

BEVERAGES

substitute coconut milk 2

All Things Bottled & Bubbly 2.5

Lemonade Orange Mango Juice
Wisco Cherry, Ginger or Grapefruit Pop
Virgil's Root Beer Black Cherry Soda
Lime or Ginger Sparkle

Milk 1.5

Hot Cocoa 2

Hot Tea (from our eclectic selection) 1.5

Iced Tea 1.5

Pumpkin Chai (hot or cold) 2.5
star anise, cinnamon, milk and more **GF v**

Smoothies

Beet Berry Chocolate 3
raspberries, milk, peanut butter, walnuts, spices v

Minty Cucumber & Coconut 3

Savory Tomato 3

Sunny Tuscan 3
sunflower seeds, kale, milk, honey, spices v

Super Berry 3
cantaloupe, raspberries & aronia berries **GF L V**

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

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.

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.*

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 Tomato & Cheese 8

herb vinaigrette with neufchatel & basil

Savory Banh Mi 8

peanut ginger sauce, cilantro, pickled carrots L

Summer on the Go 8

cheese, veggies, pickles or mint pesto? v

Turkey Burger 8

rosemary neufchatel spread & pickled onions

Ye Old Standby 5

MN made PB and our J L V

SIDES

Bread Basket with Seasoned Butters 5 v

Salsa & Chips 3.5 GF L V

Sauerkraut 3.5 GF L V

Sauteed Seasonal Harvest 3.5 GF L 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 & cilantro

Pesto & Company 6.5 8

roast turkey & Mozzarella

Reuben 6.5 8

sauerkraut, smoked turkey, provolone

Turkey Mostarda 6.5 8

Neufchatel with a cranberry & thyme sauce

SALADS

Served with bread and jam

Substitute **GF** roll 1

Crunchy Beet with Feta 8

carrot, mint, sunnies v

Curly Kale & Quinoa 8

walnuts, raspberries, Parmesan v

Hummus/Pesto Platter 8

harvest veggies, chips, seasonal morsels GF L V

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 6.5 8

roast turkey, chipotle cheese, walnuts & raspberry jam

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

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

PIZZA 8 inch or 12 inch

Substitute **GF** crust 2

Crazy for Pesto 8 11

basil, beet, or kale pesto with walnuts & Parmesan v

Italian Sausage 8 11

Mozzarella, veggie sauce, sweet peppers

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

Summer Harvest 8 11

zucchini, tomatoes, herbs and cheese v