



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!



## DINNER MENU



### SMALL PLATES

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

Pita Plate 6 -

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 -

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

Buffalo Bites 8 -

Crispy fried tofu bites tossed in spicy buffalo sauce, served with crudité 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 corn bread 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

### DESSERTS

Fresh seasonal fruit bowl 7 -

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

Vegan-

Gluten Free-

Vegan Option-

Gluten Free Option-



# DINNER MENU



## MAINS

Plant Lover's Alfredo 12 -

Organic zucchini and carrot noodles with a creamy cashew-based alfredo with fire roasted tomatoes

Portabello Mushroom 12 -

Grilled to perfection portabello mushroom with avocado chimichurri on a bed of arugula and a watermelon reduction sauce

Mango Cod 15 -

Sustainably harvested Alaskan cod, battered and fried, on a bed of coleslaw and topped with a mango salsa

Herbes de Provence Chicken 15

Chicken breast cooked with smoked red peppers and red onion with roasted potatoes and brussels sprouts

Summertime Stir Fry 13 -

Organic seasonal vegetables sauteed in our ginger stir fry sauce served on brown rice with a choice of tofu, tempeh, seitan or chicken

Four Corners Bowl 13-

Brown rice, baked black beans, sautéed spinach and kale and mashed sweet potato with pumpkin seeds Includes choice of tofu, tempeh, seitan, or chicken

Three Cheese Squash Lasagna 12

Creamy butternut squash with three decadent cheeses melted into mushroom rooms bursting out of perfectly cooked noodle layers

**ALL DAY FARE** - Sandwiches served with house pickles and chips or choice of side, gluten free bun available for \$1

Basic Breakfast 7

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

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

Asian BBQ 11 -

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

Tunaless Melt 10 -

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

BLT 9.5 -

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 foccacia bun



All burgers come with leaf lettuce, tomato and red onion

**Grass fed Bison Burger 14**

**House made Seitan Burger 10 -**

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



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

## SIDES

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

## 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 -

Gluten free and vegan

Fish and chips 6

Fried crispy and served with creamy dipping sauce

Vegan-

Gluten Free-

Vegan Option-

Gluten Free Option-



Farmer Owned  
Fresh Organic Produce



**Earth First Farms**