

## FOR THE TABLE

**DOUGHNUT BITES** **GF** 8.5  
MAPLE GLAZED--OR--CINNAMON SUGAR  
**MORNING BUN** 5  
**COFFEE CAKE** **GF** 5

## BENEDICTS & BOWLS

Make Keto w/ house veggie fritter (Benedicts) or roasted cauliflower (Bowls)

**BLUE BEAR BENEDICT\*** **GF** **KETO** 16  
deep fried poached eggs, Berkshire ham, potato pancakes, Gouda cream sauce, caramelized onions.

**SMOKED SALMON BENEDICT\*** **GF** **KETO** 22  
salmon lox, Boursin habanero cream cheese, potato pancakes, poached eggs, hollandaise, arugula

**SWEET POTATO HASH** **GF** **VG** 14  
Roasted sweet potatoes, peppers, onions, greens, scallions, spice mix, two eggs of choice on top, house made toast  
**Make Vegan = sub avocado for egg**

**SHORT RIB HASH** **GF** **KETO** 22  
braised grass fed beef short rib, potato, onions and peppers, two eggs of choice on top

**RANCHEROS EGG BOWL** **GF** 12  
2 eggs of choice, stewed black beans, chihuahua cheese, crema, crispy tortilla, ranchero sauce, corn bread, chipotle honey butter

**BREAKFAST POWER BOWL** **GF** **VG** **KETO** 15  
kale pesto, roasted asparagus, onion, red peppers, organic buckwheat, organic tri-color quinoa, chicken sausage, 2 eggs of choice  
**make vegan = sub tempe bacon and avocado**

## EGGS & OMELETS

House toast = Wheat or Peasant French Sub for Marble Rye or Sourdough 1  
Sub GF corn muffin or GF toast 3

House Potatoes = hashbrowns or tri-colored rosemary potatoes / Sub cheesy hash 2  
Make Keto w/ roasted cauliflower and house Keto bread 4

**BLUE BEAR BREAKFAST\*** **GF** **KETO** **VG** 12  
2 eggs of choice, bacon or ham, potatoes, house made toast. Sub chicken sausage or chorizo +1  
**make vegan = avocado and tempeh bacon +2**

**BERKSHIRE HAM, KINDRED CREAMERY CHEDDAR, CARAMELIZED ONION OMELET** **GF** **KETO** 14  
choice of house made toast and potatoes

**MUSHROOM, BACON & CHEVRE OMELET** **GF** **KETO** 15  
basil chive pesto, choice of house made toast and potatoes

**QUICHE OF THE DAY** 14  
choose 1: fresh fruit, side salad, or house potatoes

We are a season-centric, local-loving, farm-to-table restaurant. Everything is from scratch. Alert your server to any and all food allergies.

## BRUNCH FAVORITES

**BLUE 'BEARY' PANCAKES** 12  
lemon streusel, fresh blueberries, house blueberry syrup, Little Man 100% Maple Syrup  
**Plain Buttermilk Pancakes** 10

**BLUE 'BEARY' OATMEAL BAKE** **GF** **VG** 13  
gluten-free oats, walnuts, blueberries, lemon creme fraiche

**CARROT CAKE PANCAKES** **VG** 13  
vegan cream cheese frosting, candied walnuts, Little Man 100% Wisconsin Maple Syrup

**GRIDDLED BANANA BREAD** **GF** **VG** 13.5  
Our vegan banana bread, loaded with strawberries, whipped cream, cream cheese frosting, and caramelized bananas

**MORNING BUN FRENCH TOAST** 14  
candied pecans, rhubarb whipped cream, 100% Wisconsin Maple Syrup

**AVOCADO TOAST** **GF** **VG** 13  
Housemade French bread, avocado, tomatoes, jalapeños, cilantro, choice of 2 eggs  
**Add chorizo/ chicken sausage/ bacon/ tempeh bacon 2**

**BREAKFAST BURRITO** **GF** **VG** 11  
stewed black beans, hashbrowns, peppers, onions, pickled jalapenos, house salsa. Ask your server for our gluten free wrap if desired  
**Add avocado/ eggs/ bacon/ chorizo 2, cheese 1, vegan cheese 2, GF wrap 2**

**BISCUITS GRAVY & EGGS** 13  
Wild River Ranch mushrooms, house made chicken sausage, Yuppie Hill Farms eggs, house made jalapeno cheddar biscuits

**THE GARBAGE PILE SANDWICH** 17  
Yuppie Hill Farms eggs, sharp cheddar, Berkshire ham, HSK bacon, hashbrowns, hollandaise, butter croissant

**SHRIMP SKILLET** **GF** 21  
Spicy Cajun shrimp, red potatoes, peppers onions, 2 eggs of choice, house toast

## OUR LOCAL FARMS & VENDORS

WASEDA FARMS, DE PERE, WI  
MILAEGAR'S, RACINE, WI  
HOMETOWN SAUSAGE KITCHEN, EAST TROY, WI  
MOLLY'S GLUTEN-FREE BAKERY, DELAFIELD, WI  
BLUE BEAR BAKERY, RACINE, WI  
SASSY COW CREAMERY, COLUMBUS, WI  
RISHI TEA, MILWAUKEE, WI  
VALENTINE COFFEE, MILWAUKEE WI  
GREAT LAKES DISTILLERY, MILWAUKEE WI  
TEESE, CHICAGO, IL  
GERBER'S AMISH CHICKEN FARM, KIDRON, OH

RIVER VALLEY RANCH, BURLINGTON, WI  
LITTLE MAN SYRUP, BIRNAMWOOD, WI  
PURE SWEET HONEY FARM, VERONA, WI  
KINDRED CREAMERY, MUSCODA WI  
PINN OAK RIDGE FARMS, DELAVAN, WI  
WISCONSIN SHEEP DAIRY CO-OP, LADYSMITH, WI  
RUSHING WATERS FISHERIES, PALMYRA, WI  
COLOMA FROZEN FOODS, COLOMA, MI  
CARLSON-ARBOGAST FARMS, HOWARD CITY, MI  
CAPRINE SUPREME, BLACK CREEK, WI  
BETTER WAY FARMS, SOUTH HAVEN, MI

Due to our limited seating we ask that you limit your time to approximately 1 hour during peak service times.  
\*Consuming raw/partially cooked meat, eggs, poultry & seafood may increase risk of food borne illness.  
\$3 split plate charge. 20% gratuity added to parties of 6 or more.

## SALADS & SANDWICHES

Sandwiches served with house chips  
sub duck fat fries/ sweet potato fries 2 fruit 3.5 salad 4

**SPRING GARDEN SALAD** **GF** **VG** 13  
mint, cucumbers, pineapple, greens, citrus vin, radish. add chicken 4

**TAYLOR AVENUE CHOPPED SALAD** **GF** **KETO** 14  
8 minute egg, bacon, tomato, cucumber, sharp cheddar, avocado, buttermilk herb dressing. add chicken 4

**ASPARAGUS SALAD** **GF** **VG** 13  
parmesan, avocado, red onions, asparagus, greens, dressing (lemon, chives, dill). add chicken 4

**GRILLED CHEESE** **GF** **KETO** 11  
Kindred Creamery sharp cheddar, smoked Gouda, chive basil pesto, roasted tomato, house made sourdough  
**add bacon//avocado//fried egg 2 each**

**REUBEN** **GF** **KETO** 15  
corned beef, house 1,000 island, Swiss, sauerkraut, house marble rye

**RAINBOW HUMMUS SANDWICH** **GF** **VG** 12  
Housemade wheat bread, roasted red pepper hummus, tomato, carrots, yellow pepper, cucumber, mixed greens, avocado, pickled red onion

**VEGGIE BURGER** **GF** **VG** 13  
House made vegan patty, house made vegan cheddar, avocado, tomato

**CLASSIC BURGER** **GF** **KETO** 15  
Waseda Farms grass-fed beef, lettuce, tomato, caramelized onions, cheddar cheese, 1000 island, housemade brioche bun

**BB BACON BLEU BURGER** **GF** **KETO** 17  
Waseda Farms grass fed beef, fried Roth buttermilk blue cheese curd, Hometown Sausage Kitchen bacon, house-made pickles, arugula, housemade brioche bun  
**add bacon//avocado//fried egg 2 each**

## A LA CARTE

**CHEDDAR BISCUIT** 4  
**CHICKEN SAUSAGE//CHORIZO** **GF** **KETO** 5  
**BACON** **GF** **KETO** 4

**SOUP DU JOUR**  
ASK YOUR SERVER FOR OUR DAILY SOUP OFFERING

**HOUSE SALAD** 6  
greens, parmesan cheese, shredded carrot, red onion, croutons

**CHEESY HASH** 5.5  
house gouda sauce, cheddar

**DUCK FAT FRIES / SWEET POTATO FRIES** 5  
**HASH BROWNS** 4

**TRI-COLORED ROSEMARY POTATOES** 4  
**BOWL OF FRUIT** 5

## SODA & JUICE

COKE	2.75
DIET COKE	2.75
SPRITE	2.75
100% SQUEEZED LEMONADE	3.5
BLUEBERRY LEMONADE	4
100% SQUEEZED OJ	3.5
APPLE/ CRANBERRY / TOMATO / GRAPEFRUIT JUICE	3.5
POMEGRANATE JUICE	6
POINT ROOT BEER	3.75
SASSY COW MILK	2.5
SASSY COW CHOCOLATE MILK	3.5

## BRUNCH DRINKS

SMIRNOFF BLOODY MARY bacon, cheese, pickle, celery, olive, pepperoncini, lemon	9.5
JUMBO BLOODY MARY bacon, cheese, pickle, celery, olive, pepperoncini, lemon	13
VEGAN BLOODY MARY pickle, celery, pepperoncini, pickled brussel sprout & asparagus, olive	10.5
JUMBO VEGAN BLOODY MARY pickle, celery, pepperoncini, pickled brussel sprout & asparagus, olive	14
THE SMOKEY BEAR jumbo Smirnoff bloody, house smoked kielbasa, brisket & pork belly, HSK bacon, smoked Gouda cheese, pickle, celery, pepperoncini, olive	20
MIMOSA	7.5
BLUE BEAR MIMOSA blueberry syrup, lemonade, sparkling wine, lemon & blueberry garnish	8
BEERMOSA	7.5

## KETO DRINKS

KETO COFFEE grass fed butter, coconut oil, coffee	6.5
KETO HOT CHOCOLATE house made keto chocolate sauce, heavy cream, unsweetened whipped cream	7
KETO MOCHA espresso, heavy cream, house made keto chocolate sauce, whipped cream	9
KETO CUCUMBER LEMONADE fresh lemon juice, stevia, mint, cucumbers, seltzer	7
KETO MARGARITA tequila, fresh lime juice, orange extract, stevia, seltzer, fresh lime, salt	11
KETO CUCUMBER COOLER Effen cucumber vodka, fresh lemon juice, stevia, mint, cucumbers, seltzer	11
KETO COCKTAIL blueberry vodka, fresh lemon juice, stevia, swerve, seltzer	10

## TEA

RISHI ORGANIC ICED TEA	3
RISHI ORGANIC HIBISCUS ICED TEA	4
RISHI ORGANIC CHAI LATTE hot or iced	5
RISHI HOT TEA Jade Cloud, Earl Grey, Peppermint, Tumeric Ginger	3.5

## COFFEE & ESPRESSO (can be made hot or iced) Almond Milk 1 / Oat Milk 1.5

ORGANIC COFFEE Valentine Roasters Bali	3.5
ESPRESSO	3.5
AMERICANO	3.5
LATTE	5
MOCHA Indulgence Chocolatiers cocoa, espresso, milk milk or dark chocolate sea salt	5.5
CAPPUCCINO	4.5
BLUE BEAR COFFEE espresso, milk, house blueberry sauce, vanilla, whipped cream	5.5
ROSEMARY & ORANGE ICED LATTE espresso, almond milk, housemade rosemary syrup, orange bitters	6
LAVENDAR LATTE espresso, steamed milk, housemade lavender syrup	5.5
CARAMEL MACCHIATO house-made vanilla bean syrup, espresso, milk, caramel	6
STRAWBERRY SHORTCAKE ICED COFFEE espresso, housemade vanilla bean syrup, brown sugar, strawberry syrup, half & half, whipped cream	6.5
PECAN TOFFEE MOCHA espresso, Indulgence milk chocolate powder, steamed milk, housemade pecan toffee marshmallows	6.5
MEXICAN MOCHA Cocoa, Powdered Sugar, Cinnamon, Nutmeg, Pinch Cayenne Pepper, Coffee, Steamed Milk, Whipped Cream, Cinnamon Stick	6
TURTLE MOCHA espresso, steamed milk, Indulgence Chocolatiers cocoa, caramel, hazelnut, whipped cream	6
HOT CHOCOLATE Indulgence Chocolatiers Cocoa, steamed milk, whipped cream milk or dark chocolate sea salt	5

Our menu items are made from scratch using locally sourced /organic ingredients whenever possible. No additives or preservatives. We use whole meats and eggs from local farms with no hormones or antibiotics. Our whole meats are slow cooked in house not processed. When in season and available we use local organic and/or sustainably grown produce. We cook with 100% real clarified butter, olive oil & coconut oil. We make all of our breads/bakery/desserts from srctach as well. We use plant based biodegradable and compostable to go containers & straws.

## BEER

ROTATING DRAFT BEER	
GREEN 19 IPA Tittletown Brewing, Green Bay, WI	5
ESPRESSO STOUT Whole Hog Brewery, Stevens Point, WI	5
LOUIE'S DEMISE amber ale, MKE Brewing, Milwaukee, WI	5
BLUE MOON wheat ale	5
SPOTTED COW farmhouse ale, New Glarus, WI	5
MILLER LITE	4
ROCKY'S REVENGE brown ale, Tyranena, Lake Mills, WI	5
CIDER BOYS FIRST PRESS	5
DOG FISH HEAD SEA QUENCH SOUR	5
HOP REFRESHER N/A, Lagunitas	4
MATILDA Belgian ale, Goose Island, Chicago, IL	6

## WHITE WINE

SPINELLI PINOT GRIGIO ITALY	8.5, 32
TIEFENBRENNER PINOT GRIGIO ITALY	38
FRUITIERE CHARDONNAY FRANCE	8, 30
PONGA SAUVIGNON BLANC	8.5, 32
CLEAN SLATE RIESLING GERMANY	8.5, 32
VHINO VERDE PORTUGAL	28
HUBER SPARKING ROSE AUSTRIA	45

## RED WINE

ROOT ONE PINOT NOIR CHILE	9, 34
POINT NORTH PINOT NOIR OREGON	50
PUNTO FINAL ARGENTINA	8.5, 32
TILIA MERLOT ARGENTINA	8.5, 32
WATERBROOK MERLOT WASHINGTON	38
AUCTIONEER CABERNET NAPA VALLEY	75
DUORO RED PORTUGAL	39
CURATOR RED SOUTH AFRICA	38