

BREAKFAST

Served Daily, until 10am

BACON EGG AND CHEESE 8

Hardwood smoked bacon, cage-free egg, cheddar cheese, and chipotle ketchup, toasted brioche bun

SAUSAGE EGG AND CHEESE 7

Turkey sausage, cage free egg, cheddar cheese, and honey mustard aioli, toasted brioche bun

THE URBANA 7

Cage free soft scrambled eggs, Cheddar cheese, caramelized onions and Sriracha mayo, toasted brioche bun

MARKET BREAKFAST BOWL 13

Seasoned tots, sautéed spinach, onion, cherry tomatoes, Cage free soft scrambled eggs, chives, shredded cheese

OMELETTE 15

Spinach, tomato, chives, Stickney hill goat cheese, market greens

AVOCADO TARTINE 16

Avocado spread, everything seasoned toast, soft cooked egg, radish, heirloom tomatoes, smoked salmon

BUTTERMILK PANCAKE 11

Miso caramel, candied pecans, maple-mascarpone whipped cream, Nutella

OATMEAL 8

Steel-cut oats, brown sugar, maple butter, blueberries, bananas, granola

COFFEE and BEVERAGES

Served all day

Featuring Lavazza Coffee and Rishi Teas

CAFÉ LATTE

Espresso, steamed milk

CAFÉ MOCHA

Espresso, rich chocolate sauce, steamed milk

CAPPUCCINO

Espresso, richly foamed milk

CHAI LATTE

Rich blend of fresh spices, slow brewed with a full-bodied organic wild-grown black tea, steamed milk

SWEET MATCHA LATTE

authentic Japanese Matcha and pure cane sugar, steamed milk

LAVAZZA BREWED COFFEE

Freshly brewed Italian roasted, Lavazza coffee

RISHI ORGANIC TEAS

English breakfast

Earl grey

Turmeric ginger

Jade cloud green

Yuzu peach green

MARKET MENU



LUNCH

Served Daily from 11AM-3PM

GREENS & SOUP

Dressings- blue cheese, balsamic, French, ranch

ROASTED TOMATO BISQUE 9

Parsley pesto, parmesan crouton v, gf

SOUP DU JOUR 8

Ask your server for today's offering

CHOP SALAD 12

Radish, bacon, heirloom tomato, avocado, pickled red onion, buttermilk chive dressing gf

GEM SALAD 14

Cider vin, roasted pear, Minnesota apple, St. Anthony cheese, Valencia almonds gf

CAESAR SALAD 12

Romaine, herb croutons, lemon parsley dressing, white anchovies, parmesan

ADD SEARED SALMON 12*

ADD GRILLED CHICKEN BREAST 9

ADD STEAK 12*

HANDHELDS

AVOCADO TARTINE 16

Avocado spread, everything seasoned toast, soft cooked egg, radish, heirloom tomatoes, smoked salmon

BURNT ENDS TACOS 14

House smoked bbq beef, shredded cabbage, cotija cheese, chipotle-cilantro crema gf

BLACKENED SALMON SANDWICH 18*

Norwegian salmon, caramelized onions, rosemary aioli, lettuce, tomato, French baguette

GRILLED CHEESE 12

Roasted pear, aged cheddar, Havarti, foraged mushrooms, sourdough

THE CRAFT BURGER* 16

Smashed beef patty, American cheese, thyme-shallot red wine butter, brioche bun, house pickle, and chips

BUILD A BOWL

START WITH A PROTEIN:

MARINATED BAVETTE STEAK* 12
SWEET CHILI CHICKEN 11
BLACKENED SALMON *12
SEASONAL VEGETABLE STIR FRY 9

CHOOSE A BASE:

- TURMERIC SCENTED JASMIN RICE
- ANCIENT GRAINS (MN WILD RICE, BULGER WHEAT, RED QUINOA, FARRO)
- SPRING FIELD GREENS

CHOOSE A DRESSING:

- SESAME GINGER DRESSING
- SPICY GOCHUJANG SAUCE
- AVOCADO-CIRTUS CREAM

CHEF DRIVEN EXTRAS

- SIX MINUTE EGG 1
- PICKLED RED ONION 1
- CHIA-SESAME SEEDS 1
- TOASTED SUNFLOWER SEEDS 1
- CANDIED PECANS 3
- CRUMBLD STICKENY HILL CHEVRE 3
- CRAISINS 1

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness
df-Dairy Free gf-Gluten Free v-Vegan