Consumption of under cooked meats, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert the staff if you have special dietary requirements.

## Breakfast Served until 2:00 pm

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Biscuit Sandwich</strong></td>
<td>12</td>
</tr>
<tr>
<td>Maple Butter, Fischer Farms Sausage, Scrambled Eggs</td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast Sandwich</strong></td>
<td>13</td>
</tr>
<tr>
<td>Ham, Eggs, and Cheddar on Honey White</td>
<td></td>
</tr>
<tr>
<td><strong>Scrambled Eggs</strong></td>
<td>12</td>
</tr>
<tr>
<td>served with Toast and choice of breakfast meat: Fischer Farms Bacon, Sausage Patty, or Maple Coil Sausage</td>
<td></td>
</tr>
<tr>
<td><strong>Quinoa Breakfast Bowl</strong></td>
<td>17</td>
</tr>
<tr>
<td>2 Poached Eggs, Arugula, Avocado, Fried Sweet Potatoes, Black Beans, Pickled Jalapenos and Chimichurri</td>
<td></td>
</tr>
</tbody>
</table>

## Lunch & Dinner

### Deli Case
- Egg Salad (GF/DF)
- Maple Mustard Quinoa Salad with Sunflower Seeds, Kale, & Apricots
- Tarragon Chicken Salad
- Wild Rice Salad with Sage Vinaigrette
- Potato Salad with Bacon (GF/DF)
- Small Guacamole (GF/Vegan)
- Tortilla Chips (DF)
- Heather’s Chex Mix
- Granola

### Salads
- Autumn Farro Salad 16
  Farro, Roasted Squash, Arugula, Apples, Craisins, Blue Cheese, Pecans, Apple Cider Vinaigrette
- Southwestern Salad 13
  Mixed Greens with Cilantro Lime Vinaigrette, Black Beans, Queso Fresco, Red Peppers, Corn, Peptitas, Tortilla Strips, Add Grilled Steak + 7, Add Grilled Chicken + 6
- Crispy Buffalo Chicken Salad 15
  Carrots, Blue Cheese, Radish, Sunflower Seeds, and Blue Cheese Dressing
- Cobb Salad 16
  with Mixed Greens, Bacon, Egg, Blue Cheese, Tomatoes, Onions, Avocado, & Green Goddess Dressing
- House Salad 7
  with Mixed Greens, Carrots, Radish, Sunflower Seeds, & Herb Vinaigrette

### Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Roasted Turkey</strong></td>
<td>16</td>
</tr>
<tr>
<td>Tomato, Avocado, Basil Aioli, Bibb Lettuce, on Multigrain</td>
<td></td>
</tr>
<tr>
<td><strong>Blackened Salmon BLT</strong></td>
<td>18</td>
</tr>
<tr>
<td>Fischer Farms Bacon, Mayo, Bibb Lettuce, Tomato, on Honey White, Add Avocado + 2</td>
<td></td>
</tr>
<tr>
<td><strong>Meatloaf Sandwich</strong></td>
<td>20</td>
</tr>
<tr>
<td>Meatloaf, Arugula, Roasted Garlic Aioli, Crispy Onions, on Honey White</td>
<td></td>
</tr>
<tr>
<td><strong>Rachel</strong></td>
<td>16</td>
</tr>
<tr>
<td>Turkey, 1,000 Island, Sauerkraut, Gruyere, on Rye</td>
<td></td>
</tr>
<tr>
<td><strong>Reuben Sandwich</strong></td>
<td>17</td>
</tr>
<tr>
<td>Corned Beef, 1,000 Island, Sauerkraut, Gruyere, on Rye</td>
<td></td>
</tr>
<tr>
<td><strong>Spicy Buffalo Chicken</strong></td>
<td>15</td>
</tr>
<tr>
<td>Honey Blue Cheese Mayo, Blue Cheese Crumbles, Shredded Carrots, Lettuce, Celery and Pickles</td>
<td></td>
</tr>
<tr>
<td><strong>Classic BLT</strong></td>
<td>16</td>
</tr>
<tr>
<td>Tomatoes, Bibb Lettuce, Fischer Farm Bacon, with Mayo on Honey White</td>
<td></td>
</tr>
<tr>
<td><strong>Egg Salad</strong></td>
<td>12</td>
</tr>
<tr>
<td>Lettuce on Honey Wheat 12</td>
<td></td>
</tr>
<tr>
<td><strong>Cubano</strong></td>
<td>17</td>
</tr>
<tr>
<td>Fischer Farms Roast Pork Loin, Ham, Gruyere, Pickled Onions, Pickled Jalapeno Peppers, Green Chilli, Sweet Mustard Sauce, on a French Roll</td>
<td></td>
</tr>
</tbody>
</table>

### Burgers

### Main Dishes

### Weekend Brunch Specials on Back

### Crepes

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese Crepe</strong></td>
<td>10</td>
</tr>
<tr>
<td>Add-ons: Mushrooms + 1 / Onions + .50 / Ham + 1.50 / with Green Salad Side</td>
<td></td>
</tr>
<tr>
<td><strong>Mixed Berry Preserve</strong></td>
<td>6</td>
</tr>
</tbody>
</table>

### Breakfast Sides

### Soup

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cup 5 / Bowl 7 / Quart 13</strong></td>
<td></td>
</tr>
<tr>
<td>Three rotating soups served daily. Please browse the online menu for today’s options.</td>
<td></td>
</tr>
</tbody>
</table>
DINNER SPECIALS (AFTER 4PM)

MONDAY (11/13)
Coconut Chicken Spinach Salad with Grilled Pineapple, Toasted Almonds, Strawberries, Edamame, Red Peppers, and Poppy Seed Dressing 17

TUESDAY
Shrimp Taco Bowls with Cilantro Rice, Pickled Onions, Creamy Cabbage Slaw, Pepitas, Cranberry Salsa, and Chips with Guacamole 19

WEDNESDAY
Grilled Teriyaki Beef with Stir Fried Vegetables in Coconut Jasmine Rice with Cilantro Chutney & Cashews 19

THURSDAY
Shells Cheese and Peas with Fischer Farms Bacon & Garlic Butter Bread Crumbs 17

FRIDAY
Moroccan Lamb Stew with Dried Fruit Couscous, Marcona Almonds, Grilled Red Cabbage, and Apricot Chutney 20

SATURDAY
Almond Crusted Walleye with Tartar Sauce, Wild Rice Pilaf, and Broccoli 26

SUNDAY
Grilled Chicken Caesar Sandwich with Shaved Fennel Slaw, Caesar Dressing, Lettuce, and Tomato with Choice of Side 18

WEEKEND BRUNCH SPECIALS
Shakshuka with Poached Eggs, Fetas, & Grilled Baguette 15
Lemon Ricotta Pancakes with Orange Cranberry Sauce 14

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, Pumpkin Pie, & 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.

BOXED LUNCHES & CATERING AVAILABLE
Call 612-445-8777 for catering!

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:
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Facebook.com/heathersmpls
Instagram.com/heathers_mpls

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