



## BREAKFAST Served until 2:00 pm

### Open-Faced Egg Sandwich 13

Over Easy Egg, Basil Aioli, Arugula, Bacon, & Tomatoes on Honey Wheat with House Greens, Herb Vinaigrette

### Orange Caramel Pecan French Toast 15

### Classic French Toast 12 (Half Order 6)

### Avocado Toast

One Slice 7 or Two Slices 11, Option to add Egg +2

**Autumn Hash** with Smoked Paprika Aioli, Brussels Sprouts, Sweet Potatoes, Over Easy Eggs and Red Chili Topping 16

### Breakfast Biscuit Sandwich 12

Maple Butter, Fischer Farms Sausage, Scrambled Eggs

### Breakfast Sandwich 13

Ham, Eggs, and Cheddar on Honey White

### Scrambled Eggs 12

served with Toast and choice of breakfast meat: Fischer Farms Bacon, Sausage Patty, or Maple Coil Sausage

### Quinoa Breakfast Bowl 17

2 Poached Eggs, Arugula, Avocado, Fried Sweet Potatoes, Black Beans, Pickled Jalapenos and Chimichurri

## CREPES Served daily until 2:00 pm

### • Cheese Crepe 10 **Add-ons:**

Mushrooms +1 / Onions +.50 / Ham +1.50 / with Green Salad Side

### • Mixed Berry Preserve 6

## WEEKEND BRUNCH SPECIALS ON BACK

## BREAKFAST SIDES

Egg 2, Fischer Farms Bacon Slice 1.75, Sausage Patties, or Maple Coil Sausage 5, Breakfast Sweet Potatoes 4, Slice Toast 2

## DELI CASE Served All Day

### • Egg Salad (GF/DF)

### • Maple Mustard Quinoa Salad with Sunflower Seeds, Kale, & Apricots

#### • Tarragon Chicken Salad

### • Potato Salad with Bacon (GF/DF)

#### • Small Guacamole 8 (GF/Vegan)

#### • Tortilla Chips 3 (DF)

### • Heather's Chex Mix 11

#### • Granola 12

## SALADS

### Spring Salad 17

Mixed Greens, Candied Almonds, Peas, Snap Peas, Golden Beets, Raspberries, Local Goat Cheese, Dill, & Lemon Shallot Vinaigrette

### Southwestern Salad 13

Mixed Greens with Cilantro Lime Vinaigrette, Black Beans, Queso Fresco, Red Peppers, Corn, Pepitas, Tortilla Strips

### Crispy Buffalo Chicken Salad 15

Carrots, Blue Cheese, Radish, Sunflower Seeds, Mixed Greens and Blue Cheese Dressing.

### House Salad 7

with Mixed Greens, Carrots, Radish, Sunflower Seeds, & Herb Vinaigrette

### Italian Chop Salad 17

Romaine, Chickpeas, Pepperoni, Roasted Red Peppers, Artichokes, Pepperoncini, Olives, Red Wine Vinaigrette & Pecorino Cheese

## LUNCH & DINNER

### SANDWICHES

*Sandwiches are served with Mixed Greens, Bacon Potato Salad, Fries, or upgrade to Tater Tots for +1.50 or Truffle Fries +2*

### Roasted Turkey 16

Tomato, Avocado, Basil Aioli, Bibb Lettuce, on Honey Wheat

### Blackened Salmon BLT 18

Fischer Farms Bacon, Mayo, Bibb Lettuce, Tomato, on Honey White. Add Avocado +2

### Rachel 16

Turkey, 1,000 Island, Sauerkraut, Gruyere, on Rye

### Reuben Sandwich 17

Corned Beef, 1,000 Island, Sauerkraut, Gruyere, on Rye

### Spicy Buffalo Chicken 15

Honey Blue Cheese Mayo, Blue Cheese Crumbles, Shredded Carrots, Lettuce, Celery and Pickles

### Classic BLT 16

Tomatoes, Bibb Lettuce, Fischer Farm Bacon, with Mayo on Honey White

### Egg Salad

Lettuce on Honey Wheat 12

### Cubano 17

Fischer Farms Roast Pork Loin, Ham, Gruyere, Pickled Onions, Pickled Jalapeno Peppers, Green Chilis, Sweet Mustard Sauce, on a French Roll

### BURGERS Served Anytime

*Sandwiches are served with Mixed Greens, Bacon Potato Salad, Fries, or upgrade to Tater Tots for +1.50 or Truffle Fries +2*

### Blue Cheese Burger 17

Local Beef Patty, Balsamic, Caramelized Onions, Sweet Honey Mustard Aioli with Lettuce, on a cottage White Bun

### Field Burger 16

Cheddar, Fischer Farms Bacon, Mayo, Lettuce, Tomato

### Mushroom Quinoa Burger 17

with Pickled Onions, Red Pepper Aioli, and Muenster Cheese

## MAINS Served Anytime

### Buddha Bowl 17

Coconut Jasmine Rice, Roasted Sweet Potatoes, Cauliflower & Red Peppers, Pickled Red Onion, Kale, Curry Tofu, Cilantro Chutney (VEGAN)

### Teriyaki Salmon Bowl 21

Edamame, Pickled Onions, Peppers & Onions, Avocado, Rice and Broccoli (GF)

### Chicken Paillard Pasta 18

Sautéed Greens & Mushrooms, Angel Hair Pasta

## SOUPS

Cup 5 / Bowl 7 / Quart 13

**Three rotating soups served daily.**  
 Please browse the online menu for today's options.

## DINNER SPECIALS (AFTER 4PM)

MONDAY (4/22)

**Spring Salad** with Mixed Greens, Golden Beets, Asparagus, Peas, Garlic Croutons, Feta, Dill, & Lemon Shallot Vinaigrette 15

TUESDAY

**Steak Quesadilla** with Peppers, Onions, Poblano Creama, Guacamole, Shredded Lettuce, & Pico De Gallo 18

WEDNESDAY

**Curry Turkey Burger** with Pickled Jalapeno, Apricot Chutney Aioli, & Red Cabbage Slaw on a Country White Bun with Choice of Side 18

THURSDAY

**Grilled Sirloin Steak** with Sweet Potato Mash, Chipotle Garlic Butter, Broccoli, and Crispy Onions 21

FRIDAY

**Pecan Crusted Walleye** with Coconut Lime Sauce, Stir Fried Vegetables, & Jasmine Rice 27

SATURDAY

**Grilled Jumbo Shrimp** with Couscous, Artichokes, Tomatoes, Feta, & Castelvetro Vinaigrette 19

SUNDAY

**Carbonara** with Fisher Farms Bacon, Poached Egg, English Peas, Buccaitini, & Parmesan Cheese 19

### WEEKEND BRUNCH SPECIALS

(Saturday - Monday)

**English Muffin Breakfast Sandwich** with Scrambled Eggs, Bacon, Aged White Cheddar, Honey Sriracha Aioli and Side Greens 16

**French Toast** with Strawberry Rhubarb Sauce, Vanilla Bean Cream Cheese & Streusel Topping 16

### BOXED LUNCHES & CATERING AVAILABLE

Call 612-445-8777 for catering!

## KIDS MENU \$8

SERVED WITH A SIDE OF FRUIT, FRIES, OR GREENS

Grilled Cheese

Cheeseburger

Mac N' Cheese

Pepperoni Pizza Rolls

Chicken Breast (Crispy or Grilled)  
with BBQ Sauce



Call for Daily  
Dessert Special

Cookies 2

- Chocolate Chip
- Gluten Free Peanut Butter
- Flourless Chocolate Chip

Ice Cream 3.75

Today's Flavors:  
Vanilla  
Flavor of the Day

### PASTRIES

Croissants 3.50

Chocolate or Almond Croissant 3.95

Ham and Cheese Croissant 6

Budapest Muffin 3.00

Muffin of the Day 3.00

### COFFEE

Regular or Decaf, Cold Press

Latte, Cappucino, Macchiato, Espresso, Mocha,  
Americano, Miel

### Coffee Drink Options

Iced or Hot

Flavor Shots: Vanilla, Sugar Free Vanilla, Caramel,  
Coconut, Hazelnut, Lavender, & Butterscotch

Milk Options: Whole, Skim, Oat, & Almond

### OTHER DRINK

Iced Tea, Hot Tea, Lemonade,  
Arnold Palmer, Chai Tea Latte, Matcha Tea, Coke,  
Diet Coke, Sprite, Mineral Water, Orange Juice,  
Flavored San Pellegrino

### WINE & BEER

Rotating selection available when dining-in.

# 612-445-8822

Call ahead for pick up at our walk-up window!

5201 Chicago Ave, Minneapolis MN 55417

Order Online for Pick Up or Delivery at:

[www.HeathersMpls.com](http://www.HeathersMpls.com)

[Facebook.com/heathersmpls](https://Facebook.com/heathersmpls)

[Instagram.com/heathers\\_mpls](https://Instagram.com/heathers_mpls)