

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
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 QUAIL

sesame ginger glaze, saffron cauliflower rice,
peanuts, scallions, mint GF
18

BEEF SAMOSA

apricot gastrique, cucumber dill sauce, napa cabbage
15

SMOKED CHICKEN WINGS

Cajun dry rub, goat cheese dressing GF
16

CHARCUTERIE BOARD

market cured meats and house pickled vegetables
18

SIDES

ROASTED WILD MUSHROOMS

shallots and thyme
8

BROCCOLI RABE

garlic, chili flakes
8

CAULIFLOWER WITH HERBS GF/V

11

ROASTED FINGERLINGS

garlic, lemon, parsley
9

GRILLED CHICKEN BREAST

10

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

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

GARAM MASALA ROASTED CAULIFLOWER

squash puree, marcona almonds and grapes,
pomegranate, walnut vinaigrette GF/V
19

RIGATONCINI ARRABBIATA

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

PORK BELLY CASSOULET

cannellini beans, pork belly,
carrots, baby kale
17

PAN ROASTED CHICKEN

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

BOUILLABAISSÉ

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 Vegan- V

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

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 briney rich and sweet finish

DIRT LOVER BRIE (Missouri)

Sheep's milk, semi-soft, ash coated rind. A Green Dirt
Farm original, earthy aromas with flavors of butter, citrus,
nutty and savory.

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. 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 pasture.
Bright acidity with savory undertones of earth and grass.

L'ADARRÉ (Basque, France)

Goat and sheep's milk, semi-firm natural rind. Mixed
sheep-goat wheel that is decidedly sweet, with butterscotch
overtones and a velvety mouthfeel.

SLEEPING BEAUTY (Trout Lake, Washington)

Raw organic cow's milk. Semi-firm, natural rind with crème
fraiche scent and a hint of damp cave. Smooth and buttery
and a supple sharp, tangy finish.

REGAL DE BOURGOGNE AUX MOUTARDE

(Burgundy, France)

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

ROBIOLA TRE LATI (Piedmont, Italy)

Mixture of cow, goat and sheep's milk complexed 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.

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

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