

W.A. FROST & CO.

LUNCH

APPETIZERS / SHARED

BRUSCHETTA

ricotta cheese, sea salt, black pepper,
lemon zest, olive oil, chives
14

HUMMUS

chickpeas, Serrano chimichurri, toasted Naan GFP
13

CURRY SPINACH DIP

green chillies, parmesan, fresh mozzarella,
garam masala, lavash crackers
15

STEAMED MUSSELS

parmesan dashi, pancetta, tomato, garlic,
jalapeño, parsley, grilled sourdough
16

GRILLED SHRIMP

jicama, snap peas, carrots, peanuts, rice wine
vinaigrette, cilantro, peanut-ancho soubise GF
18

SZECHUAN BBQ PORK RIBS

Napa cabbage slaw, Mandarin orange, iced red onion,
orange ginger vinaigrette
18

SMOKED CHICKEN WINGS

pink peppercorn agrodolce, goat cheese dressing GF
16

SMALL / SIDES

ROASTED WILD MUSHROOMS

shallots and thyme
8

BROCCOLI RABE

garlic, chili flakes
8

GRILLED ASPARAGUS

lemon vinaigrette
8

ROASTED FINGERLINGS

garlic, lemon, parsley
9

GRILLED CHICKEN BREAST

10

GRILLED SHRIMP SKEWERS

11

GRILLED BISTRO STEAK

12

SOUP AND SALAD

SOUP OF THE DAY

cup 7 bowl 9

BABY LETTUCES AND HERBS SALAD

mixed herbs, sunflower seeds, cherry tomatoes,
English cucumbers, champagne vinaigrette GF
8 / 13

HEIRLOOM TOMATOES

mint and Serrano pepper compressed baby watermelon,
feta, toast point, basil and cherry vinaigrette GFP
10 / 15

SMOKED TROUT CEASAR SALAD

cherry wood smoked driftless trout, arugula,
Parmigiano Reggiano, garlic croutons,
ceasar dressing
15 / 20

CURRIED CHICKEN SALAD

celery, grapes, green onion, walnuts,
curry aioli GF
14 / 19

STEAK SALAD

radicchio, romaine, fingerling potatoes, blue cheese,
red wine vinaigrette GF
18 / 23

ENTRÉES

GRILLED NEBRODINI

charred corn polenta, grilled green onions,
cherry tomatoes, marcona romesco GF
19

RIGATONCINI ARRABBIATA

tomato, garlic, chili flake, basil,
fresh mozzarella, parmesan
18/24

PAN ROASTED CHICKEN

rapini, cipolini onions, garlic,
chili flakes, lemon jus GF
20

BOUILLABAISSE

Provençal style fish stew, mussels, shrimp, garlic,
saffron, toasted baguette, rouille
19

GRILLED BISTRO STEAK

crushed fingerling potatoes, roasted garlic, lemon,
parsley, arugula salad, cabernet demi-glace GF
24

Gluten Free - GF Can be Made Gluten Free - GFP

COMMONWEALTH PROPERTIES

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

SANDWICHES

CHOICE OF HOUSE GREEN SALAD, FRESH FRUIT,
FRENCH FRIES, OR CUP OF SOUP

MINI SANDWICH

daily selection
11

ARTICHOKE GRILLED CHEESE

artichoke, cheddar, parmesan, tomato,
arugula, Vienna white bread
16

SHRIMP ROLL

celery, red bell pepper, ginger, miso, yuzu aioli,
pickled shallots, chilies, cilantro, sesame seeds
18

CURRIED CHICKEN SALAD

celery, grapes, green onion, walnuts,
curry aioli
17

GRILLED BLACK ANGUS HAMBURGER

lettuce, tomato, onion
16

CHEF'S BURGER

balsamic red onion jam, roasted pepper,
pimento cheese, sesame seed bun
18

CHEF'S TASTING MENU

SIX COURSE MENU \$65
VEGETARIAN TASTING MENU \$55
OPTIONAL WINE PAIRINGS \$35

SERVED EACH EVENING
SEE PRINTED TASTING MENU FOR OUR
CURRENT OFFERINGS

MID DAY MENU SPECIALS

DAILY 2PM- 5PM
EXCLUDING HOLIDAYS

1/2 OFF - BOTTLED WINE

MONDAYS 11 A.M. - 11 P.M.
SEE YOUR SERVER FOR DETAILS

REWARDS PROGRAM

JOIN OUR REWARDS PROGRAM
AND ENJOY EARNING POINTS
AT ALL OUR COMMONWEALTH PROPERTIES
ASK US OR SEE OUR WEBSITE FOR DETAILS

ARTISAN CHEESE PLATES

INCLUDES, FRUITS, NUTS, ASSORTED
HOUSE-MADE ACCOUTREMENTS
GLUTEN FREE ON REQUEST

Single (1) 10 Three (3) 20 Five (5) 31

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 briny rich and sweet finish

CAPRIOLE O'BANON (Indiana)

Pasteurized goat's milk. Wrapped in chestnut leaves,
macerated 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

PASAMONTES MANCHEGO (La Mancha, Spain)

Aged raw sheep's milk. The milk is collected from five
flocks of Manchega sheep that graze on the natural pas-
ture. The resulting cheese offers a bright acidity with savory
undertones of earth and grass.

COPPINGER (Sequatchie, Tennessee)

Aged raw cow's milk. Semi-soft washed rind cheese with a
striking layer of decorative vegetable ash in its center. The
velvety elastic paste is savory with notes of fresh grass
and smoked meats.

TARENETAISE (North Pomfret, Vermont)

Made from the organic milk of grass-fed Jersey cows.
Based on the traditional cheese making process
of Tarentaise Valley in the Savoie region of the
French Alps. This is a firm cheese that offers a grassy, nutty
and buttery flavour.

REGAL DE BOURGOGNE AUX MOUTARDE

(Burgundy, France)

Pasteurized cow's milk and cream. The small round is
coated on the outside with spicy cracked mustard seeds,
but the inside is fresh and creamy, almost cheesecake-like in
texture and taste.

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

BOSCHETTO AL TARTUFO (Tuscany, Italy)

Pasteurized cow's and sheep's milk. Semi-soft
cheese from the Tuscan town of Mugello. Infused with
shavings of highly-prized rare white truffles that lend an
earthy, luxurious and robust aroma and flavour.

WE SUPPORT ORGANIC AND SUSTAINABLE FARMERS AND FISHERIES

to-go containers sugar cane based 100% compostable / we recycle all food/organic items, paper, plastic,
glass, cardboard, aluminum, used oil / low energy bulbs when possible