

BEVERAGES

substitute coconut milk 2

All Things Bottled & Bubbly 2.5

Joia Pineapple or Ginger Apricot Soda
Lemonade, Orange Mango Juice
Wisco Cherry, Ginger or Grapefruit Pop
Virgil's Root Beer,
Lemon, Lime or Ginger Sparkle

Pumpkin Chai (hot or cold) 2.5

star anise, cinnamon, milk and more GF v

Beet Berry Chocolate Smoothie 3

raspberries, milk, oats, peanut butter, walnuts, spices v

Maple Carrot Smoothie 3

nuts, milk, maple syrup & spices v

Super Berry Smoothie 3

cantaloupe, raspberries & aronia berries GFL V

Sunny Tuscan Smoothie 3

sunflower seeds, kale, milk, honey, spices v

Milk 1.5

Hot Cocoa 2

Hot Tea (from our eclectic selection) 1.5

Coffee – French Press 2.5 20 Oz 3

SWEET SOMETHINGS

Assorted Cookies .60 each

Baked with love & 100% whole grains:

cardamom walnut currant coconut
chocolate date pinwheel double ginger
peanut butter chocolate chip
super take 10,
zesty snickerdude

We enjoy the challenge of serving real food that is authentic,
tasty and of course good for you.

Our menu symbols have the following meanings:

L Lactose free

V Vegan – no animal products

v Vegetarian – no meat

GF Gluten free – bread products available

Peacemeals Menu

Eat In or Take Out

10 am to 5:30 pm

Monday through Saturday

507-360-3293

1312 Mountain Lake Road

Mountain Lake, MN

Welcome to our table!

This menu meanders through the seasons
and changes accordingly.

*Our goal is to serve healthy, resilient food
that builds community and treasures
the earth we all call home.*

Farms we rely on for our great food:

Beelers Pure Pork

Ferndale Farms: free range turkeys

Jubilee Fruits & Vegetables, LLC

Peaceful Valley Pastures: grass-fed beef

Whole Grain Milling, Co.

BURGERS, SUBS & CO.

Served with salad & fixings

Substitute **GF** flatbread 1.5 Add cheese 1

Beef Burger 10

grass-fed goodness L

Beef Sambusas 10

Somali pastry pocket

Shredded Beef with Cheese 10

sauteed veggies

Bierrocks 8

cabbage & turkey tucked in a pocket L

Black Bean Burger 8

millet and spices and everything nices LV

Braised Pulled Pork 10

house barbecue sauce L

Bratwurst & Kraut 8

apple slices

Brazilliant Or Tofu Walnut Burger 8

seasoned veggies & nuts LV

Savory Banh Mi 8

peanut ginger sauce & cilantro pesto L

Turkey Burger 8

rosemary neufchatel spread & onions

Ye Old Standby 5

MN made PB and our J LV

HOMEMADE PASTA small 7 large 10

Brats in Red Sauce or Ratatouille

Saucy Meatballs

Sauteed Veggies & Cheese v

PANINI SANDWICHES

Grilled bread served with a salad & fixings

Substitute **GF** flatbread 1.5

Choice of half or whole sandwiches

Cuban 8.5 10

smoked turkey, pulled pork & Swiss cheese

Curried Turkey with Rhubarb Chutney 6.5 8

gingery with cilantro pesto and raisins

Pesto & Company 6.5 8

roast turkey & Mozzarella

Provolone & Perky Turkey 6.5 8

thin slices of fruit for a special treat

Reuben 6.5 8

sauerkraut, smoked turkey, provolone

Turkey Mostarda 6.5 8

Neufchatel with a cranberry & thyme sauce

PIZZA 8 inch or 12 inch

Substitute **GF** crust 2

Beet Pesto 7 10

rosemary, walnuts, Parmesan v

Italian Sausage 8 11

Mozzarella, veggie sauce

Maple Smoked Turkey 8 11

maple syrup, rosemary, Cheddar, onion

Nutty Apple 8 11

Cheddar, maple syrup, caramelized onions v

Say "Cheese" 7 10

tomato sauce, Mozzarella v

Shredded Beef Pizza 8 11

Cheddar, barbecue sauce & sweet peppers

Three Cheers & Mushrooms 8 11

Mozzarella, Menonita, Provalone & tomato sauce v

SOUPS Cup 4 Bowl 6

*Served with bread and jam Substitute **GF** roll 1*

A side of soup with an entree 3.5

Beef Noodle

homemade noodles and veggies L

Broccoli Rice Medley

MN wild rice & brown rice with summer's bounty GF

Chili BEAN Chili

full of vim & zest GF LV

Creamy Tomato & Apple

where summer & fall meet GF v

Maple Squash

smooth & rich with a hint of apple GF LV

Moroccan Carrot

hints of coconut, orange and ginger GF LV

Turkey Vegetable

a medley of color & flavor with barley L

Split Pea

carrots & thyme with smoked turkey GF L

SALADS

Served with Jubilee bread and jam

Substitute **GF** roll 1

High Five 8

greens, smoked turkey, fruit, caramelized walnuts & feta

QUESADILLAS

Choice of 1 or 2 grilled sprouted 7-grain wraps with salad

Black Beans & Salsa 6.5 8

cilantro pesto, sweet corn and cheese v

Smashed Raspberry & Pecan 6.5 8

roast turkey, chipotle cheese & raspberry jam

Three Cheese 6.5 8

Queso Menonita, Mozzarella, Provalone with caramelized onions