

# LUNCH

CELEBRATING OVER 30 YEARS

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W.A.  
FROST  
AND  
COMPANY



## SMALL PLATES

**Artichoke Spinach Dip**  
with lavasch flatbread  
9.75

**Korean Barbecue Chicken Wings**  
dill cream sauce  
7.50

**Sweet Potato Gnocchi**  
Brussels sprout petals, roasted shiitake mushrooms, truffle  
syrup, shaved **SarVecchio** cheese  
10.00

**Steamed Blue Mussels**  
coconut-green curry broth, cilantro, celery, fresno chilies,  
with grilled **Rustica Bakery** sourdough  
9.50

**Alsation Style Tart Flambé**  
**Thielen Family** bacon, caramelized onions,  
**Sweet Folly Farms** Crème Fraîche  
9.00

**Charcuterie Plate**  
artisanal and house cured meats, house-made pickles,  
mustard, with grilled **Rustica Bakery** sourdough  
14.00

**Trio of Small Plates**  
**Sweet Potato Croquettes**; jalapeno mustard, scallions  
**Grilled, Marinated Beef Skewers**; **Northern Lights**  
blue cheese dressing  
**Quinoa Falafel**; lemon-tahini sauce, radish sprouts  
16.00

## SOUP AND SALAD

**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, radishes, cucumbers,  
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

## SIDES

**Winter Vegetables**  
with herb oil  
6.50

**Roasted Mushrooms**  
with shaved **SarVecchio**  
6.50

**Barley-Mushroom Risotto**  
with fines herbs  
6.50

## SANDWICHES

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

**Chef's Mini Sandwich of the Day**  
daily selections  
8.00

**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

**Cuban Panini**  
shaved ham, roast pork, Emmenthaler,  
Dijon mustard, house made pickles  
10.50

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

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

**Quinoa Falafel**  
cucumbers, lettuce, red onions, radish sprouts,  
lemon-tahini sauce, on pita bread  
11.00

## ENTREES

(Available 11-2pm)

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

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

**Cassoulet**  
**Wild Acres** duck confit, tarbais beans,  
maple sausage, herb breadcrumbs  
14.00

**Pan Roasted Lake Superior Whitefish**  
ginger-scallion noodles, enoki mushrooms,  
savoy cabbage, dashi broth  
14.00

**Pan Roasted Wild Acres Half Chicken**  
maple glazed root vegetables, red onion marmalade,  
truffle jus  
16.00

**Grilled All Natural Black Angus Hanger Steak**  
barley-mushroom risotto,  
braised greens, “steak sauce”  
17.00

## BOTTLED WATER

**San Pellegrino Sparkling**  
**San Pellegrino Panna**  
500 mL 3.75  
1 Liter 5.25

**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 re-  
cycle 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

### 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 Blue Lintong

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 grenadine 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

### Stanser Schafskäse (Switzerland)

raw sheep's milk, firm texture, floral aroma, toasty, sweet and nutty flavor. A great example of Swiss cheese

### Robiola Tre Latti (Piedmont, 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 produced by Trappist monks, semi firm, grassy flavor, yeasty finish

## 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