

BEVERAGES

substitute coconut milk 2

All Things Bottled & Bubbly 2.5

Joia Pineapple Soda
Lemonade, Orange Mango Juice
Wisco Cherry, Ginger or Grapefruit Pop
Virgil's Root Beer or Black Cherry Soda
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, 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 cocoa date 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 & 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

Bierrocks 8

cabbage & turkey tucked in a pocket L

Black Bean Burger 8

millet and spices and everything nices L V

Braised Pulled Pork 10

house barbecue sauce L

Bratwurst & Kraut 8

hint of apple

Italian Beef 10

sauteed veggies L

Savory Banh Mi 8

peanut ginger sauce & pickled turnip/carrots L

Turkey Burger 8

rosemary neufchatel spread & pickled onions

Ye Old Standby 5

MN made PB and our J L V

SALADS

Served with Jubilee bread and jam

Substitute **GF** roll 1

High Five 8

greens, smoked turkey, fruit, maple walnuts & feta

Sun-dried Tomato & Quinoa 8

Greens with lemon dressing v

Kale and Hearty 8

Pecans, cranberries, maple syrup dressing 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 & pickles

Curried Turkey with Rhubarb Chutney 6.5 8

ginger, raisins & apple bits

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

Balsamic Veggies & Hummus 6.5 8

tangy with a hint of sweet tomato

PIZZA 8 inch or 12 inch

Substitute **GF** crust 2

Crazy for Pesto

basil, beet, lovage or kale pesto with walnuts & cheese

Italian Sausage 8 11

Mozzarella, veggie sauce, sweet peppers, mushrooms

Maple Smoked Turkey 8 11

maple syrup, rosemary, Cheddar

Nutty Apple 8 11

Cheddar, maple syrup, caramelized onions v

Say "Cheese" 7 10

tomato sauce, Mozzarella v

Shredded Beef 8 11

Cheddar, barbecue sauce & sweet peppers

SOUPS Cup 4 Bowl 6

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

A side of soup with an entree 3.5

Beef Barley

loaded with veggies L

Broccoli Rice Medley

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

Chili BEAN Chili

full of vim & zest **GF L V**

Creamy Tomato & Apple

where summer & fall meet **GF v**

Maple Squash

smooth & rich with a hint of apple **GF L V**

Moroccan Carrot

hints of coconut, orange and ginger **GF L V**

Turkey Vegetable

a medley of color & flavor with barley L

Split Pea

carrots & thyme with smoked turkey **GF L**

QUESADILLAS

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

Apple Cheddar 6.5 8

bits of Italian sausage

Hummus & Black Bean 6.5 8

sun-dried tomatoes with sauteed veggies L V

Smashed Raspberry & Pecan 6.5 8

roast turkey, chipotle cheese & raspberry jam

Simply a Gobble and Cheese 6.5 8

roast turkey and greens