - ⑦

BLT 10.5 - ⑦

The Barnyard 13

Heartland Reuben 11 - ⑦

BURGERS

All burgers come with leaf lettuce, tomato and red onion

Grass fed Bison Burger 14



House made Setian Burger 10 - ⑦



Add Cheese 2 -

swiss, jack, cheddar, feta, vegan

cheddar, vegan mozzarella

Add Veggies 1.5 - avocado, sprouts, sautéed mushrooms

Add Protein 1.5 - fried egg, veggie or buffalo chilli

Add Bacon 2 - pork or setian bacon

SIDES

Hand cut fries - ⑦

Kale and cabbage slaw - ⑦

Veggie mash and gravy - ⑦

Mac and cheese - ⑦

Sautéed Mixed Vegetables - ⑦

Cornbread - ⑦

Vegan - ⑦
Gluten Free - ⑦
Vegan Option - ⑦
Gluten Free Option - ⑥

SANDWICHES

Served with house pickles and chips or choice of side, gluten free bun available for \$1

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Veggie mash and gravy - ⑦

Mac and cheese - ⑦

Sautéed Mixed Vegetables - ⑦

Cornbread - ⑦

Vegan - ⑦
Gluten Free - ⑦
Vegan Option - ⑦
Gluten Free Option - ⑥

MAINS

--served 5pm to close

Plant Lover's Alfredo 13 - ⑦

Portabello Mushroom 13 - ⑦

Mango Cod 16

Herbes de Provence Chicken 16

Summertime Stir Fry 14 - ⑦

Four Corners Bowl 14 - ⑦

Three Cheese Squash Lasagna 13

KIDS

Grilled Cheese 5

Chicken Fingers 6

Mac and cheese 5.5 - ⑦

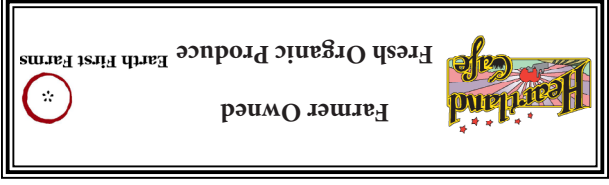
Fish and chips 6

DESSERTS

Housemade seasonal sorbet and gelato 6

Daily specials of baked desserts 6

Fresh seasonal fruit bowl 7 - ⑦



Vegan - ⑦
Gluten Free - ⑦
Vegan Option - ⑦
Gluten Free Option - ⑥

100% ORGANIC JUICE BAR 12oz

Karma

Happy Heart

Alignment

Candied Kale

That Citrus Juice

V6

Apple Juice

Carrot Juice

Apple Carrot

Apple Carrot Ginger

Shots

Power Cocktail 2oz

Wheatgrass Shot 1oz

Ginger Shot 1oz

Arize Kombucha on Tap!!!

12 oz. glass 5.00 - **** made

Ask server for details or see store desk for bulk purchases.

The Coffee Corner

Coffee 4

Espresso, latte, cappuccino, or refillable organic Heartland Blend coffee from Metric, served hot or iced **** made

Heartland Herbal Tea 3

Organic Apple Cider 3

Milk and Juice 3

Milkshakes 7

Soda 4.25

100% ORGANIC SMOOTHIES 12oz

Fruit Based Smoothies

Strawberry Blonde 8

Mango Sunrise 9

Immunity 10

Mixed Berry 9.5

Protein Based Smoothies

Maca Pick Me Up 9

Green Protein 10

Specialty Smoothies

Kale Colada 8

Horchata 8

Green Revolution 9.5

Vegan - ⑦
Gluten Free - ⑦
Vegan Option - ⑦
Gluten Free Option - ⑥

