

# FARM TABLE

— Building soil health and community one plate at a time —

*Farm Table Foundation is a nonprofit restaurant, learning center, & art gallery with a purpose to rekindle connections between people and local food, local farmers, & the land.*

## APPETIZERS

### C.C.D. CREAMY CORN DIP

A delicious warm dip of roasted sweet corn, peppers, onions, garlic, hot sauce, sour cream, cilantro, & gooey cheese. Served with tortilla chips to dip! 12. ●

### SUGAR-CURED SALMON BOARD

Bodin's cured salmon, Cosmic Wheel Creamery cheese, cream cheese, pickled onions & cucumber chips, beet mustard, & crostinis. 17. ●

SIDE SALAD 5. ●●

BLACK BIRD BREAD + BUTTER 5.

### PICKLED BEET DEVILED EGGS

Five luscious egg halves filled with bacon fat, whipped yolks, & herbs. 10. ●●

### GARLIC CHEESE FRIES

Heaped with garlic & topped with shaved parmesan cheese. 7. ●  
ADD a sauce +1.

HAND-CUT FRIES 6. ●●



## in SEASON:

Beets, Carrots, Potatoes,  
Onions, Cabbage

*Featured*  
[ FARM ]

## BLACKBROOK FARM

James and Ayla grow 15 acres of vegetables for their large CSA (Community Supported Agriculture), for a Minneapolis farmers' market, and for wholesale through two farmers' cooperatives. Their 140-acre farm is certified organic; they also pasture raise hogs, poultry, and rotationally grazed beef cattle.

## SOUP

*with bread upon request.*

### ROTATING SOUPS

See our Specials Menu for our seasonal feature. CUP 6. | BOWL 8.

## SALAD

### WARM AUTUMN NOURISH BOWL

Turmeric rice, roasted squash & greens, feta, pickled onion, seasonal delights, & protein of choice: grilled marinated chicken, sugar-cured salmon, or falafel. 15. ●  
*vegan upon request*

Pairs well with: Sidekick Chardonnay

### PEARLS + RUBIES

Tender cubed beets, goat chevre, green onion, maple sunflower crunch, & a drizzle of green ranch. 14. ●  
ADD: grilled marinated chicken, sugar-cured salmon, mushrooms, or falafel. +4.

### SEASONAL FIVE-MILE SALAD

Featuring kale, crisp apples, onions, maple sunflower crunch, cheddar, parmesan, & dried cranberries in our house vinaigrette. 14. ● ADD: grilled marinated chicken, sugar-cured salmon, mushrooms, or falafel. +4.

### SOUP, SALAD, + BREAD

Cup of soup & side salad with bread. 11.

## PIZZA

On a 12" house-made crust using Sunrise Flour Mill pizza flour — serves 2-3.

### BEER-BRAISED ONION

Beer-caramelized onions, arugula, goat cheese, & a blend of parmesan & mozzarella cheeses. 17.

### CHEESE

House-made marinara with smoked cheddar, mozzarella, & cheese curds. 15. *gluten-free* 13.  
ADD minced garlic & parmesan +1.

### DIETARY KEY:

- dairy-free
- gluten-free
- gluten-free upon request

Please notify your server of any allergies.

### HYPER-LOCAL



weekly  
[ SPECIALS ]

FISH FRIDAY!

Ask your server what seasonal fish we have.

FISH SAMMY

Battered fish with pickled garlic scape tartar sauce, cucumber pickles, & thinly sliced cabbage served on a toasted bun; served with kettle chips. 14.●

Substitute fries, seasonal salad, or soup for + 2.

FISH DINNER

Tender seasonal fish in house-made batter with pickled garlic scape tartar sauce & lemon. Served with chips & coleslaw. 20.●

Substitute fries, seasonal salad, or soup for + 2.

SATURDAY CURDSDAY

Ellsworth cheese curds fried in Spotted Cow beer batter. 10.

ADD dipping honey or other sauce +1.

featured FARM:  
RED CLOVER HERBAL  
APOTHECARY FARM

Surrounded by rolling prairie filled with native flowering plants and grasses, Red Clover is situated on five acres of picturesque land. No toxic chemicals are used anywhere on the farm. Instead, owner and farmer Nancy Graden strives to work with nature by building healthy soils that produce healthy plants that contribute to the health of people. Red Clover's organic herbal products are designed to provide an extra boost, support your immune system, and build strength and resiliency through the change and challenges of the seasons.

awesome  
[ SAUCE ]

HOUSE-MADE | GF + VEG | 1.

- House Mayo
- Spicy Mayo
- Green Ranch
- Local Honey
- Bang! Sauce
- Russian Dressing
- Balsamic Onion Jam
- Blueberry BBQ Sauce

PURCHASE A MEAL FOR A FAMILY IN NEED

Choose: \$25, \$50, \$75, or \$100.

Proceeds go to the Cooked2Serve program launched by Northwest Alliance Community Foundation of Polk and Burnett Counties to provide supplemental meals to families whose children qualify for free or reduced-price school lunch. Simply ask your server to add your donation to your bill. ♥

SANDWICHES

Sandwiches are served with kettle chips. Substitute fries, seasonal salad, or soup for + 2.

OPEN-FACED STEAK SANDWICH

Featuring soy-garlic marinated steak, caramelized onion, mushrooms, dijonnaise, & melted Swiss. 19.

REUBEN

Corned beef, sauerkraut, Russian dressing, & swiss cheese on toasted rye bread. 15.●

FLAVOR PARTY GRILLED CHEESE

Smoked cheddar, thin-sliced apples, dijon, house-made apple jalapeño jam, & sauerkraut. Served on toasted wild rice bread. 15.●

BURGERS

Peterson's grass-fed beef on a toasted bun; served with kettle chips.● Substitute fries, seasonal salad, or soup for + 2.

CHEESEBURGER

With cheddar cheese. 14.

BACON CHEDDAR

Peterson's thick-cut bacon with smoked cheddar & dijonnaise. 15.

BLUEBERRY BBQ CHEDDAR

Melted cheddar, flat-top-fried onions, & house-made blueberry BBQ sauce. 15.

NORTHWOOD MUSHROOM SWISS

Sautéed shiitakes, melted swiss, & house-made caramelized onion balsamic jam. 15.

Pairs well with: Crooked Grin IPA

SUPPER

Available after 3 PM, Thursday-Saturday

—FROM THE PASTURE—

Choice of Peterson's Craftsman Meats 6-ounce tenderloin or 10-ounce ribeye. Ask your server about tonight's preparation. tenderloin 36. | ribeye 32.

Pairs well with: Cabernet Sauvignon

—FROM THE FIELD—

Veggies are the star! Ask your server about tonight's offerings. 24.

—CHEF SARAH'S CHOICE—

Features local meat—Chef Sarah's choice! market price

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HYPER-LOCAL



\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.