# Gluten Free Options

### Appetizers

**Spring Rolls** 3 rice paper rolls stuffed with Asian slaw blend and cilantro 13 Choice of

- Pickled vegetable served with Thai peanut sauce
- Apple and mint served with honey garlic sauce

**GF Baked Bruschetta** Bruschetta mix in a creamy 3 cheese blend served with veggies 13

**GF Muhammara** A roasted red pepper walnut dip served with veggies 12 **Candied Bacon** 6 pieces of candied bacon served with tipsy maple sauce 14

Sage on Lauren

Sides	
Broccoli citrus slaw	3.5
Jasmine ginger rice	3.5
Kettle Chips	3.5
Caesar Salad (no croutons)	6
Garden Salad (no croutons)	6

### Salads, Bowls, and Entrees

Shrimp	8 Sirloin Steak	8
Chicken Thigh	4 Smoked Salmon	10
Chicken Breast	6 Sauteed Tofu	4

**Greek Salad** Mixed greens, red onion, tomato, cucumber, bell peppers, kalamata olives and feta cheese 7.5 | 12 **Dragon Bowl** Mixed greens, apple, wild rice, toasted walnuts, broccoli citrus slaw with creamy balsamic 7 | 11 **Curry Bowl** Jasmine ginger rice, Asian slaw blend, house made red curry 11.5

Ancient Grain Bowl Quinoa blend, local mushrooms, onions, feta, and spinach with balsamic reduction 15

Romaine Lettuce Boats—Buffalo or Sweet Chili Buffalo chicken thighs with tomatoes, red onion and blue cheese OR sweet chili chicken thighs with tomatoes and Asian slaw blend 12

Stir Fry Lots of veggies sauteed in choice of sauce, with egg and Jasmine ginger rice 18

#### GF Dressings & Sauces

Caesar 1000

French Tipsy Sauce

Tartar Syrup

Ketchup Pineapple BBQ

Spicy Ranch Ranch

Blue Cheese Curry Sauce

Creamy Balsamic

**Balsamic Vinegarette** 

Thai Peanut Sauce

**Ginger Garlic Sauce** 

**Honey Garlic Sauce** 

Cranberry and Garlic Aioli

- Thai peanut sauce adds peanuts and a pickled veg spring roll
- Honey garlic sauce adds apple with an apple mint spring roll

**Walleye your way!** Served with double veg, pick your style... Blackened, Broiled, Lemon pepper, Pecan crusted, 32

**Steak Dinner** 8 oz seared sirloin served with double veg 30 - Add shrimp to make it a surf and turf 8

#### **Toppers 4**

garlic sherry mushrooms blue cheese butter grilled onions and balsamic glaze

Our fryer does fry items with gluten so there is cross contamination.

Fryer items that are GF—crispy smashed potatoes, French fries, sweet potato fries, crispy tofu

GF Toast—1.5 GF Bread/Bun—3

Items can be ordered without croutons, crispy onions, wonton strips, etc.

# Dairy Free Options

Please let your server know your sensitivity to dairy.

I Sage uses clarifies butter in many dishes but oil can be substituted.

Our fryer does fry items with dairy so there is cross contamination.

## Appetizers

**DF Tipsy Balls** 8 little meatballs in Chef Boston's tipsy buffalo sauce 15.25

Fryer items that are DF—crispy smashed potatoes, French fries, sweet potato fries, crispy tofu, portabella fries

Sub Vegan Cheese-1.5

**Spring Rolls** 3 rice paper rolls stuffed with Asian slaw blend and cilantro 13 Choice of

- Pickled vegetable served with Thai peanut sauce
- Apple and mint served with honey garlic sauce

**Muhammara** A roasted red pepper walnut dip served with flatbread crisps and/or veggies 12

Candied Bacon 6 pieces of candied bacon served with tipsy maple sauce 14

Sides	
Broccoli citrus slaw	3.5
Jasmine ginger rice	3.5
Kettle Chips	3.5
Garden Salad	6

### Salads, Bowls, Handhelds, and Entrees

Shrimp	8 Sirloin Steak	8
Garlic Parm Shrimp	10 Smoked Salmon	10
Chicken Thigh	4 Sauteed Tofu	4
Chicken Breast	6	

**Spring Roll Salad** Spring mix, pickled veg, Asian slaw blend, pea crunchies, peanuts served with peanut sauce 7.5 | 12 **Dragon Bowl** Mixed greens, apple, wild rice, toasted walnuts, broccoli citrus slaw with creamy balsamic 7 | 11 **Curry Bowl** Jasmine ginger rice, Asian slaw blend, house made red curry 11.5

**Egg Roll in a Bowl** Asian slaw blend and pork sautéed in a garlic ginger sauce over rice topped with crispy wonton strips 12

# DF Dressings &

#### Sauces

Garlic Aioli

1000 French
Tartar Ketchup
Tipsy Sauce
Pineapple BBQ
Curry Sauce
Creamy Balsamic
Balsamic Vinegarette
Thai Peanut Sauce
Ginger Garlic Sauce
Honey Garlic Sauce
Cranberry Aioli

Thai Wrap Mixed greens, tomato, cucumber, Asian slaw blend, peanut sauce and chicken thigh 14.25

**Walleyewich** Seasoned cornflake crusted or blackened walleye, cranberry aioli, pickles, lettuce and tomato on ciabatta 18

Romaine Lettuce Boats—DF Buffalo or Sweet Chili Buffalo chicken thighs with tomatoes and red onion OR sweet chili chicken thighs with tomatoes and Asian slaw blend 12

**Walleye your way!** Served with double veg, pick your style... Blackened, Broiled, Lemon pepper, Pecan crusted, or Pan fried 32

**Steak Dinner** 8 oz seared sirloin served with double veg  $30\,$  - Add shrimp to make it a surf and turf  $8\,$ 

#### **Toppers 4**

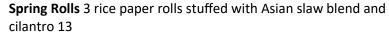
garlic sherry mushrooms grilled onions and balsamic glaze

Stir Fry Lots of veggies sauteed in choice of sauce, with egg and Jasmine ginger rice 18

- Thai peanut add peanuts and a pickled veg spring roll
- Honey garlic adds apple with an apple mint spring roll

# Vegetarian Options

#### Appetizers



- Pickled vegetable served with Thai peanut sauce
- Apple and mint served with honey garlic sauce

Baked Bruschetta Bruschetta mix in a creamy 3 cheese blend served with baked flatbread pieces and/or veggies 13

Muhammara A roasted red pepper walnut dip served with flatbread crisps and/or veggies 12

Portabella Fries Fresh cut and dredged in our seasoned corn flake blend and fried. Served with creamy horseradish 14.25

Garlic Cheese Curds Served with marinara and/or ranch 12

### Black Bean Burgers

Served with choice of coleslaw or kettle chips. Upgrade to a cup of 1000 island, and Swiss on marble rye 17.5 soup, French fries, side garden for \$2.5 or sweet potato fries or hand cut onion rings for \$3 or side entrée salad for \$4

**VT O.G.**1000 island, lettuce, pickles, tomato, onion and American cheese 15.25

VT Tipsy Tipsy sauce with red onion, pickled jalapeno, and blue cheese crumble 12

VT Strictly Philly Mushrooms, onions, and peppers with smoked gouda, steakhouse aioli and crispy fried onions 17.5

VT Sage's Special Spicy ranch, lettuce, tomato, onion and cheddar 15.25

VT Dressings & Sauces

1000 French Tartar Ketchup **Tipsy Sauce** Pineapple BBQ **Curry Sauce** Creamy Balsamic **Balsamic Vinegarette** Thai Peanut Sauce Ginger Garlic Sauce

**Honey Garlic Sauce** 

Cranberry Aioli

#### Entrees

Served with a cup of soup or garden salad.

Veggie Wild Rice Pot Pie Onion, carrot, local mushrooms, peas, wild rice, and creamy gravy served in a skillet with a homemade biscuit topper and scallions 21

Handhelds

Served with choice of coleslaw or kettle chips. Upgrade to a cup of soup, French fries, or a side garden salad for \$2.5 or sweet potato fries or hand cut onion rings for \$3

Veggie Everything Avocado Toast Great Harvest wheat, avocado, garlic aioli, seared tomato and a sunny egg topped with everything bagel season-Ing 12

Tofu Thai Wrap Mixed greens, tomato, cucumber, Asian slaw blend, peanut sauce and crispy

Pickled Beets Reuben Sauerkraut, house made

Tofu Bruschetta Sandwich Great Harvest wheat, Swiss, bruschetta mix, garlic aioli, fried tofu, and mixed greens 15.5

Grown Up Grilled Cheese Great harvest wheat, cheddar, smoked gouda, garlic aioli, fresh basil and a seared tomato 13

Veggie Delight Muhammara (a vegan spread made with walnuts and roasted red peppers), cheddar cheese, grilled veggies and greens on Great Harvest wheat 12

Romaine Lettuce Boats—Buffalo or Sweet Chili Buffalo fried tofu with tomatoes, red onion and blue cheese OR sweet chili fried tofu with tomatoes and Asian slaw blend 12

Egg Roll in a Bowl Asian slaw blend sautéed in a garlic ginger sauce over rice topped with crispy wonton strips 12

Veggies Skillet Lasagna Lasagna noodles, mushroom, onion, peppers and spinach sauteed with marinara layered and baked in a cast iron skillet with mozzarella cheese 24

Stir Fry Lots of veggies sauteed in choice of sauce, with egg and Jasmine ginger rice 18 Add Fried Tofu for 4

- Thai peanut add peanuts and a pickled veg spring roll
- Honey garlic adds apple with an apple mint spring roll

Alfredo a garlic cream sauce with fettuccine... Make it Cajun 14

# Vegan Options

Ask your server if we have vegan cheese in stock.

### Appetizers

**Vegan Spring Rolls** 3 rice paper rolls stuffed with Asian slaw blend and cilantro 13 Choice of

- Pickled vegetable served with Thai peanut sauce
- Apple and mint served with garlic ginger sauce

Muhammara A roasted red pepper walnut dip served with veggies 12

#### Salads and Bowls

#### Add sauteed tofu 4

**VG Spring Roll Salad** Spring mix, pickled veg, Asian slaw blend, peanuts served with peanut sauce 7.5 | 12

**VG Greek Salad** Mixed greens, red onion, tomato, cucumber, bell peppers, and kalamata olives 7.5 | 12

**VG Dragon Bowl** Mixed greens, apple, wild rice, toasted walnuts, with choice of dressing 7 | 11

**Curry Bowl** Jasmine ginger rice, Asian slaw blend, house made red curry 11.5

**VG Ancient Grain Bowl** Quinoa blend, local mushrooms, onions, and spinach with balsamic reduction 15

**VG Egg Roll in a Bowl** Asian slaw blend sautéed in a garlic ginger sauce over rice 12

# Black Bean Burgers

Served with kettle chips. Upgrade to a cup of soup or side garden 2.5 or side entrée salad for 4

Made with black bean patty on Great Harvest wheat bread. Add vegan cheese 1.5

VG O.G. Ketchup, relish, lettuce, pickles, tomato, and onion 14.25

I VG Tipsy Tipsy sauce, red onion, and pickled jalapenos 11

VG Strictly Philly Mushrooms, onions, and peppers with A1 and crispy fried onions 16.5

VG Sage's Special Vegan ranch, lettuce, tomato, onion 14.25

### Handhelds

Served with kettle chips. Upgrade to a cup of soup or side garden 2.5 or side entrée salad for 4

Simple Avocado Toast Great Harvest wheat and avocado 8

Tofu Thai Bowl Mixed greens, tomato, cucumber, Asian slaw blend, peanut sauce and sauteed tofu 14.25

Sweet Chili Romaine Lettuce Boats sweet chili sauteed tofu with tomatoes and Asian slaw blend 12

**VG Veggie Delight** Muhammara (a vegan spread made with walnuts and roasted red peppers), grilled veggies and greens on Great Harvest wheat 12

#### Entrees

Served with a cup of soup or garden salad.

**VG Stir Fry** Lots of veggies sauteed in choice of sauce and Jasmine ginger rice 16 Add sauteed tofu for 4

- Thai peanut add peanuts and a pickled veg spring roll
- Garlic ginger sauce adds apple with an apple mint spring roll

**Tofu Steak Dinner** 7 oz tofu steak with double sauteed vegetable 14