

LUNCH

CELEBRATING OVER 30 YEARS

www.wafrost.com

W.A.
FROST
AND
COMPANY



SMALL PLATES

(Please Select One)

Marinated Mediterranean Olives

marinated in garlic and herbs, with house made focaccia
8.00

House Made Morel Mushroom Gnocchi

English peas, spinach, lemon thyme, tomato marmalade
9.00

Artichoke Spinach Dip

lavasch flatbread
9.00

Steamed Blue Mussels

soffrito-white wine broth, **Rustica Bakery** grilled sourdough
8.00

Crispy Calamari

charmoula aioli and lemon crown
7.00

Korean Barbecue Chicken Wings

dill cream sauce
7.00

Charcuterie Plate

artisanal and house cured meats, house made pickles,
mustard, grilled **Rustica Bakery** sourdough
14.00

Trio of Small Plates

mini crab cakes; sweet and spicy mango sauce,
pickled fennel
grilled, marinated beef skewers; artichoke tapenade,
Northern Lights Blue Cheese
chickpea fritters; frisee, roasted peppers, harissa yogurt
15.00

SOUP AND SALAD

(Please Select One)

Curried Carrot Soup

coconut-ginger cream, crispy cilantro
Cup 4.50 Bowl 7.00

Soup of the Day

Cup 4.50 Bowl 6.50

House Green Salad

fennel, cherry tomatoes, radish, cucumber,
saba, citrus vinaigrette
Starter 5.50 Large 10.00

Strawberry Salad

hydro bibb lettuce, frisee, **Stickney Hills** Chevre,
Marcona almonds, rhubarb vinaigrette
Starter 7.00 Large 13.50

"BLT" Salad

petite iceberg lettuce, **Theilen Family** bacon lardons, oven dried
tomato, **Northern Lights** bleu cheese dressing, fine herbs
Starter 6.50 Large 11.00

DESSERTS

(Please Select One)

Classic Vanilla Crème Brûlée

6.50

Chocolate Fudge Cake

malted milk chocolate, coconut ice cream,
white chocolate shavings, caramel crisp
7.25

Organic Carrot Cake

chevre-cream cheese mousse, run glazed walnuts,
golden raisin coulis, carrot crisp
6.75

Mini Trio

chocolate fudge cake, crème brûlée and carrot cake
9.00

ENTREES/SANDWICHES

(Please Select up to Three)

Kataifi Crusted Tofu

Chinese mushrooms, hot and sour soup, bamboo shoots,
baby bok choy, scallion-radish salad
11.00

Grilled Norwegian Salmon Salad

chilled soba noodle-seaweed salad, sesame, scallions,
radish, sweet chili dressing
14.00

Wild Acres Smoked Chicken Salad

strawberries, **Stickney Hills** Chevre, Marcona almonds,
hydro bibb lettuce, rhubarb vinaigrette
15.00

Pan Roasted Walleye

English pea-coconut risotto, roasted shiitake mushrooms,
julienne of snow peas, smoked paprika sauce
14.00

Pan Roasted Norwegian Salmon

truffled white asparagus risotto, blistered haricot vert,
niçoise vinaigrette
15.00

Moroccan Spiced Wild Acres Half Chicken

crushed fingerling potatoes, asparagus with preserved
lemon, black olives, chicken jus
16.50

Grilled All Natural Angus Hanger Steak

spring garden vegetables, Israeli couscous,
morel mushroom jus
18.00

SANDWICHES

Choice of house green salad, fresh fruit, French fries,
1.50 upcharge for cup of soup

Chef's Mini Sandwich of the Day

daily selection
6.50

Grilled Black Angus Hamburger

lettuce, tomato, and onion
9.75

Chef's Burger

lettuce, bacon, red onion marmalade,
Wisconsin cheddar cheese, mustard aioli
11.00

Grilled Lamb Burger

cucumber yogurt, lettuce, tomato, hummus
12.00

Pulled Pork Sandwich

Korean barbecue, pickled fennel, sourdough bun
10.00

Rueben Panini

house cured corned beef, Eideweiss emmenthaler cheese,
saurkraut, 1000 island dressing, marble rye bread
10.50

Fried Egg BLT Sandwich

Farmer Bob's tomato, applewood smoked bacon, lettuce
on ciabatta bread with sriracha aioli
10.50

House Cold Smoked Salmon Gravlax Club

avocado spread, cucumber, red onion, dill cream,
toasted briòche
9.50

Grilled Portobella Mushroom Sandwich

roasted red peppers, artichoke tapenade, lettuce,
fresh mozzarella, ciabatta bread
10.00

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 flouresant bulbs when possible