



**BREAKFAST** Served until 2:00 pm

**Open-Faced Egg Sandwich** 10  
 Egg, Basil Aioli, Arugula, Bacon, Tomatoes,  
 Multigrain with House Greens, Herb Vinaigrette (DF)

**French Toast** 12

**Avocado Toast**

One Slice 6 or Two Slices 12, Option to add Egg +1.50

**English Muffin Breakfast Sandwich** 8  
 with Pepper Jack Cheese, Eggs, Fischer Farms Sausage  
 and Red Pepper Aioli

**BREAKFAST SIDES**

Egg 1.5, Fischer Farms Bacon, Sausage Patties, or Maple  
 Coil Sausage 5, Breakfast Sweet Potatoes 4, Toast 2

**Breakfast Biscuit Sandwich** 9  
 Maple Butter, Fischer Farms Sausage, Scrambled Eggs

**Breakfast Sandwich** 10  
 Ham, Eggs, and Cheddar on Sourdough

**Scrambled Eggs** 10  
 served with Toast and choice of breakfast meat: Fischer  
 Farms Bacon, Sausage Patty, or Maple Coil Sausage

**Quinoa Breakfast Bowl** 15  
 with 2 Poached Eggs, Arugula, Avocado, Roasted  
 Sweet Potatoes, Black Beans, Pickled Jalapenos and  
 Chimichurri

**CREPES** Served daily until 2:00 pm

- **Cheese Crepe** 10 Add-ons: Mushrooms +1 / Onions +.50 / Ham +1.50 / with Green Salad Side
- **Strawberry Jam** 6 • **Nutella and Strawberry** 9

**LUNCH & DINNER**

Served Anytime

**SALADS**

**Seared Flank Steak** 15  
 Fresh Corn, Queso Fresco, Roasted Red Pepper,  
 Toasted Pepitas, Cilantro Chipotle Vinaigrette. (GF)

**Crispy Buffalo Chicken Salad** 15  
 with Carrots, Blue Cheese, Radish, Sunflower Seeds,  
 and Blue Cheese Dressing.

**Summer Stone Fruit Salad** 15  
 Mixed Greens, Stone Fruit, Goat Cheese, Roasted  
 Pistachios, Mint, and Lemon Shallot Vinaigrette

**Grilled Cajun Shrimp Salad** 17  
 with Grilled Pineapple, Almonds, Avocado, Peppers  
 & Poppyseed Dressing

**A LA CARTE SANDWICHES**

**Egg Salad**  
 with Lettuce on Multigrain 7 (A la Carte)

**Prosciutto and Brie** 8

**SOUPS**

Cup 5 / Bowl 7 / Quart 12

- **Chicken Tortilla**
- **Tomato Chickpea** (Vegan/GF)
- **Beef Chili** (DF/GF)

**SANDWICHES**

*Sandwiches are served with Mixed Greens, Bacon Potato  
 Salad, Fries, or upgrade to Tater Tots for +1.50*

**Roasted Turkey** 14  
 Tomato, Avocado, Basil Aioli, Bibb Lettuce, on Multigrain

**Blackened Salmon BLT** 16  
 Fischer Farms Bacon, Mayo, Bibb Lettuce, Tomato, on  
 Sourdough. Add Avocado +2 (DF)

**Summer BLT** 17  
 Heirloom Tomato, Bibb Lettuce, Fischer Farm Bacon,  
 with Basil Aioli, on Sourdough

**Spicy Buffalo Chicken** 15  
 with Honey Blue Cheese Mayo, Blue Cheese Crumbles,  
 Shredded Carrots, Lettuce, Celery and Pickles

**Roast Beef Sandwich** 16  
 Local Beef with Horseradish Aioli, Arugula, and  
 Carmelized Onions on a Baguette

**Cubano** 15  
 Fischer Farms Roast Pork Loin, Ham, Gruyere, Pickled  
 Onions, Pickled Jalapeno Peppers, Sweet Mustard  
 Sauce, on a French Roll

**Rachel** 15  
 Turkey, 1,000 Island, Sauerkraut, Gruyere, on Rye

**Reuben Sandwich** 16  
 Corned Beef, 1,000 Island, Sauerkraut, Gruyere, on Rye

**Fried Chicken** 13  
 Arugula, Caper Aioli, French Roll

**DELI CASE** Served All Day \$13/lb

- **Tuna Salad** (GF/DF)
- **Egg Salad** (GF/DF)
- **Curry Chicken Salad with Almonds**
- **Orzo Pasta Salad**
- **Beet Salad with Fennel & Blue Cheese**  
 with Balsamic Vinaigrette
- **Potato Salad with Bacon** (GF/DF)
- **Watermelon w/ Lime & Mint** 7/quart (Vegan)
- **Mashed Potatoes** 5/pint 10/quart (GF)
- **Small Guacamole** 7 (GF/Vegan)
- **Tortilla Chips** 2.50 (DF)
- **Heather's Chex Mix** 8

**BURGERS** Served Anytime

*Sandwiches are served with Mixed Greens, Bacon  
 Potato Salad, Fries, or upgrade to Tater Tots for +1.50*

**Hale Burger** 14  
 Muenster, Pickled Peppers & Onions, Tomato, Rainy  
 Mustard Aioli, Bibb Lettuce

**Field Burger** 14  
 Cheddar, Fischer Farms Bacon, Mayo, Lettuce, Tomato

**Poblano Burger** 14  
 with Roasted Poblano, Crispy Onions, Pepper Jack  
 Cheese, Lettuce, Tomato, Pickles, Red Pepper Aioli

**Quinoa Mushroom Veggie Burger** 14  
 with Pickled Onions, Red Pepper Aioli, Arugula, and  
 Muenster Cheese

**Turkey Burger** 14  
 with Thai Peanut Sauce, Cilantro, Cabbage Slaw (DF)

**MAINS** Served Anytime

**Buddha Bowl** 15  
 Coconut Jasmine Rice, Roasted Sweet Potatoes,  
 Cauliflower & Red Peppers, Pickled Red Onion, Kale,  
 Curry Tofu, Cilantro Chutney (VEGAN/GF)

**Teriyaki Salmon Bowl** 20  
 with Edamame, Pickled Onions, Peppers & Onions,  
 Avocado, Rice and Broccoli

**Ahi Tuna Poke Noodle Bowl** with Avocado,  
 Mango, Cilantro, Soba Noodles, Sesame, Cucumbers, &  
 Sprouts 18

**Chicken Paillard Pasta** 16  
 Sautéed Greens & Mushrooms, Angel Hair Pasta

**Angel Hair Pasta** with Arugula, Heirloom  
 Tomatoes, Burrata, Olives, Artichokes, Garlic, and Lemon  
 Butter Sauce 15 Option To Add Shrimp +6

**DINNER SPECIALS (AFTER 4PM)**  
 See Next Page

## DINNER SPECIALS (AFTER 4PM)

### MONDAY (7/19)

**Grilled Flank Steak** with Chimichurri, Black Beans, Rice, and Grilled Vegetables 18

### TUESDAY

**Sesame Crusted Seared Ahi Tuna** over Brown Rice with Avocado Crema, Pickled Ginger, Sautéed Snow Peas, Peppers, & Edamame 19

### WEDNESDAY

**Chicken Pesto Grilled Cheese** with Muenster, Roasted Tomatoes, Spinach, & Artichoke 15

### THURSDAY

**Almond Crusted Walleye** with Sautéed Spinach, & Mashed Potatoes 26

### FRIDAY

**Roast Fischer Farms Pork Loin** with Brandy Dark Cherry Sauce, Sweet Potato Mash, & Green Beans 23

### SATURDAY

**Pan Seared Scallops** over Sweet Corn Risotto 32

### SUNDAY

**Steak Naan Sandwich** with Arugula, Blue Cheese, & Caramelized Onions 16

## WEEKEND BRUNCH SPECIALS

**Eggs Benedict** with Grainy Mustard Hollandaise, Fischer Farms Ham, Avocado, & Side Green Salad 14

**Bananas Foster French Toast** with Toasted Walnuts 13

### WINE LIST FOR DINE-IN

#### Wine Glass / Bottle

#### Reds

-Ver Sacrum, Red Blend, Argentina 13 / 37

-Maria Mora, Red Blend, Portugal 12 / 34

-Sostengo Barbera, Italy 13 / 37

-Elemental Substance, Cabernet Sauvignon, Washington 12 / 33

#### Whites / Sparkling / Other

-Furst, Pinot Gris, Alsace 13 / 37

Grand Napa Chardonnay, California 12 / 34

-Jardin En Fleurs, Vouvray, France 13 / 37

-Le Coeur De La Reine, Sauv Blanc, France 12 / 34

-Kuranui, Marlborough Sauv Blanc, New Zealand 10 / 29

-Flora, Prosecco, Italy 10 / 28

-Riva Rosé Sparkling Rose, France 11 / 31

-Ercole, Rosé, Piedmont Italy 12 / 33

Rotating Tap Beers, Can Beers, & Seltzer also available for Dine-in

## KIDS MENU \$7

SERVED WITH A SIDE OF FRUIT, FRIES, OR GREENS

Grilled Cheese  
Cheeseburger  
Mac N' Cheese  
Pepperoni Pizza Rolls



## DESSERTS

Call for Daily  
Dessert Special



**Ice Cream** 3.75  
Today's Flavors:

Vanilla  
Mint

- Cookies** 2
- Chocolate Chip
  - Peanut Butter
  - Chocolate Butterscotch

## PASTRIES

**Croissants** 3.50  
**Chocolate Croissants** 3.95  
**Blueberry Earl Grey Muffin** 2.50

## COFFEE

Regular or Decaf, Cold Press  
Latte, Cappuccino, Macchiato, Espresso, Mocha,  
Americano, Miel

### Coffee Drink Options

Iced or Hot

**Flavor Shots:** Vanilla, Sugar Free Vanilla, Caramel,  
Coconut, Hazelnut

**Milk Options:** Whole, Skim, Oat, Almond

## OTHER DRINK

Iced Tea, Hot Tea, Lemonade, Arnold Palmer  
Chai Tea Latte, Matcha Tea, Coke, Diet Coke,  
Sprite, Mineral Water, Orange Juice,  
Flavored San Pellegrino

## BOXED LUNCHES & CATERING AVAILABLE

Call Heather for details!

# 612-445-8822

Call ahead for pick up at our walk-up window!

5201 Chicago Ave, Minneapolis MN 55417

Order Online for Pick Up or Delivery at:

[www.HeathersMpls.com](http://www.HeathersMpls.com)

[Facebook.com/heathersmpls](https://www.facebook.com/heathersmpls)

[Instagram.com/heathers\\_mpls](https://www.instagram.com/heathers_mpls)