

# THE MOST IMPORTANT MEAL OF THE DAY

## FRUIT & GRAINS

<b>Yogurt &amp; Granola Parfait, Fresh Berries</b>	<b>8</b>
<b>Glorious Morning Fresh Fruit Platter</b>	<b>12</b>
<i>Peak of the market fruit, breakfast pastry, natural yogurt</i>	
<b>Blueberry Muesli</b> ~ gluten free, dairy free & vegan	<b>9</b>
<i>Gluten free grains, dried &amp; fresh fruits, seeds, nuts, almond milk</i>	
<b>Apple Oatmeal Brûlée</b>	<b>8</b>
<i>Fresh Minnesota apples, spices, rolled oats</i>	

## JUICE & SMOOTHIE BAR

<b>Fresh Squeezed Orange Juice</b>	<b>4.75</b>
<b>Blueberry, V-8, Cranberry or Grapefruit Juice</b>	<b>4.25</b>

### Fresh to order

<b>Tropical Blueberry Smoothie</b>	<b>7.25</b>
<i>Blueberry, orange, pineapple</i>	
 <b>Strawberry, Mango &amp; Yogurt Smoothie</b>	<b>7.25</b>
<i>Frozen mango, greek yogurt, strawberries, rooftop honey</i>	
<b>Fruit Smoothie</b>	<b>7.25</b>
<i>Banana, kiwi, raspberry, yogurt</i>	

## BLU'S BEES ~


As part of our commitment to the environment, we have partnered with the University of Minnesota's Bee Squad to have colonies of honey bees live as permanent guests on our roof. These bees help pollinate 35% of the global food supply and 80% of flowering plants. Please enjoy this excess honey and unique gift from our rooftop guests.

## QUICK

<b>Breakfast Sandwich</b>	<b>9</b>
<i>Croissant, shaved back bacon, avocado, tomato, fried egg, fontina</i>	
<b>Breakfast Baked Potato</b>	<b>9</b>
<i>Russet potato, scrambled egg, bacon, cheddar, fresh herbs</i>	

## IN ADDITION

<b>Plain Bagel</b> , <i>cream cheese, house jam</i>	<b>4.50</b>
<b>Pecan Smoked Bacon</b>	<b>5</b>
<b>Maple Link</b>	<b>5</b>
<b>Minnesota Back Bacon</b>	<b>6</b>
<b>House Made Smoked Rope Sausage</b>	<b>5</b>
<b>Organic Egg Solo</b>	<b>3</b>
<b>Organic Egg Duo</b>	<b>4</b>

<b>Glorious Morning Muffin</b>	<b>4</b>
 <b>Biscotti</b> , <i>caraway, honey, pistachio</i>	<b>3</b>
<b>Seasonal Muffin</b>	<b>4</b>

## EGGS

<b>Choice of Rosti Potatoes or Fresh Fruit</b>	
<b>Farmhouse Breakfast</b>	<b>12</b>
<i>Two organic eggs your way, choice of pecan bacon, back bacon, maple links or rope sausage</i>	<b>Flat Iron Steak 21</b>
<b>Classic Eggs Benedict</b>	<b>14</b>
<i>Minnesota back bacon, hollandaise</i>	
<b>Avocado Brioche Benedict</b>	<b>14</b>
<i>Back bacon, avocado puree, grilled tomato, brioche, hollandaise</i>	
<b>Midwestern Omelet</b>	<b>13</b>
<i>Back bacon, onions, peppers, white cheddar</i>	
<b>Whole Hog Omelet</b>	<b>14</b>
<i>Bacon, sausage, back bacon, provolone</i>	

## SKILLETS & HASH

<b>Sausage Skillet</b>	<b>12</b>
<i>Sunny side up eggs, onions, peppers, rope sausage, rosti potatoes, sausage gravy</i>	

<b>Brick-Oven Apple Pannekoeken</b>	<b>16</b>
<i>Fresh apple, egg batter, Minnesota maple syrup</i>	

<b>Minnesota Walleye Hash</b>	<b>13</b>
<i>Red Lake Nation Minnesota Walleye, scallions, peppers, over easy eggs, rosti potatoes, asparagus, hollandaise</i>	

## GRIDDLE & IRON

<i>Sugar free syrup available upon request</i>	
<b>Sourdough Malted Waffle</b>	<b>12</b>
<i>Fresh berries, whipped cream, Minnesota maple syrup</i>	
<b>Lemon-Ricotta Cornmeal Waffle Platter</b> ~ gluten free	<b>14</b>
<i>Raspberry sauce, whipped cream, raspberries, maple sausage, organic eggs your way</i>	

<b>Minnesota Morning</b>	<b>14</b>
<i>Wild rice pancakes, chokecherry syrup, Minnesota back bacon, organic eggs your way</i>	

<b>Minnesota Wild Rice Pancakes</b>	<b>11</b>
<i>Chokecherry syrup</i>	

<b>Buttermilk Flapjacks</b>	<b>11</b>
<i>Minnesota maple syrup</i>	<b>Blueberry 13</b>

<b>Bananas Foster Stuffed French Toast</b>	<b>12</b>
<i>Cinnamon brioche, caramelized banana, strawberries, walnuts</i>	

## CAFFEINE

<b>Lavazza Coffee</b> ~ Individual Pot	<b>4.25</b>
<b>Lavazza Espresso</b>	<b>4</b>
<b>Lavazza Americano</b>	<b>4</b>
<b>Lavazza Latte</b>	<b>5</b>
<b>Lavazza Cappuccino</b>	<b>5</b>
<b>Red Bull, Blue Edition</b>	<b>5</b>
<b>FireLake Hot Chocolate</b>	<b>4</b>
<i>Chocolate ganache, steamed milk, whipped cream</i>	
<b>Rishi Organic Tea</b>	<b>4</b>

### OUR PARTNER RANCHERS, FARMERS & ARTISAN PRODUCERS

Stickney Hill Dairy ~ Eichten Farms ~ Homestead Mills ~ Belgioso ~ Wild Acres ~ Schell's Brewing Co. ~ Minnestalgia ~ Bushel Boy ~ New French Bakery  
Grain Belt ~ Revier Cattle Co. ~ South Eastern Food Network ~ Gentleman Forager ~ Arneson Distributing ~ Old Home ~ Minnesota Malted ~ Pahl Farms  
Gold n' Plump ~ Anderson's Maple Syrup ~ Faribault Dairy ~ Axdahl Farms ~ Red Lake Nation ~ James Lake ~ Johnsonville ~ Killebrew Soda ~ Pariseau Farm  
Grass Land Butter ~ Sartori ~ Stony Creek Dairy ~ Montchevre ~ MRS Pork Producers ~ Surly Brewing Co. ~ Pepin Heights Apple Orchards  
Singerhouse Farms ~ Hooks Cheese ~ J.Carver Distillery ~ Future Farm ~ Alemar Cheese Company ~ Fulton ~ Spring Grove Soda Pop ~ Tattersal Distilling  
University of Minnesota Bee Squad

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have medical conditions.*