



CATERING | BREAKFAST

BREAKFAST

priced per guest

ORGANIC GRANOLA, YOGURT & BERRIES **vg** 12
 Kalona organic yogurt | organic oats | hemp seeds | almonds
 pumpkin seeds | walnuts | sunflower seeds | fresh berries

BAKED CINNAMON FRENCH TOAST **vg** 17
 house brioche | fresh blueberries
 house whipped cream | pure Wisconsin maple syrup

SIGNATURE QUICHE **vg** 15
 Schultz organic eggs | goat cheese | roasted tomatoes | leeks
 organic spinach | organic spring greens or hash browns

WHOLE QUICHE (serves 6-8)

QUICHE LORRAINE **gf** 15
 Schultz organic eggs | nitrate-free bacon | scallions | gruyere
 crispy hash brown "crust" | organic spring greens or hash browns

WHOLE QUICHE (serves 6-8)

CAJUN HASH BROWNS **vg | gf** 16
 hash browns | cheddar | garlic
 spicy roasted onions, peppers and tomatoes | scallions
 2 SCHULTZ ORGANIC EGGS 5 | NITRATE-FREE BACON 5
 VEGAN SAUSAGE 5 | CHICKEN CHORIZO 5
 BISON SAUSAGE 5

BREAKFAST BURRITO **vg** 16
 Schultz organic scrambled eggs | black bean chili | hash browns
 cheddar | scallions | chipotle sour cream | flour tortilla
 NITRATE-FREE BACON 5 | VEGAN SAUSAGE 5
 CHICKEN CHORIZO 5 | BISON SAUSAGE 5

BREAKFAST QUESADILLA **vg** 16
 Schultz organic scrambled eggs | organic black beans | cheddar
 organic spinach | house-made guacamole | chipotle sour cream
 house-made salsa | 100% sprouted organic tortilla

EGG & BACON CROISSANT 16
 Schultz organic eggs | Swiss cheese | house guacamole
 nitrate-free bacon | organic spinach | roasted tomatoes
 organic spring greens or hash browns

CLASSIC EGG BREAKFAST 15
 two Schultz organic eggs | nitrate-free bacon | organic house-made
 sourdough toast | organic spring greens or hash browns
prepared scrambled, over easy, over medium, over hard or poached
SUBSTITUTE VEGAN SAUSAGE

ORGANIC EGGS BENEDICT 18
 two Schultz organic poached eggs | pâté ham | house hollandaise
 English muffin | organic spring greens or hash browns

SALMON EGGS BENEDICT **gf** 20
 two Schultz organic poached eggs | sustainable salmon
 sautéed organic spinach | house hollandaise
 organic spring greens or hash browns
 ADD ENGLISH MUFFIN 1 | GLUTEN-FREE BREAD 3

MARTIN'S HUEVOS RANCHEROS 18
 two Schultz organic poached eggs | slow braised-pork in salsa verde organic
 black beans | cheddar | scallions | chipotle sour cream
 crisp corn tortilla

OPEN FACE EGG SANDWICH 15
 over easy organic egg | basil aioli | bacon | fresh heirloom tomato
 arugula | seed organic sourdough | organic spring greens or hash browns

WILD MUSHROOM OMELETTTE **vg | gf** 18
 organic eggs | cremini | shiitake | lion's mane | gouda
 gruyere | parsley | chives | organic spring greens or hash browns

PLANT BREAKFAST

priced per guest

CLASSIC VEGAN BREAKFAST **v** 15
 organic tofu scramble | vegan sausage | organic seeded sourdough toast
 organic spring greens or hash browns

VEGAN BREAKFAST BURRITO **v** 15
 organic tofu scramble | hash browns | "cheddar cheese"
 vegan sausage | black bean chili | scallions
 flour tortilla | guacamole

PASTRIES

priced per each

CROISSANTS

Butter Croissant	4
Pain Au Chocolate	5.5
Pain Aux Amandes	6
Ham & Gruyere	6

SCONES

Maple Pecan	4.5
White Chocolate Cranberry	4.5
Ginger/Orange/Chocolate gf	4.5
Iced Blueberry & Lemon v	4.5
Chocolate Banana v	4.5

MUFFINS

Lemon Blueberry Muffin v gf	5
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BREAKFAST BASKET

assortment of our fresh-baked scones | muffins
 pure butter croissants (gluten-free and vegan substitutions available)
 Serves 12

BEVERAGES

PEOPLES ORGANIC COFFEE JOE-TO-GO 35
 SERVES 8; 12 oz. cups or 12; 8 oz. cups | 96 oz.
 fair trade organic small batch roasted coffee, your choice of regular or decaf

ORGANIC HOT RISHI TEA 32
 SERVES 8. Assortment of black, green & herbal rishi loose leaf tea bags

ORGANIC ORANGE OR GRAPEFRUIT JUICE 48
 SERVES 8; 8 oz. cups

SAN PELLEGRINO (SPARKLING) WATER 6
 750 ml bottle

OLIPOP SPARKLING TONIC 35 calories 5
 12 oz cans. Assorted flavors

WATERLOO SPARKLING WATER 3
 12 oz cans. Assorted flavors



CATERING | LUNCH

priced per guest

HEARTY SOUPS

served with organic sourdough

CUP 7 | BOWL 10 | QUART 24 | GALLON 86

TOMATO BASIL vg | gf
fresh basil | tomatoes | cream

CHICKEN WILD RICE gf
hormone-free chicken | Minnesota wild rice | carrots | cream

MARTIN'S VERDE CHICKEN POZOLE gf
Mexican broth | pulled chicken | roasted tomatillos | hominy

PLANT

VEGAN BLACK BEAN CHILI v | gf
organic black beans | ancho peppers | tomatoes
chipotle peppers | corn | bell peppers | onions



SANDWICHES & WRAPS

Served with organic spring greens or organic tortilla chips

WILD ACRES TURKEY & BACON CROISSANT 18

shaved Wild Acres smoked turkey | nitrate-free bacon | Gruyère
roasted tomatoes | organic spinach | garlic-chive aioli | croissant

TUNA SALAD CROISSANT

16

tuna salad | organic spinach | roasted tomatoes
garlic-chive aioli | grilled croissant

CURRIED CHICKEN SALAD

16

curried chicken salad | organic spinach | roasted tomatoes
garlic-chive aioli | grilled croissant

CHICKEN CAESAR WRAP

16

grilled hormone-free chicken | organic romaine
roasted tomatoes | house-made caesar dressing
Parmigiano-Reggiano | sprouted tortilla

CALIFORNIA WRAP

16

shaved Wild Acres smoked turkey | house-made guacamole
roasted tomatoes | organic romaine | chipotle sour cream | sprouted
tortilla

MEDITERRANEAN WRAP vg

16

house-made organic hummus | organic romaine | carrots
quinoa tabbouleh | roasted red pepper | Kalamata olives | feta
house-made caesar dressing | sprouted tortilla

PLANT

MEDITERRANEAN WRAP v

16

house-made organic hummus | organic romaine | carrots
quinoa tabbouleh | roasted red pepper | Kalamata olives |
vegan 'parmesan' | creamy cashew dressing | sprouted tortilla

*SUB GLUTEN-FREE BREAD OR WRAP | 3



CATERING | LUNCH

priced per guest

individual | medium bowl serves 8-14 side salads | large bowl serves 14-20 side salads

ORGANIC GREENS

PETITE SIRLOIN STEAK SALAD gf

grass-fed pan-seared sirloin | crispy diced sweet potatoes
red onion | wild arugula | goat cheese | whole grain mustard
vinaigrette

individual
medium
large

21
91
126

SALMON NICOISE gf

sustainable salmon | fingerling potatoes | organic romaine
organic spring greens | haricots verts | roasted tomatoes
hard boiled Schultz organic egg | green goddess dressing

individual
medium
large

21
76
114

BLACKBERRY & GOAT CHEESE vg | gf

beets | whipped herb goat cheese | organic spinach | cilantro
blackberries | beet fritto | pistachio pumpkin dust
blackberry tarragon sauce

individual
medium
large

18
88
121

APPLE & CHEDDAR vg | gf

crisp, tart organic apples | extra sharp Tillamook cheddar
organic romaine | radicchio | toasted pecans
maple Dijon vinaigrette

individual
medium
large

18
84
120

CLASSIC CAESAR SALAD vg

organic romaine | croutons | Parmigiano-Reggiano
Caesar dressing

individual
medium
large

17
84
120

FRENCH MEADOW SALAD v | gf

organic mixed greens | toasted sunflower seeds | beets
tomato | shredded carrots | white balsamic vinaigrette

individual
medium
large

14
82
120

ORGANIC GREENS | PLANT

ZEN v | gf

steamed organic brown rice | radish | organic kale
house-made hummus | cucumber | scallions | roasted tomatoes
harissa | house-made guacamole | toasted sunflower seeds
Kalamata olives | lemon-herb vinaigrette

individual
medium
large

17
91
138

SPA v | gf

organic spring greens | Rosewood organic tofu | carrot | beet
red pepper | cucumber | edamame | cilantro
toasted sunflower seeds | scallions | sesame vinaigrette

individual
medium
large

15
84
130

ORGANIC VEGAN CAESAR v | gf

organic kale | pickled red onion | organic chickpea croutons
shaved Brussels sprouts | plant ‘parmesan’
creamy garlic cashew dressing

individual
medium
large s

17
84
130

KUSHI BOWL v | gf

sweet potato mash | organic kale | black beans | red peppers
roasted beets | house guacamole | cucumber | scallions
toasted pumpkin seeds | tahini turmeric dressing

individual
medium
large

17
84
130

ADD PROTEIN TO ANY SALAD

GRASS-FED PETITE SIRLOIN gf 8

GRILLED SUSTAINABLE SALMON gf 7

CRISPY FRIED CHICKEN 7

GRILLED HORMONE-FREE CHICKEN BREAST gf 6

CORNMEAL CRUSTED ORGANIC TOFU v | gf 5

MAKE IT A BOXED LUNCH

ADD ORGANIC APPLE OR “THE” CHOCOLATE CHIP
COOKIE TO ANY SANDWICH, WRAP, OR SALAD | 3.5



CATERING | ALL DAY

APPETIZERS

EARTH WINGS v | gf

flash-fried cauliflower | house-made organic sesame BBQ celery | house-made soy-cilantro dipping sauce
serves 14-12

84

CHICKEN WINGS gf

3 dozen bone-in cage and hormone free chicken wings
choice of Caribbean dry rub or housemade organic BBQ
served with blue cheese dressing & celery

Serves 14-20

136

BLACK BEAN & CHICKEN QUESADILLAS

chicken | organic black beans | organic spinach | goat cheese
house made salsa | house made guacamole | chipotle sour cream
serves up to 12

84

TORTILLA CHIPS gf | v

100% organic corn tortilla chips | house made salsa
house made guacamole
serves 6-12

42

TRAYS & PLATTERS

FRESH FRUIT TRAY vg | gf

arrangement of fresh seasonal fruits and berries
serves 12-20

88

ARTISAN CHEESE TRAY gf | v

Chef selected cheeses (cheddar, brie, goat & gruyere)
with house made artisan crackers | olives & pepperoncini garnish
medium serves 12-16
large serves 16-24

124
180

ORGANIC HUMMUS & VEGGIE PLATTER gf | v house

made organic hummus | seasonal fresh vegetables
medium serves 10-12
large serves 20-24

74
124

SMALL WRAP TRAY

choose up to 3 different selections for your tray: California,
chicken Caesar, Mediterranean, or vegan Mediterranean
12 halves serves 6-12

84

LARGE WRAP TRAY

choose up to 3 different selections for your tray: California,
chicken Caesar, Mediterranean, or vegan Mediterranean
18 halves serves 9-18

126

CROISSANT SANDWICH TRAY

choose up to 3 different selections for your tray: turkey & bacon,
curried chicken salad, or tuna salad
12 halves serves 6-12

98

*substitute gluten-free bread or wrap for any sandwich | 3

BEVERAGES

PEOPLES ORGANIC COFFEE JOE-TO-GO

35

fair trade organic small batch roasted coffee, your choice of regular or decaf
serves 8; 12 oz. cups or 12; 8 oz. cups | 96 oz.

ORGANIC HOT RISHI TEA

32

an assortment of black, green & herbal rishi loose leaf tea bags
serves 8

ORGANIC RISHI ICED TEA

48

ORGANIC LEMONADE

48

serves 8

SAN PELLEGRINO (SPARKLING) WATER

6

750 ml bottle

SPARKLING BOTANICALS

5

grapefruit quince | dandelion ginger | green tea tonic | maqui elderberry

OLIPOP

5

strawberry vanilla | orange cream | ginger lemon
12 oz. cans

WATERLOO SPARKLING WATER

3

assorted flavors
12 oz. cans

SODA POP

3

coke | diet coke | sprite
12 oz. cans

FRENCH MEADOW STATE FAIR STILL

4

BOTTLED WATER

4

20 oz. bottle



CATERING | STARTERS

priced per piece | minimum one dozen per item

HORS D'OEUVRES

BEEF SKEWERS gf grass-fed thinly sliced marinated beef with chimichurri sauce	10
CHICKEN WINGS gf bone-in cage and hormone free chicken wings choice of Caribbean dry rub or house-made organic BBQ served with blue cheese dressing & celery	4
CHARCUTERIE BOARD chef selected cured meats house made pickled vegetables mustards organic vegan house made sourdough breads	14
SMOKED SAUSAGE & HOUSE PICKLE SKEWERS	5
SALMON CANAPES salmon rosette lemon dill cream cheese pickled red onion house made organic sourdough	5
TURKEY MEATBALLS Wild Acres ground turkey house made organic sesame BBQ sauce	4
MINI RACHEL TARTINES Wild Acres turkey Swiss cheese signature firecracker slaw sauerkraut tomato-caper aioli house made sourdough	5.5
CHEESE BOARD WITH CRACKERS vg chef selected local cheeses chutney seasonal fruit house made vegan crackers	12

HORS D'OEUVRES | PLANT

priced per guest

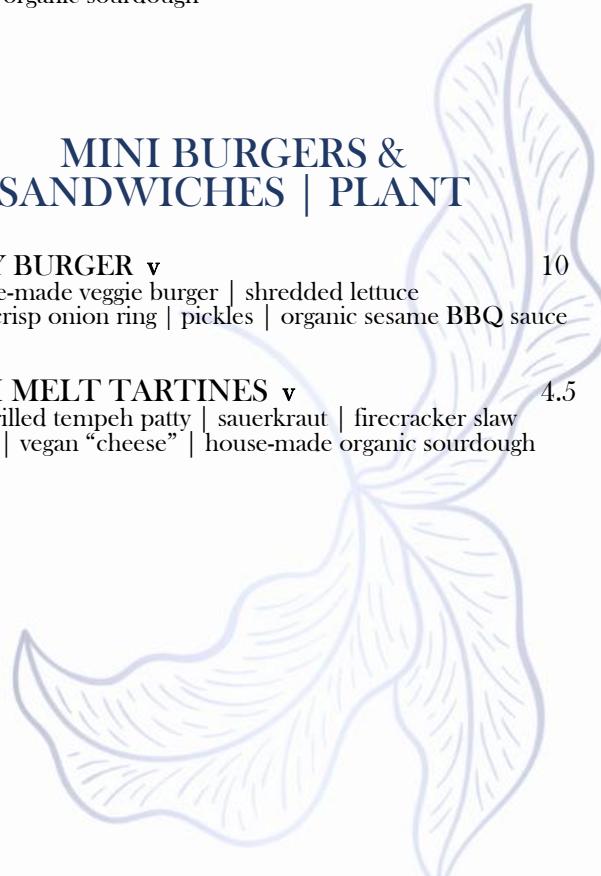
SEASONAL FRUIT SKEWERS v gf fresh seasonal fruits and berries	6
EARTH WINGS v gf 2/4 flash-fried cauliflower house-made organic sesame BBQ house-made soy-cilantro dipping sauce	6
ORGANIC HUMMUS WITH CRUDITE v house made organic hummus grilled Brussels sprouts seasonal raw vegetables olives house made pickles house made organic crackers	6.5
SHROOMY "CALAMARI" v gf 2/4 crispy deep fried oyster mushrooms cashew chipotle crème	6.5

MINI BURGERS & SANDWICHES

GRASS-FED BEEF BURGER white cheddar lettuce roasted tomatoes onion pickles garlic-chive aioli brioche bun	12
WILD ACRES TURKEY BURGER white cheddar nitrate-free bacon roasted tomatoes onion pickles garlic-chive aioli house-made guacamole brioche bun	11
TUNA MELTS grilled tuna salad Swiss roasted tomatoes garlic-chive aioli house-made organic sourdough	4.5
CALIFORNIA ROULADES Wild Acres shaved smoked turkey house made guacamole roasted tomatoes organic romaine chipotle sour cream sprouted tortilla	4.5
INCREDIBLE CHEESE TOASTS vg white cheddar jalapeno chive aioli pickled red onion house-made organic sourdough	4.5

MINI BURGERS & SANDWICHES | PLANT

COWBOY BURGER v sizzled house-made veggie burger shredded lettuce "cheddar" crisp onion ring pickles organic sesame BBQ sauce vegan bun	10
TEMPEH MELT TARTINES v marinated grilled tempeh patty sauerkraut firecracker slaw secret sauce vegan "cheese" house-made organic sourdough	4.5





CATERING | DINNER

priced per guest | choose soup or salad to complete your menu

HEARTY SOUPS

served with organic sourdough

TOMATO BASIL vg | gf

fresh basil | tomatoes | cream

CHICKEN WILD RICE gf

hormone-free chicken | Minnesota wild rice | carrots | cream

MARTIN'S VERDE CHICKEN POZOLE gf

Mexican broth | pulled chicken | roasted tomatillos | hominy

PLANT

VEGAN BLACK BEAN CHILI v | gf

organic black beans | ancho peppers | tomatoes
chipotle peppers | corn | bell peppers | onions

ORGANIC GREENS

served with organic sourdough

FRENCH MEADOW SALAD v | gf

organic mixed greens | toasted sunflower seeds | beets
tomato | shredded carrots | white balsamic vinaigrette

CLASSIC CAESAR SALAD gf

Caesar dressing

PLANT

ORGANIC VEGAN CAESAR v | gf

organic kale | pickled red onion
shaved Brussels sprouts | organic chickpea croutons
plant 'parmesan' | creamy garlic cashew dressing

ENTREES

BRAISED BEEF gf

tender grass-fed boneless beef | organic garlic mashed potatoes | broccolini | horseradish crème

40

SPRING SALMON gf

sustainable fresh grilled salmon | turmeric jasmine rice
fennel | asparagus | dill | lemon caper beurre blanc

40

MOROCCAN CHICKEN & RICE gf | df

hormone free sliced chicken breast grilled or crispy | forbidden black rice
olive & preserved lemon mélange | crispy artichoke hearts | parsley aioli | Tangier coulis

34

RED LAKE WALLEYE gf

pan fried fresh local Red Lake Nation walleye
organic garlic mashed potatoes | crispy broccolini
basil pesto

40

WILD MUSHROOM PASTA vg | gf

Angel hair pasta | shiitake, oyster, & cremini mushrooms | creamy beurre rouge | parmesan Reggiano | parsley

28

SIGNATURE MAC & CHEESE vg | gf

organic gluten-free penne | cheddar | gouda
tempeh bacon | peas | organic spring greens
white balsamic vinaigrette

26

ORGANIC HEALING PLATE v | gf

marinated grilled organic tempeh | organic brown rice coconut red beans | sautéed kale | sweet potato mash
firecracker slaw | scallions | blood orange vinaigrette

26

GREEN COCONUT CURRY v | gf

green curry | vegetable mélange | organic brown rice
cornmeal-crusted organic tofu v | gf 5
hormone-free chicken gf 6
sustainable salmon gf 7

26

BOLOGNESE & "MEATBALLS" v | gf

organic penne pasta | house-made red sauce
fresh basil | fennel | onion | garlic | carrots

28



CATERING | DINNER

priced per guest | choose soup or salad to complete your menu

HEARTY SOUPS

served with organic sourdough

TOMATO BASIL vg | gf
fresh basil | tomatoes | cream

CHICKEN WILD RICE gf
hormone-free chicken | Minnesota wild rice | carrots | cream

MARTIN'S VERDE CHICKEN POZOLE gf
Mexican broth | pulled chicken | roasted tomatillos | hominy

PLANT

VEGAN BLACK BEAN CHILI v | gf
organic black beans | ancho peppers | tomatoes
chipotle peppers | corn | bell peppers | onions

ORGANIC GREENS

served with organic sourdough

FRENCH MEADOW SALAD v | gf
organic mixed greens | toasted sunflower seeds | beets
tomato | shredded carrots | white balsamic vinaigrette

CLASSIC CAESAR SALAD gf
Caesar dressing

PLANT

ORGANIC VEGAN CAESAR v | gf
organic kale | pickled red onion
shaved Brussels sprouts | organic chickpea croutons
plant 'parmesan' | creamy garlic cashew dressing

ENTREES

BRAISED BEEF gf
tender grass-fed boneless beef | organic garlic mashed potatoes | broccolini | horseradish crème 40

SPRING SALMON gf
sustainable fresh grilled salmon | turmeric jasmine rice
fennel | asparagus | dill | lemon caper beurre blanc 40

MOROCCAN CHICKEN & RICE gf | df
hormone free sliced chicken breast grilled or crispy | forbidden black rice
olive & preserved lemon mélange | crispy artichoke hearts | parsley aioli | Tangier coulis 34

RED LAKE WALLEYE gf
pan fried fresh local Red Lake Nation walleye
organic garlic mashed potatoes | crispy broccolini
basil pesto 40

WILD MUSHROOM PASTA vg | gf
Angel hair pasta | shiitake, oyster, & cremini mushrooms | creamy beurre rouge | parmesan Reggiano | parsley 28

SIGNATURE MAC & CHEESE vg | gf
organic gluten-free penne | cheddar | gouda
tempeh bacon | peas | organic spring greens
white balsamic vinaigrette 26

PLANT

ORGANIC HEALING PLATE v | gf
marinated grilled organic tempeh | organic brown rice coconut red beans | sautéed kale | sweet potato mash
firecracker slaw | scallions | blood orange vinaigrette 26

GREEN COCONUT CURRY v | gf
green curry | vegetable mélange | organic brown rice
cornmeal-crusted organic tofu v | gf 5
hormone-free chicken gf 6
sustainable salmon gf 7 26

BOLOGNESE & "MEATBALLS" v | gf
organic penne pasta | house-made red sauce
fresh basil | fennel | onion | garlic | carrots 28