



You will find on your plate all certified organic produce. From Wisconsin, we proudly serve real maple syrup from Maple Hollow Farms, honey from Some Honey, organic eggs from Milos (sometimes from Larry Schultz in Minnesota), and grass-fed bison from North Star Bison. From Illinois we serve Kilgus milk and organic coffee from Metric, a small batch specialty roaster. From Michigan, certified organic cider, apples and vegetables in season from our very own Earth First Farms. What you will not find is processed food that we simply heat and serve. Everything we serve is made from scratch, from our house made seitan, vegan dressings, famous chili and creative desserts. This is healthy food, cooked with love and delicious! Enjoy!



MENU



BREAKFAST

All eggs are from pasture raised hens

Basic Breakfast 7

2 eggs, cooked to order, served with morning potatoes and your choice of wheat, white, rye or English muffin

Make Your Own Omelette 8

Add Cheese 2

Add Veggies 1.5

Add Protein 2.5

With morning potatoes and your choice of wheat, white, rye or english muffin
Swiss, jack, cheddar, feta, vegan cheddar or vegan mozzarella

Onion, mushroom, bell pepper, spinach, broccoli, jalapeño, tomato

Pork bacon, seitan bacon, turkey sausage, housemade seitan sausage, chili

Heartland Panhandler 9.5 - ✕

Eggs scrambled with morning potatoes, veggies, spinach and jack cheese
Add protein 2.5

The Plant-Eating Panhandler 9 - ✓ ✕

Scrambled tofu, with morning potatoes, veggies, spinach and vegan cheddar
Add protein - 2

Whole Wheat Pancakes 8

Add vegan chocolate chips or organic blueberries 1.5

Buckwheat Pancakes 8.5 - ✓ ✕

Add vegan chocolate chips or organic blueberries 1.5

The Commuter 6.50 - ① ②

Egg, swiss, tomato and spinach with pesto butter on a toasted English muffin

Breakfast Wrap 10 - ① ②

Eggs, potatoes, baked black beans, spinach and jack melted in a whole wheat tortilla served with salsa. (gluten free tortilla available for \$1)

BREAKFAST SIDES

One egg 2

Pork bacon 4

Cornbread 3 - ✕

Maple Hollow pure maple syrup 2

Housemade seitan sausage 3 - ✓

Seitan bacon 4 - ✓

English muffin with house jam 4

Fresh Fruit bowl 7 - ✓ ✕

Turkey sausage 4

One pancake 4 - ① ②

Choice of toast - wheat - english

muffin - vegan white - vegan rye 2.5

Vegan- ✓

Gluten Free- ✕

Vegan Option- ①

Gluten Free Option- ②

Small Plates

Pita Plate 6 - 

Our house made hummus with pita and seasonal organic veggies

Artichoke Dip 7 -  

House made creamy vegan artichoke dip served with house made potato chips

Stuffed Mushrooms 6 -  

Bite-sized mushrooms stuffed with a fresh blend of brussels sprouts and garden herbs with a splash of zesty lemon drizzle

Tempura Vegetables 7.5 - 

Mixed vegetables in a light fluffy batter served with our house made zesty sauce

Tortilla Chips and Salsa 5 -  

Fresh made tortilla chips served with house made salsa

Hand Cut French Fries 4 -  

A mix of russet and sweet potato

Heartland Skins 6 -  

Potato boat filled with veggie chili topped with vegan cheese sauce, chopped tomato and green onion

Nachos 9.5 -  

House made chips topped with green onion, vegan nacho cheese sauce or cheddar/jack mix, baked black beans, tomato, cilantro, fresh jalapeno and sour cream - Served with salsa

Buffalo Bites 8 -  

Crispy fried tofu bites tossed in spicy buffalo sauce, served with celery sticks and vegan ranch dressing

SOUP & CHILI

Heartland Vegetarian or Bison Chili 5 cup/8 bowl - 

Soup of the Day 4 cup/6 bowl

Garnished with avocado and green onion, add cornbread for just 3

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

Heartland Salad 12 - 

Mixed greens, carrots, tomato, red onion, mushroom, sesame and sunflower seeds, golden raisins, jack cheese and sunflower sprouts

Quinoa Salad 9 -  

Mixed greens, chickpeas, tri-colored quinoa, carrots, tomato, green onion, cucumber

Spinach Salad 12 -  

Spinach, kale, beets, carrots, tomato, avocado, sliced egg and swiss cheese

Kale, Caesar! 9 -  

Kale, lettuce, tomato, red onion, parmesan or pumpkin seed parm () tossed with Caesar dressing and topped with gluten-free croutons

Side Salad 4 -  

Mixed greens, carrots, tomato, red onion, with your choice of dressing

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 10 - (GF)

Avocado, lettuce, tomato with swiss and cream cheese and pesto butter served on toasted herbed focaccia bun

Cheesy Italian Seitan 11 - (V)

House made seitan grilled with jack or vegan mozzarella served on a torpedo roll with house pickled vegetables

Asian BBQ 11 - (V)

Ground tempeh simmered in a spicy Asian BBQ sauce topped with house kimchi and cilantro served on a toasted pretzel roll

Tunaless Melt 10 - (V)

Chickpea tunaless salad with melted jack or vegan mozzarella and tomato on grilled whole wheat

BLT 9.5 - (V)

Crispy lettuce, fresh tomato, and applewood smoked bacon or seitan bacon served on grilled whole wheat toast with mayo

The Barnyard 13

Grilled chicken, applewood smoked bacon, melted jack topped with a fried egg and tomato aioli on an herbed focaccia bun

Heartland Reuben 11 - (V)

Fried egg or baked tofu, pork or seitan bacon, swiss or vegan mozzarella, house sauerkraut and sauce on grilled rye bread

BURGERS



All burgers come with leaf lettuce, tomato and red onion

Grass fed Bison Burger 14
House made Seitan Burger 10 - (V)



Add Cheese 2
Add Veggies 1.5
Add Protein 1.5
Add Bacon 2

swiss, jack, cheddar, feta, vegan cheddar, vegan mozzarella
avocado, sprouts, sautéed mushrooms
fried egg, veggie or buffalo chili
pork or seitan bacon

SIDES

Hand cut fries - (V) (X) Mixed green salad - (V) (X) Kale and cabbage slaw - (V) (X) Baked black beans - (V) (X)
Veggie mash and gravy - (V) Sweet potato mash - (V) (X) Mac and cheese - (V) (X)
Brown rice - (V) (X) Sautéed Mixed Vegetables - (V) (X) Cornbread - (X)

KIDS

Grilled Cheese 5

Grilled on whole wheat toast and served with chips

Chicken Fingers 6

Fried crispy and served with creamy dipping sauce

Mac and cheese 5.5 - (V) (X)

Gluten free and vegan

Fish and chips 6

Fried crispy and served with creamy dipping sauce

DESSERTS

Housemade seasonal sorbet and gelato plus daily specials of baked desserts 6

Fresh seasonal fruit bowl 7 - (V)

Vegan- (V)

Gluten Free- (X)

Vegan Option- (V)

Gluten Free Option- (GF)

100% ORGANIC JUICE BAR 12oz

Karma	8	Beet, carrot, celery, apple, ginger, lemon
Happy Heart	8	Apple, carrot, ginger, parsley
Alignment	8	Apple, lemon, beet
Candied Kale	7	Kale, apple, lemon
That Citrus Juice	9	Apple, lemon, lime, ginger
V6	9	Celery, broccoli, green pepper, parsley, zucchini, kale, lemon
Apple Juice	6	Apple Carrot Ginger
Carrot Juice	6	Apple Carrot
Shots		
Power Cocktail 2oz	6	Wheatgrass, lemon, ginger
Wheatgrass Shot 1oz	3.5	
Ginger Shot 1oz	3	

Arize Kombucha on Tap!!!

12 oz. glass 5.00

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

100% ORGANIC SMOOTHIES 12oz

Fruit Based Smoothies

Strawberry Blonde	7	Banana, strawberry, apple juice
Mango Sunrise	8	Banana, mango, orange juice
Immunity	9	Banana, mixed berry, apple juice, echinacea, ginger
Mixed Berry	8.5	Mixed berry, apple juice

Protein Based Smoothies

Maca Pick Me Up	8	Banana, coconut milk, peanut butter, cacao powder, cinnamon/cayenne blend, maca powder
Green Protein	9	Spinach, banana, apple juice, hemp protein, almond butter, spirulina
Good Morning Granola	8.5	Rice milk, stawberry, hemp protein, topped with housemade granola and sliced banana

Specialty Smoothies

Kale Colada	7	Kale, banana, coconut milk, coconut oil
Horchata	7	Banana, rice milk, golden flax meal, date, cinnamon
Green Revolution	8.5	Kale, banana, mango, apple juice, orange juice

Vegan- 

Gluten Free- 

Vegan Option- 

Gluten Free Option- 

Heartland Coffee Bar

Premium organic coffee locally roasted here in Chicago by our friends at Metric!

Drip Bottomless Coffee	4	
Single Serve Drip to-go	2	
Bring Your Own Cup	1.75	Single serve to go
Pour Over V60	4	
Single Origin Espresso	2	
Americano	3	
Macchiato	3	
Cortado	3.5	
Cappuccino	4	
Latte	4	
Mocha	4	
Heartland Blend Tea	3	
Organic Tea selection	3	
Hot Chocolate	3	
Earth First Farms Cider	3	
Milk and Juice	3	
Milkshakes	6	
Soda	3.5	

House mix of organic rose hips, raspberry leaf, peppermint and lemongrass
Choice of organic classic black, chai, earl gray, decaf earl gray, chamomile, rooibos, Green tea
Made with homemade vegan chocolate sauce and Kilgus milk, or Oat milk

Kilgus non-homogenized milk, pink lemonade, orange, grape fruit, or cranberry juice
Chocolate, vanilla or espresso

Jones cane sugar Cola, diet, ginger ale, lemon lime, root beer

Pastry

Pastry provided fresh from Southern France Patisserie and Celestial Kitchens.
Selection changes daily



Farmer Owned
Fresh Organic Produce

Earth First Farms

