

## BEVERAGES

substitute coconut milk 2

**All Things Bottled or Bubbly 2.5**

**Lemonade Orange Mango Juice**

**Wisco Ginger or Grapefruit Pop**

**Virgil's Root Beer Black Cherry Soda**

**Lemon, Lime or Ginger Sparkle**

**Milk 2 Hot Cocoa 2**

**Hot Tea (from our eclectic selection) 2**

**Pumpkin Chai (hot or cold) 3**

*star anise, cinnamon, milk and more GF v*

**Coffee – French Press 2.5 20 Oz 3**

## SMOOTHIES

**Chocolate Berry 3.25**

*raspberries, aronia berries, milk, peanut butter, walnuts v*

**Lovin' Apples 3.25**

*apples, love apples, coconut milk, honey & spice V*

**Sunny Tuscan 3.25**

*sunflower seeds, kale, milk, honey, spices v*

**Super Berry 3.25**

*cantaloupe, raspberries & aronia berries GFL V*

## SWEET SOMETHINGS

**Assorted Cookies .60 each**

*Baked with love & 100% whole grains:*

**cardamom walnut aronia coconut**

**chocolate double ginger**

**peanut butter chocolate chip**

**super take 10 zesty snickerdude**

**date oatmeal**

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

**A 3% discount for cash/check payment**

**Farms, farmers & businesses we rely on for great food:**

Beelers Pure Pork

Ferndale Farms: free range turkeys

Jubilee Fruits & Vegetables, LLC

McCones Farm

Whole Grain Milling, Co.

Ziemke Grass-Fed Aberdeen Black Angus Beef

# 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** bread 2 Add cheese 1

**Beef Burger** 10  
*grass-fed goodness L*

**Black Bean Burger** 8.5  
*millet and spices and everything nices LV*

**Braised Pulled Pork** 10  
*house barbecue sauce L*

**Bratwurst & Kraut** 8.5  
*with a hint of apple*

**Italian Beef** 10  
*Slow-cooked beef with veggies*

**Savory Banh Mi** 8.5  
*peanut ginger sauce & pickled turnip/carrots L*

**Turkey Burger** 8.5  
*caramelized onions*

**Ye Old Standby** 5  
*MN made PB and our J LV*

## **QUESADILLAS**

*Choice of 1 or 2 grilled sprouted 7-grain tortillas with a salad*

**Apple Cheddar** 7 8.5  
*Rachel sausage & caramelized onions*

**Hummus & Black Bean** 7 8.5  
*sauteed veggies LV*

**Nutty Smashed Raspberry** 7 8.5  
*roast turkey, chipotle cheddar & raspberry jam*

**Simply Cheese** 7 8.5  
*Mozzarella, Chipotle Cheddar & Provolone v*

## **PANINI SANDWICHES**

*Served with a salad & fixings*  
Substitute **GF** bread 2  
Choice of half or whole sandwiches

**Cuban** 8.5 10  
*smoked turkey, pulled pork, cheese & pickles*

**Curried Turkey with Rhubarb Chutney** 7.5 9  
*ginger, raisins & cilantro*

**Swiss Cheese and Jam – Hey Ho!** 7.5 9  
*smoked turkey & favorita jam*

**Pesto & Company** 7.5 9  
*roast turkey & Mozzarella*

**Provolone & Perky Turkey** 7.5 9  
*with slices of pear*

**Reuben** 7.5 9  
*sauerkraut, smoked turkey, provolone*

**Roast Pork** 8.5 10  
*balsamic caramelized onions, apples, cheese*

## **PIZZA** 8 inch or 12 inch

Substitute **GF** crust 2

**Maple Smoked Turkey** 9 12  
*maple syrup, rosemary, Cheddar*

**Nutty Apple** 8 11  
*Cheddar, maple syrup, caramelized onions v*

**Sausage** 9 12  
*Mozzarella, veggie sauce, sweet peppers*

**Say “Cheese”** 8 11  
*tomato sauce, Mozzarella v*

**Shredded Beef with Roasted Veggies** 9 12  
*caramelized onions and cheese*

## **SALADS**

**High Five**  
*greens, smoked turkey, pear, feta with maple thyme dressing*

**Thyme 4 Kale**  
*bits & bobs, massaged kale with maple thyme dressing*

**SOUPS** Cup 4 Bowl 6  
*Served with bread and jam Substitute GF roll 2*  
*A side of soup 3.5*

**Beef Vegetable**  
*tomatoes, cabbage, carrots L*

**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 L V*

**Moroccan Carrot**  
*coconut, orange and ginger GF LV*

**Potato Leek**  
*warms the soul GF*

**Turkey Vegetable**  
*a medley of color & flavor with barley L*

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