

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

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

Appetizers

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

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

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

Chips and dips** House made tortilla chips with any two GF dips - Nacho cheese, Salsa or Black Bean Corn Pico. 7

Wings or Nachos** see regular menu for choices

Sandwiches

Substituting our gluten free panini bread or lettuce wrap makes any of the following sandwiches and burgers GF.

Grown Up Grilled Cheese 10

Walleyewich 15

Bruschetta B.L.T. 12

The Local 15

Red Curry Bowl 11

Sage Ruben 13

****Designated gluten free fryer now available upon request!**

Gluten Free Salads

Spring Roll Salad 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

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

Southwest Salad Mixed Greens black bean pico, avocado mash, grilled chicken, cheddar cheese and tortilla chips with chipotle ranch dressing. 12

Sushi Salad Cucumbers, avocado, brown rice, mixed greens, carrots pickled ginger with our house made ginger wasabi dressing. Salmon 12. Tofu or chicken 11

And Also

GF Street Tacos Three Walleye, chicken, or beef tacos. Grilled corn tortilla, Topped fresh, Served with chips and salsa. 12

Gluten Free Dinner

Walleye dinner Broiled or pan fried. (pan fried uses corn flour only) Served with soup or salad, plus loaded mashed potatoes and stir fried veggies. 22

Zucchs Spun fresh zucchini noodles with chicken and veggies in our creamy pesto sauce. Served with a green salad. 19

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.

Beef Burgundy Slow roasted pot roast with a robust red wine glaze served with smashed potatoes and stir fried green beans. 22

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

Vegan and Vegetarian Specialties

Appetizers

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 Add Shrimp 2

Hand Cut Fries VG Our hand cut fries 5 or our specialty sweet potato fries. 6

Chips and Muhammara VG House made tortilla chips with our signature roasted red pepper and walnut dip. 7

Cheese curds Served with Marina, ranch or spicy mayo. 9

Veggie wings VG See regular menu for choices. 11

Muhammara Nachos House made tortilla chips, loaded with black bean pico, salsa, avocado mash, jalapeno nacho cheese. 12

Salads

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

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

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

Southwest Salad Mixed greens. black bean and corn pico, cheddar cheese, avocado, with Muhammara and house chipotle ranch. 12

***Vegan**- Dressing choices are Thai Peanut and Balsamic Vinaigrette

Sandwiches

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

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

Veggie Street Tacos V, VGR Three tacos. Hearty taco filling made with our seasoned crumbled veggie burger. Topped fresh, Served with chips and salsa. 12

Red Curry Bowl V, VG Homemade red curry with tofu, fresh herbs, veggies and rice. 11 *Curry may contain fish sauce. Check with serving staff upon order for vegan.*

Veggie Buffalo Wrap V House made veggie burger Mixed greens, carrots, blue cheese dressing, spicy buffalo sauce and cheddar cheese. 12

Tofu Thai Peanut wrap VG Tofu, peanuts, crunchy veggies, herbs and peanut sauce. 11

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

Vegan and Vegetarian Dinners

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

Zucchs VR Spun fresh zucchini noodles with sautéed mushrooms and veggies in our creamy pesto sauce. Served with green salad. 19

Tofu Thai Peanut Noodle 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 VGR Tofu, with fresh veggies stir fried with aromatic herbs in a red curry sauce served with basmati rice and a fresh spring roll. Curry may contain fish sauce. 16

Low Carb and Keto Selections

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

Salads- spring roll, sushi and southwest salad.

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, making any of the following dinners a low carb choice.

Zucchini Noodle Pasta- Spiralized zucchini sautéed and topped with creamy pesto, grilled chicken and bruschetta tomatoes served with green salad.

Broiled Walleye dinner – Beef burgundy