



Allergy Menu

At Sage, we pride ourselves on having a variety of delicious and creative options for those who eat vegan, vegetarian, and gluten free! Our food is fresh and healthy, and we are happy to accommodate any special dietary needs!

Please alert your server to any food allergies or avoidance needs so we can prepare cooking surfaces properly.

Our deep fryer cooking oil blend is vegan. The blend contains soybean oil, and the fryer is shared with items that are not vegan and contain gluten.

Vegans- We use a vegan mayonnaise, and our panini bread and GF breads are vegan. Kaiser Roll is not.

Nuts used in dishes are listed.

- GF- Gluten Free
- GFR- Gluten Free upon Request
- V- Vegetarian (no meat, poultry, or fish)
- VR- Vegetarian upon Request
- VG- Vegan (Vegetarian, plus no dairy or eggs)
- VGR- Vegan upon request
- ND- Non- Dairy

Starters

Smoked Salmon Lefse Rolls- Smoked salmon, boursin cheese, fresh cucumbers, carrot, and roasted red pepper all rolled up in traditional lefse and served with cucumber yogurt dip. 9

Thai Spring Rolls- Carrot, cucumber, daikon radish, napa cabbage, bean thread noodle, mint, basil. Served with a soy and peanut emulsion. 9 **VG GF**

Wild Rice Walleye Cakes- MN walleye with wild rice, onion, mushroom, celery and garlic. Served with a smoked tomato jam. 9

Nachos- House made tortilla chips, seasoned beef, jalapeno cheese sauce, black olives, black bean chili, roasted tomato salsa, pico de gallo, avocado mash and garlic cilantro Lime sauce. 12 **VR**

Muhammara- Our signature walnut and roasted red pepper dip served house made tortilla chips and carrots. 5 **VG**

Muhammara Nachos- House made tortilla chips, Muhammara, jalapeno cheese sauce, black olives, black bean chili, roasted tomato salsa, avocado mash, pico de gallo and cilantro lime sauce. 12 **V VGR**

Chips and dip- Choose chorizo queso or chili cheese dip **V** served with house made salsa and house made tortilla chips. 5 **GF**

Shrimp Cocktail- 4 Tender poached shrimp served with a tangy house made horseradish cocktail sauce. 9 **GF ND**

Dandy Sandys

Served with a side

Choose soup, rainbow slaw, fresh quinoa salad, a fresh spring roll, or chips and salsa. Add \$1 for hand cut fries or side salad or \$2 for hand cut sweet potato fries. Turn any panini into a wrap!

Bruschetta Chicken BLT Panini- Marinated grilled chicken, sundried tomato bruschetta, bacon, swiss, mixed greens and smoked garlic aioli. 12 **GFR**

Honey Basil Chicken Panini- Grilled chicken, our creamy honey pesto, grilled onion and peppers, tomato, mixed greens and provolone cheese. 11 **GFR Pine Nuts**

Smoked Brisket Panini- Tender smoked brisket with garlic aioli, cheddar cheese, grilled pepper and onion, roasted tomato and mixed greens. 12 **GFR**

The Herbivore Panini- Marinated and grilled veggies topped with house made muhammara and cheddar cheese. 10 **V VGR GFR Walnuts**

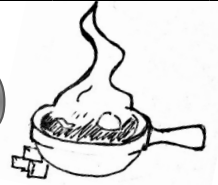
Grilled Chicken Sandwich- Marinated grilled chicken with your choice of cheese and L.T.O. served on a toasted kaiser roll with our house smoky mayo. Add bacon 2\$ extra. 11 **GFR**

Curried Chicken Salad Wrap- Grilled chicken and veggies tossed in our coconut green curry sauce, with greens, carrots, cucumbers, and cherry tomatoes served chilled in a multi grain wrap. 11 **VGR**

Thai Peanut Wrap- Carrot, cucumber, grape tomato, spring roll mix, mixed greens, grilled chicken, thai peanut sauce and crispy rice noodles. 11 **ND VGR Peanuts**



Soup



All of our soups are house made from scratch daily. Our house made black bean chili is vegan if requested served without cheese.

Walnuts V VGR GF

Cup- Black bean chili or soup du jour. 4

Bowl- Black bean chili or soup du jour. 7
Add a side for \$3

Street Tacos



Chicken Tinga 11
Walleye 11
Seasoned beef 11

3 tacos on grilled white flour tortillas Served with a garlic cilantro lime sauce, shredded slaw and a fresh corn and black bean Pico de Gallo. Served with our corn quinoa salad or chips and chili cheese dip.

Fabulous Sides

Rainbow Slaw- A rainbow of crunchy and juicy veggies lightly dressed. Red and green cabbage, carrots, apples, beets, orange and toasted walnuts. 4 **VG GF Walnuts**

Quinoa Corn Salad- Red quinoa with fresh corn, peppers, tomatoes and black beans with lemon and cilantro. VG GF 4

Single fresh spring roll 4

Hand cut fries. 4

Hand Cut Sweet Potato Fries. 5

Simple green salad 4

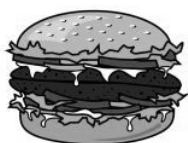
Cup of soup or chili. 4

Make a meal with your three favorite sides or soup! 10

Burgers

Served with a side

Choose soup, rainbow slaw, fresh quinoa salad, a fresh spring roll, or chips and salsa.



Add \$1 for hand cut fries or side salad or \$2 for sweet potato fries. Low carb? Request lettuce wrap.

Cheeseburger- Hand pattied burger with your choice of cheese and lettuce tomato and onion. Served on a toasted Kaiser roll. Third pounder 11, Half pounder 14 Add bacon 2 **GFR**

Korean Kimchi Burger- Hand pattied burger with house made kimchi, gochujang mayo, cheddar cheese, carrot, cucumber and daikon radish. Served on a toasted Kaiser roll. Sub walnut wild rice burger. 12 / 15 **GFR**

Chorizo Burger- Hand pattied burger with Smokey bacon and chorizo queso. Served with lettuce and tomato on a toasted Kaiser roll. 13 / 16 **GFR**

Walnut Wild Rice Burger- Our signature veggie burger, hand pattied - made with walnuts, lentils, wild rice and veggies. Served with L.T.O. and our house made smoke garlic aioli on a toasted Kaiser roll. 11 Request cheese for .50 **V VGR Walnuts**

Walleye Burger-- MN walleye with wild rice, onion, mushroom, celery and garlic. Hand pattied and grilled to order. Served with lettuce, onion and a smoked tomato jam. 13

*Sage Caters!
Weddings, parties,
meetings, events
of all types!*

Entree Salads

Add soup or side for \$3

Add 3 jumbo shrimp for \$4

Thai Spring Roll Salad- Crunchy lettuces, cucumbers, carrots, cilantro, crumbled peanuts. Choose grilled chicken or tofu. Served with our Thai peanut dressing. 11 **VG (tofu) GF Peanuts**

Mandarin Salad- Crunchy lettuces, cucumbers, carrots, cilantro, mandarin oranges and almonds. Choose grilled chicken or tofu. Sesame ginger dressing. 11 **VG GF (tofu) GF Almonds**



Wild Rice Dragon Bowl- Wild rice, rainbow slaw, mixed greens, toasted walnuts, apple, smoked salmon. 12 **VG (tofu) GF walnuts**

Black & Blue Salad- Mixed greens and blackened chicken breast with grape tomatoes, strawberries, blue cheese crumbles and creamy balsamic dressing. 12 **V (tofu) GF**

Southwest Salad- Crunchy lettuces, peppers, corn, black bean pico de gallo, sharp cheddar, cilantro, avocado slices. Served with a Chipotle Ranch and tortilla chips. Choose beef, chicken or muhammara 13 **V VGR (Muhammara)**

Beverages

Stonehouse Coffee 2.5

Tazo Hot Tea service 2.5

Pepsi Products 2

Iced Tea raspberry or unsweetened 2

Apple or Orange Juice 2.5

Milk or Chocolate Milk 2.5

Orange infused Spritzer- Only slightly sweet and completely refreshing. One refill 2.5

Dinner

After 4 Daily

Green Coconut Curry- Tender chunks of chicken or tofu simmered in our house made coconut curry with stir fried vegetables. Served over brown jasmine rice with a fresh spring roll. 16 Shrimp 19 **VG (tofu) GF**

Thai Peanut Stir Fry- Stir fried chicken or tofu and vegetables in our house made Thai peanut sauce. Served over brown jasmine rice with a fresh spring roll. 16 Shrimp 19 **VG (tofu) GF Peanuts**

Veggie noodle pasta \$15 - Fresh seasonal veggie noodles sautéed with onion, mushroom, green peas and grape tomatoes with white wine and pesto. topped with parmesan cheese and grilled chicken. **VG (request tofu) GF pine nuts**

MN walleye- Choice of pan fried or broiled, served with soup or salad, plus smashed potato and vegetable du jour. **22 GF Broiled/pan fried**

Flat iron steak- 8oz flat iron steak grilled to your liking. Served with house made steak sauce, served with soup or salad, plus smashed potato and vegetable du jour. 24 **GF**

Shrimp scampi skewer- Five jumbo shrimp on a skewer grilled to perfection and topped with a garlic scampi butter. Served with smashed potato and asparagus. 18 **GF**

Surf and turf- Three jumbo shrimp with garlic scampi butter and a 8 oz flat iron steak cooked to your liking. Served with smashed potato, asparagus and steak sauce. 27 **GF**

Don't forget Dessert

Cake du jour- Ask for Chef Fred's cake of the day. 5 a la mode add 2. Allergens vary

Crème Torte- Nutty crust with layers of custard, fresh berries, bananas and whipped cream. 6 **Pecans Walnuts**

Flambé Sundae- Pecans and bananas simmered in salted rum caramel, served on fire, and poured over ice cream. 8 **Pecans GF**

Chocolate Mousse- Silky, fluffy, and oh so chocolatey house made vegan mousse 6 **VG GF**

*Add one cup of Stonehouse coffee to a dessert for \$1

extras

Split any plate for 2

Substitute Gluten-free bread on any sandwich 1.5

Extra condiments are .50

Hot water or soda water is 1.5

On Laurel