

LUNCH

CELEBRATING OVER 40 YEARS

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W.A.
FROST
AND
COMPANY



GF - Gluten Free

PLATES TO SHARE

Curry Cauliflower Hummus

garlic, basil, crostini
12.00

Deep Fried Calamari

chili-garlic aioli
13.00

Artichoke Spinach Dip

flatbread
14.00

Steamed Blue Mussels

coconut-green curry broth, cilantro, celery,
fresno chilies, grilled sourdough
15.00

South Carolina Pork Ribs

Napa cabbage, red pepper, carrots, red onion,
jalapeño, ginger, cilantro **GF**
15.00

Korean Barbecue Chicken Wings

dill cream sauce, scallions
13.00

SOUP AND SALAD

Soup of the Day

cup 6.00 bowl 8.00

Baby Lettuces and Herbs

mixed herbs, sunflower seeds,
champagne vinaigrette **GF**
7.00 / 12.00

Endive Salad

parmigiano reggiano, mint,
anchovy-caper citronette **GF**
8.00 / 13.00

Chicken Salad

apple, cranberry, celery, pecan, curry aioli,
bib lettuce **GF**
13.00 / 17.00

Steak Salad

Napa cabbage, red pepper, carrots, scallion,
fresno, ginger, cilantro **GF**
15.00 / 19.00

Insalata Fruiti di Marre

butter lettuce, shrimp, scallops, calamari, fennel,
red onion, lemon **GF**
16.00 / 22.00

ADDITIONS:

chicken 6 / steak 8 / shrimp 7

ENTREES

Grilled Summer Squash

parmesan breadcrumbs, zucchini, pearl onions,
burrata cream, pomodoro sauce
17.00

Roasted Cauliflower

eggplant caponata, tomato, red peppers, capers,
pine nuts, raisins, ricotta, mint
16.00

Pasta Paccheri

chanterelle mushrooms, English peas,
lemon cream, pecorino
16.00

Bouillabaisse

Provençal style fish stew, mussels, shrimp, garlic,
saffron, toasted baguette, rouille
17.00

Roasted Chicken

chicken breast, broccoli rabe, pearl onions,
garlic, chili flakes, lemon jus **GF**
18.00

Grilled Bistro Steak

chive potato puree, cabernet demi-glace,
watercress, radish **GF**
22.00

SANDWICHES

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

Artichoke Grilled Cheese Sandwich

artichoke, cheddar, parmesan, tomato,
spinach, Vienna white bread
14.00

Grilled Black Angus Hamburger

lettuce, tomato, onion
15.00

Chef's Burger

bacon jam, American cheese, lettuce,
caramelized onion 1000 island, sesame seed bun
16.00

Curry Chicken Salad Sandwich

apple, cranberry, celery, pecan, green onion
sesame seed bun
15.00

Old Bay Spiced Shrimp Sandwich

tarragon tartar sauce, lettuce, tomato,
onion, cocktail sauce, ciabatta bread
15.00

Mini Sandwich

daily selection
10.00

SIDES

Roasted Wild Mushrooms

shallots and thyme
8.00

Potato Purée

chive
8.00

Broccoli Rabe

stewed tomatoes
8.00

CHEF'S TASTING MENU

5PM DAILY

SIX COURSE MENU \$65

VEGETARIAN TASTING MENU \$55

OPTIONAL WINE PAIRINGS \$35

OUR SISTER PROPERTIES

THE COMMODORE | UNIVERSITY CLUB OF ST. PAUL | HOTEL 340 | SAINT PAUL ATHLETIC CLUB | STOUT'S ISLAND

6.29.17

TEA

Individual 14oz. pot 4.00

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

Ginger Root
The herbal tea as pure raw chunks of ginger root.

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

Margaret's Soother
herbal blend of peppermint, clove and licorice

REGION SPECIFIC COFFEE

USDA Organic and Fair Trade Certified
Individual Press Pot 3.50

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

Ethiopian Sidamo
Dark roast coffee from the birthplace of the coffee bean.
Fullbodied with earthy notes and mellow acidity

SUNDRIES

San Pellegrino (Sparkling)
500 mL 3.25 1 Liter 4.75

Aqua Panna (Still)
500 mL 3.25 1 Liter 4.75

Joia Sparkling All Natural Soda (Mpls, MN)
no preservatives, sodium, caffeine, vegan, gluten free
Orange with hints of jasmine and nutmeg 4.00
Pineapple with hints of coconut and nutmeg 4.00

Boylan's Root Beer 4.00

Red Bull
(Regular or Sugar Free)
4.75

Q Gingerbeer
4.00

ARTISAN CHEESE PLATES

Plates Are Garnished With A
Seasonal Selection Of Fruits And Nuts With Assorted
House-Made Accoutrements

Single (1) 9.00 **Three (3)** 20.00 **Five (5)** 31.00

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

Roelli Red Rock (Wisconsin)
Pasteurized cow's milk. Brick shaped cheddar, natural cave
aged. Earthy with notes of horseradish and a
bit of piquant blue cheese in the finish

Epoisses Affine Aux Chablis (Burgundy, France)
Pasteurized cow's milk. Washed with Chablis wine,
a little fruity and funky with a briney rich and sweet finish

Capriole O'Banon (Indiana)
Pasteurized goat's milk. Wrapped in chestnut leaves,
macarated in bourbon. Light and creamy

Lindenhoff 2yr Boerenkaas Gouda (Netherlands)
Aged raw cow's milk, slow food approved. Made only in the
summer months when the cow's can graze on
fresh pasture. This has the color and flavor of
butterscotch toffee

Tomme Crayeuse (Savoie, France)
Aged raw cow's milk. Aroma of hay, fresh grass and
tarragon. Mushroomy "chalky" interior, pleasantly tart with
long clean finish and buttery aftertaste

Anabasque, Landmark Creamery (Albany, Wisconsin)
Pasteurized aged sheep's milk, from this two women
run creamery. Rich and meaty with
notes of roasted salted peanuts and apricots

Smokey Blue, Rogue Creamery (Central Point, Oregon)
Pasteurized aged cow's milk. Cold smoked for 16 hours
over hazelnut shells from the Pacific Northwest. Hint of
nuttniness, some sweet caramel notes and a
piquant blue finish

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

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

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

Tomma di Quattro Latti (Peidmont, Italy)
Pasteurized mixed milk. Beautiful cave-aged
wild rind with buttery and sweet floral notes, fresh
lemony tang and a bit of wild gameyness

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

VISIT US FOR HAPPY HOUR

MONDAY-FRIDAY

4 P.M. - 6 P.M.

SERVED IN BAR & LOUNGE ONLY

EXCLUDING HOLIDAYS

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