

# BRUNCH

CELEBRATING OVER 30 YEARS

www.wafrost.com

W.A.  
FROST  
AND  
COMPANY



## BREAKFAST

**Toasted Banana Bread**  
housemade chocolate-hazelnut spread  
5.50

**Lemon-Ricotta Pancakes**  
lingonberry preserves, bacon or **Fischer Farms**  
maple sausage, fresh fruit  
9.50

**Vanilla Scented Rustica Bakery**  
**Brioche French Toast**  
**Fischer Farms** maple sausage or bacon,  
maple syrup, fresh fruit  
10.50

**Bacon and Farm Fresh Eggs**  
choice of two eggs, home fries, hollandaise  
and toast - no substitutions  
8.00

**Smoked Trout Omelette**  
parmesan, chives, pickled onion,  
**Fischer Farms** maple sausage or bacon, fresh fruit  
11.50

**Mediterranean Omelette**  
oven-dried tomato, black olives, **Stickney Hills** chevre,  
leeks **Fischer Farms** maple sausage or bacon, fresh fruit  
10.00

**Huevos Rancheros**  
chorizo and eggs, roasted tomato salsa, sour cream,  
lime, grilled flatbread  
10.00

**Classic Eggs Benedict**  
housemade English muffin, **Fischer Farms** ham, **poached**  
**organic egg**, hollandaise sauce, home fries, fresh fruit  
13.50

**Biscuits and Gravy**  
buttermilk biscuits, sausage gravy, scrambled eggs  
and fresh fruit  
10.00

**Steak and Eggs**  
grilled hanger steak, scrambled eggs,  
hollandaise sauce, home fries  
16.50

## SIDES

**Fischer Farm's Maple Sausage**  
2.00

**Applewood Smoked Bacon**  
2.50

**Home Fries**  
2.50

**Our Eggs: Hillside Organics Free Range**  
**Utica, Minnesota**

## CHEF'S BRUNCH TASTING MENU

**SUNDAY ONLY**  
**FOUR COURSES \$25**  
**MENU CHANGES WEEKLY**

## LUNCH

**Truffle-Goat Cheese Risotto**  
beet marmalade, radish sprouts, hazelnuts, saba  
12.00

**Pan Roasted Lake Superior Whitefish**  
Brussels sprouts, fingerling potatoes confit,  
**Thielen Family** bacon, horseradish "sabayon"  
14.00

**Bouillabaisse**  
Provençal style fish stew, mussels, garlic,  
saffron, toasted baguette, rouille  
15.00

**Crispy Duck Confit Salad**  
winter lettuces, pears, Medjool dates, glazed walnuts,  
**Stickney Hills Chevre**, pear vinaigrette  
14.00

**Creamy Mushroom Soup**  
toasted baguette, shiitake marmalade  
Cup 5.50 Bowl 7.50

**Soup of the Day**  
Cup 5.50 Bowl 7.00

**House Green Salad**  
fennel, cherry tomatoes, radish, cucumber,  
saba, **Wildflower Honey** vinaigrette  
6.00

**"BLT" Salad**  
petite iceberg lettuce, oven-dried tomatoes, fines herbs,  
**Thielen Family** bacon, **Northern Lights** blue cheese  
dressing  
7.00

**Winter Lettuces**  
pears, Medjool dates, glazed walnuts,  
**Stickney Hills Chevre**, pear vinaigrette  
8.00

## SANDWICHES

**Choice of house green salad, fresh fruit,**  
**cup of soup or French fries**

**Grilled Black Angus Hamburger**  
lettuce, tomato, and onion  
10.50

**Chef's Burger**  
lettuce, bacon, red onion marmalade,  
**Wisconsin** cheddar cheese, mustard aioli  
12.25

**House Cold Smoked Salmon Gravlax Club**  
avocado spread, cucumber, red onion, dill cream,  
toasted brioché  
11.50

**Quinoa Falafel**  
cucumber, lettuce, red onion, radish sprouts,  
lemon tahini sauce, pita bread  
11.00

**Cuban Panini**  
shaved ham, roast pork, Emmenthaler,  
Dijon mustard, house made pickles  
12.00

**Bahn Mi**  
ham terrine, pickled carrot and daikon, cilantro,  
jalapeno, saffron aioli, **Rustica Bakery** baguette  
11.50

**W. A. FROST SUPPORTS ORGANIC AND SUSTAINABLE FARMERS AND FISHERIES**  
excess food is donated to Second Harvest Farms / to-go containers sugar cane based 100% compostable / we recycle all paper, plastic, glass, cardboard, aluminum and oil / we use low energy fluorescent bulbs when possible

## TEA

Individual 14oz. pot 4.25

We proudly serve loose teas supplied by  
**TeaSource** - St.Paul, MN [www.teasource.com](http://www.teasource.com)

### Tea Source Gold

Marvelously fruity and aromatic

### Blue Beauty Oolong

Green tea from China, sweet, floral, slightly spicy

### Jasmine

Very aromatic and refreshing tea, with floral notes

### Gunpowder Temple of Heaven

A classic green tea, with a hint of sweetness

### Goomtee Estate Darjeeling Orchid Delight

Smooth texture with rather full body, hints of toastiness

### English Breakfast

A mellow blend of black teas

### Earl Grey White Tip

Fine China tea. Incredibly aromatic

### Evening In Missoula

A slightly sweet caffeine free herbal blend

### African Skies

Rooibos-based herbal blend, reminiscent of passionfruit,  
mango and tropical flowers

### Basket o' Berries

Very fruity and rather sweet herbal blend

## GOURMET COFFEE

USDA Organic and Fair Trade Certified

Individual 2 Cup Press Pot 3.75

### Ethiopian Sidoma

Dark roast coffee from the birthplace of the coffee bean.  
Full-bodied with earthy notes and mellow acidity

### Sumatra

Full-bodied, rich with a long finish  
and pronounced acidity

### Finca Dos Marias

**Guatemalan Estate** - Organic  
smokey, rich, french roast.  
Well-balanced with spicy acidity

### Rainforest - Organic

A blend of beans from South and Central America. Medium  
bodied, with a soft, mellow flavor

## NON-ALCOHOLIC SPECIALTIES

### Pineapple Collins

Pineapple juice, house-made sour, soda water and a dash of grena-  
dine 4.00

### Ginger Press

Housemade Ginger syrup with tonic and soda water and fresh-  
squeezed lime 4.75

### Hazelnut Soda

Soda water with hazelnut syrup and a dash of cream 4.00

### The Garden

Our spicy housemade Bloody Mary mix - minus the vodka -  
garnished with an assortment of pickled vegetables 5.00

### Hot Pumpkin Pie

Our housemade spiced pumpkin butter  
mixed with hot water 5.50

## ARTISAN CHEESE PLATES

Plates are garnished with micro greens, a  
seasonal selection of fruits & nuts and assorted house  
made glazes & preserves

Single (1) 8.00 Three (3) 20.00 Five (5) 31.00

## REGIONAL AND DOMESTIC

**Northern Lights Blue** (Plato, Minnesota)  
raw cow's milk, single family farm, a mild and subtle blue

**Cabot Clothbound Cheddar** (Vermont)  
cow's milk, aged 10 months, buttery and sharp with notes  
of horseradish and earth

**Caveman Blue** (Oregon)  
organic caved aged cow's milk, fruity, rich and creamy

**Crave Brothers "Les Frères"** (Waterloo, Wisconsin)  
farmstead cow's milk, washed rind, soft, fruity  
and earthy with yeasty aromas

**Upland Farm's Pleasant Ridge Reserve**  
(Dodgeville, Wisconsin)  
aged, raw farmstead cow's milk, big nutty flavor  
with a sweet after taste

**Big Holmes** (Grantsberg, Wisconsin)  
made by Mary Falk at Love Tree Farms, goat's milk,  
an amazing expression of terroir, coated in wild  
Wisconsin herbs, flavor is herbacious and clean

## IMPORTED

**Regal De Bourgogne** (Burgundy, France)  
soft cow's milk cheese is coated in raisins, soaked in marc,  
sweet, fruity and creamy

**Tomme D'Acquataine** (France)  
goat's milk, washed with Sauternes as it ages. Sweet yeasty  
quality, with herbs and grass on the finish

**Robiola Tre Latti** (Peidmont, Italy)  
mixture of cow, goat and sheep's milk add to the complexity of  
this soft cheese, buttery flavor with a piquant finish

**Manchego** (La Mancha, Spain)  
raw sheep's milk, aged 8 months, sweet, tangy,  
and nutty with a firm texture

**Mahon** (Menorca, Spain)  
aged, raw cow's milk, fruity, tangy,  
intense "like a spanish version of cheddar"

**Garrotxa** (Albio Region, Spain)  
raw goats milk, mild and grassy with hints of pinenuts,  
firm, almost flaky texture

**Chimay** (Belgium)  
cow's milk, washed in beer. A traditional Belgian cheese pro-  
duced by Trappist monks, semi firm, grassy flavor, yeasty finish

**Stanser Schafskäse** (Switzerland)  
raw sheep's milk, firm texture, floral aroma, toasty, sweet and  
nutty flavor. A great example of Swiss cheese

## EARLY SEATING PRIX FIXE MENU

MONDAY - FRIDAY 5P.M. - 6P.M.

~ THREE COURSES~

30.00 PERSON

50.00 INCLUDES SELECT BOTTLE OF WINE

SEE DINNER MENU FOR DETAILS

## 1/2 OFF - BOTTLE WINE

MONDAY 11 A.M. - 11 P.M.

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ANY BOTTLE FROM OUR MAIN WINE LIST

LIST PRICE OF \$80 - \$200 ONLY

CLEARANCE WINE EXCLUDED