

GF- Gluten Free

GFR- Gluten Free Upon

Request

VG- Vegan

VGR- Vegan upon request

V- Vegetarian

VR- Vegetarian Upon Request

ND- Non-Dairy



Specialty Menu

Allergy Information

Please be sure to alert your server of any food allergies, so that we can prepare and/or separate cooking surfaces.

Peanuts- Thai peanut wrap or Thai stir fry, Thai dressing, spring roll dipping sauce.

Walnuts- Walnut wild rice burger, muhammara, wild rice dragon bowl

Soy- Thai peanut wrap or Thai stir fry, Thai dressing, spring roll dipping sauce., walnut wild rice burger, thousand island dressing, our fryer and cooking oil blends contain soybean oil, tofu.

*Our homemade Thai peanut sauce contains trace gluten from soy sauce.

Pesto sauce does not contain pine nuts

Gluten Free Options

Note to Celiac and high gluten sensitivity customers. we do not have a dedicated gluten free fryer, so although our tortilla chips and French fries do not contain gluten there may be traces from the fryer.

Our Homemade Thai Peanut sauce and Thai stir fry sauce contain a small amount of gluten from soy sauce so it is not appropriate for those with gluten allergies or high sensitivity. Sub our red curry sauce.

The following contain wheat ingredients- chicken wild rice soup, muhammara, walnut wild rice burger. While tortilla chips are gluten free, we make them in house and do not have a dedicated gluten free fryer. Our pulled pork is beer braised so is not gluten free.

Appetizers

GFR Baked Bruschetta Creamy, garlicky, right from the oven. Sub gluten free toast. 9

Fresh Spring Rolls Rolled to order with house made *Thai peanut sauce. See above allergy info. 9 Add Shrimp. 2

Hand Cut Fries* Hand cut fries 5 or our specialty sweet potato fries. 6

Sage Wings Naked, BBQ, or Pineapple Habanero | 1

Gluten Free Sandwiches and Burgers

Substituting our gluten free panini bread or bun (add 1.50) or lettuce wrap (no charge) makes any of the following sandwiches GF. Choose Black bean chili, fries, slaw, or green salad for a GF side.

Grown Up Grilled Cheese Cheddar, smoked gouda, garlic, tomato and basil. 10

Walleyewich Pan fried Red Lake walleye, our orange cranberry garlic aioli, lettuce, pickle tomato and slaw. Our pan fry coating is gluten free 15

Bruschetta B.L.T. Grilled chicken panini with bruschetta tomatoes, bacon, swiss, mixed greens and garlic aioli. 12

Burgers- Request GF bun (add 1.50) or lettuce wrap (no charge) for any of the following Burgers to make them GF; **Steakhouse Cheeseburger, Smoke and Fire Burger, Local, Garlic Focaccia Burger, Sunrise Burger, Smash Burger, Justa burger** Prices Vary

Gluten Free Salads and Bowls

Spring Roll Salad Mixed greens, cucumbers, carrots, cilantro, crumbled peanuts. Choose grilled chicken or tofu. Ask for gluten free sauce options. 11

Wild Rice Dragon Bowl Wild rice, rainbow slaw, mixed greens, toasted walnuts, apple, smoked salmon. 12

Red Curry Bowl House Red Curry with fresh veggies and herbs and brown rice. Chicken or tofu. 11 Add two spring rolls for 3.

Black & Blue Salad Mixed greens and blackened chicken breast with grape tomatoes, strawberries, blue cheese crumbles. 12

Sushi Salad Cucumbers VG Avocado, pickled ginger, brown rice balls, mixed greens, carrots and pea crunchies with our house made ginger wasabi dressing. Tofu or chicken 12, Salmon 13

Gluten Free Dinners

Walleye dinner Broiled or pan fried. (pan fried uses corn flour only) Served with soup or salad, wild rice pilaf, and stir fried veggies. 22

Flat Iron Steak 8oz steak grilled to your liking. Served with house made steak sauce, served with soup or salad, plus smashed potato and stir fried veggies. 24

Red Curry Dinner Chicken or tofu with fresh veggies stir fried with aromatic herbs in a red curry sauce. Served with brown basmati rice and a fresh spring roll. 16.

Vegan and Vegetarian Specialties

Appetizers

Veggie Wings VG Our house made veggie mix fried up crispy and saucy. Think falafel meets wings. BBQ or Habanero Pineapple 11

Muhammara VG Our house special dip- blended roasted red peppers, walnuts and spices served with toasty flats 9

Baked Bruschetta V Creamy, garlicky, right from the oven served with toast. 9

Fresh Spring Rolls VG Rolled to order, house made Thai Peanut Sauce 9

Beer Cheese Pretzel V Homemade soft pretzels with our Roundhouse Cream Ale beer cheese. 5

Natural Cut Fries VG Our hand cut fries 5, or our specialty sweet potato fries 6. (shared fryer)

Black Bean Chili V VGR Our homemade vegan chili is hearty and delicious! Request no cheese for vegan Cup 5, Bowl 7

Sandwiches

Served with soup, fries, or slaw, or choose side salad, sweet potato fries for 1.50

Vegan Bread Choices- our Great Harvest Bread is Vegan as is our Cranberry Orange Ciabatta Roll, our Whole Wheat Tortilla, and our flatbread. Sub in on any sandwich or wrap.

Walnut Wild Rice Burger V, VGR Our signature veggie burger, house made with walnuts, lentils, wild rice and veggies. Served with lettuce, tomato, and steak sauce. 11 add cheese .50

Herbivore V VGR Medley of grilled veggies, muhammara, and cheddar cheese. 11

Thai Peanut wrap with Tofu VG Crispy tofu, peanuts, crunchy veggies, herbs, and peanut sauce 12

Burgers All specialty burgers can be made vegetarian by subbing our house made walnut wild rice burger at no additional charge! Most can be made vegan as well. Prices vary

Grown Up Grilled Cheese V Cheddar, smoked gouda, garlic, thin tomato and basil. 10

Red Curry Bowl Homemade red curry with tofu, fresh herbs, veggies and brown rice. 11 add two fresh spring rolls for 2. **Red Curry Sauce Contains Fish Sauce**

You can sub our veggie burger for the meat on our **Buffalo Chicken Wrap** or our **Hawaiian Flatbread. V** Delicious! 13

Salads

Tofu Spring Roll Salad VG Greens, cucumbers, carrots, cilantro, crumbled peanuts. Served with our Thai peanut dressing. 11

Tofu Wild Rice Dragon Bowl V VGR Wild rice, rainbow slaw, mixed greens, toasted walnuts, apple, smoked salmon with house creamy balsamic dressing. 12

Tofu Black & Blue Salad V VGR Mixed greens and blackened tofu with grape tomatoes, strawberries, blue cheese crumbles and creamy balsamic dressing. 12

Sushi Salad Cucumbers VG Tofu, avocado, pickled ginger, brown rice balls, mixed greens, carrots and pea crunchies with our house made ginger wasabi dressing 12

Vegan Dressing choices are Thai Peanut, Balsamic Vinaigrette, and French. Our house creamy Balsamic contains mayo (egg) but no dairy.

Vegan and Vegetarian Dinners

Creamy Pesto Tortellini VR Cheese tortellini, with sautéed mushrooms topped with creamy pesto and bruschetta. Served with green salad. 19

Tofu Thai Peanut Stir Fry VGR Tofu, fresh veggies and peanuts stir fried with a farm egg in our Thai peanut sauce. Served with brown basmati rice and a spring roll. Leaving off the farm egg makes this vegan. 16+

Red Curry Dinner Tofu, with fresh veggies stir fried with aromatic herbs in a red curry sauce served with basmati rice and a fresh spring roll. 16 Our homemade red curry sauce contains fish sauce, but no dairy, egg, or meat.

Low Carb and Keto Selections

Appetizers- Good choices are; Baked Bruschetta (Request tortilla chips or carrots to spread on for fewer carbs.) **Fresh Spring Rolls or Sage Wings**

Sandwiches and Burgers- Most all can be made with a lettuce wrap instead of bread at no charge, choose a green salad or slaw for lower carb sides.

Dinners- *Slaw can be substituted for smashed potato or rice , making any of the following dinners a low carb choice.*

Broiled Walleye dinner - Flat Iron Steak - Salmon Dinner - Red Curry Dinner