



# dinner menu

## soups

### chili

beef guajillo ancho  
arbol black beans  
5 cup | 6 bowl

### turkey **GF**

wild rice carrot almond  
bone broth  
5 cup | 6 bowl

### du jour

seasonal deliciousness  
5 cup | 6 bowl

## greens

### beet 12 **GF**

spinach fig balsamic  
amablu fondue bacon  
orange supremes

### wedge 10 **GF**

iceberg bleu cheese dressing  
tomato onion bacon  
chive

### sprout petals 16

baby kale fondue a la grotte  
radicchio parmesan duck confit

### cobb 14

romaine bacon buttermilk tomato  
egg haircot vert turkey corn  
amablu pickled onion

### fresca 15 **GF**

romaine avocado yogurt  
flank steak corn sasa pico de  
gallo queso fresco

## bites

cheese curds 10  
berry catsup

chicken satay 11  
baby iceberg  
peanut sauce sriracha  
cucumber cilantro

artichoke dip 10  
flatbread

chile colorado 13  
sirloin corn salsa crema  
queso freco cilantro  
pickled onion

### nachos 8

ground beef cheese sauce  
romaine pico de gallo  
refritos corn salsa crema  
chipotle coulis

### tacos 14 **GF**

mahi mahi slaw  
pickled onion  
salsa verde  
cilantro

### fruit & cheese 20

asain pear  
blackberry preserves  
red grapes gruyere  
prairie breeze amablu  
gouda

## wings

traditional 13 **GF**  
boneless 13

bacon bourbon  
guajillo cumin  
clove

buffalo  
cayenne honey  
butter

bbq  
chipotle honey  
cilantro

dry rub  
brown sugar cayenne  
cumin

thai chili  
sambal oelek mae ploy  
chive

## pizza

supreme 14  
pepperoni sausage  
mushroom onion olive  
green pepper

meat 16  
pepperoni sausage  
canadian bacon  
bacon ham

hawaiian 15  
canadian bacon pineapple  
jalapeno