

## OUR MISSION

Field to Fork is a welcoming, informal space where our bakers and chefs produce artisan breads, sweets, house-made soups, substantive sandwiches, and wonderful salads. We are proud to feature in-house roasted coffee, a juice bar, and seasonal produce. We too, are proud that we use local ingredients in our dishes whenever possible. We believe that by cultivating relationships with local artisan producers we become stewards of the earth; by shortening the distance between the field and the fork. While we are not regionally exclusive, we feel that many of our local specialties are best when paired with some of the world's finest products. This perfect marriage can be enjoyed at our three sister restaurants:

### SOME OF THE LOCAL PRODUCERS FEATURED

|                             |                          |
|-----------------------------|--------------------------|
| Pinn Oak Farms              | Mother-in-law's Kimchi   |
| Widmer's Cheese             | Lonesome Stone Mills     |
| Drewery Farms               | Slow Pokes Coconut Kefir |
| Willow Creek Farms          | Saxon Homestead Creamery |
| Yuppie Hill Farms           | Lamer's Dairy            |
| Northstar Bison Farm        | Rushing Waters           |
| Sartori Creamery            | Harmony Valley           |
| Rolling Meadows             | Hidden Valley Mushrooms  |
| Wisconsin Sheep Dairy Co-Op | Uncle Paul's BBQ         |
| Castle Rock Creamery        | Yak-n Things             |
| Springdale Farms            | Crystal Springs Farm     |
| New Holland Brewing         | Jefferson Township Beef  |
| Navarino Valley Elk & Bison | Niman Ranch              |



**CAFE AND GROCERY**  
OPEN MONDAY THROUGH SATURDAY

## Breakfast Menu

Serving 7am - 3pm

Lunch is served 11am to 3pm

511 South 8th Street Sheboygan, WI

(920) 694-0322

We gladly take reservations for parties of five or more

Take out available

25¢ charge for our compostable to-go containers

## **SAVORY**

### **OMELETTE / EGG WHITE OMELETTE**

All natural three-egg or egg white omelette served with your choice of homemade toast: Rustic White, Whole Wheat 7 Grain, Gluten Free

**The Garden** \$11.95

Peppers, spinach, mushroom, onion.

**The Sheboygan** \$12.95

Ham, bacon, cheddar.

**Rancho Grande** \$13.95

Chorizo, queso blanco, peppers, onion, salsa verde.

**Three Cheese** \$11.95

Chevre, Gouda, and Snowfields Butterkase.

### **PAIR O' EGGS** \$9.95

Two farm fresh eggs with your choice of toasted homemade bread or English muffin. Served with your choice of local bacon, ham, sausage, chicken sausage, or vegetarian sausage.

### **FRITTATA** \$9.50

An open-faced omelette with fresh vegetables, chevre cheese, and topped with greens.

### **EGGS BENEDICT** \$10.95

Poached Yuppie Hill eggs and ham served on top of a sprouted grain English muffin. Topped with an herbed local cheese sauce and served with a side of mixed greens.

### **SUNRISE** \$9.25

Yuppie Hill egg, Widmer's cheddar and your choice of ham, bacon, sausage, or veggie sausage.

Choice of a homemade buttermilk biscuit,

City Bakery hard roll, croissant, or a Parker House roll.

### **"THE BIG JOHN"** \$9.25

This was Stefano's dad's favorite! House-made chicken sausage, local egg, Alpine cheese, and onions served on house made toasted bread or Parker House roll.

### **BREAKFAST BURRITO** \$14.95

Scrambled eggs, chorizo, tico rice and beans, veggie potato hash, and guacamole. Topped with tomatillo salsa and queso blanco cheese. Vegetarian chorizo also available.

### **BAGEL AND LOX** \$14.95

House made cured salmon lox with herb cream cheese on a St. Paul bagel. Served with sprouts, onions, capers, and fresh dill.

### **"TICO" (A COSTA RICAN EXTRAVAGANZA!)** \$11.50

Two eggs, tico seasoned rice and beans, local queso blanco cheese, and homemade tomatillo salsa.

Add house-made pork chorizo \$5.00    Add guacamole \$1.75

### **VEGETARIAN SAMPLER** \$12.50

Potato hash, fresh fruit, and a vegan sausage patty.

### **BISCUITS AND GRAVY** \$12.95

Homemade buttermilk biscuits served with pork sausage gravy.

Served with one egg and a side of fruit.

### **AVOCADO TOAST AND POACHED EGGS** \$14.95

An open faced sandwich served on our house Dinkelbrot bread with an avocado spread with Dijon mayo, radishes, and two poached eggs.

## **SWEET**

### **PANCAKES** \$6.50

Two buttermilk pancakes made with white, buckwheat, and whole wheat flours with local maple syrup.

Additions

Blueberry \$7.50    Chocolate Chip \$7.50

Blueberry and Chocolate Chip \$8.50

### **FRENCH TOAST** \$9.95

Caramelized crème brulee style French toast made with Stefano's house-made Italian bread. Served with local syrup.

### **OATMEAL** \$6.50

Made with rolled organic oats, Wisconsin milk, and brown sugar.

### **FULLY LOADED OATMEAL** \$10.00

A stacked up version of our oatmeal plate with granola and seasonal fruit.

### **GRANOLA AND YOGURT** \$8.50

Field to Fork's homemade granola with grass-fed Greek yogurt, and fresh fruit, drizzled with local honey.

## **SIDES**

**A LOCAL EGG** \$2.00

**HAM** \$3.00

**BACON** \$3.00

**HOUSE BREAKFAST SAUSAGE** \$3.00

**HOUSE-CHICKEN SAUSAGE** \$3.00

**VEGGIE POTATO HASH** \$4.50

**SEASONAL FRESH FRUIT** \$5.95

**TOMATILLO SALSA** \$1.50

**FRESH GUACAMOLE** \$1.75

**PEANUT BUTTER** \$1.00

**MAPLE SYRUP** \$0.50

**HOMEMADE CROISSANT** \$4.00

**HOMEMADE TOAST** \$2.50

(Rustic White or Whole Wheat-7 Grain)

## **BEVERAGE MENU**

All our coffee is fair trade, shade grown, and roasted in house

**Field to Fork Coffee** (regular or decaf) \$3.00

**Cold Pressed Coffee** (no refill) \$2.50

**Cappuccino** \$3.50

**Mocha Cappuccino** \$4.50

**Espresso / Double Espresso** \$2.75 / \$3.25

**Macchiato** (Espresso with light steamed milk) \$3.00

**Americano** \$3.00

**Latte** \$4.00

**Milk** (Plain or Chocolate) \$3.00

**Hot "Indulgences" Chocolate** \$5.00

**Hot Tea** (assorted) \$2.50

**Iced Tea** \$2.50

**Chai Tea Latte** \$4.00

**Fountain Soda** \$2.00

**Sprecher Root Beer** \$3.00

**Bottled Waters** (Acqua Panna or San Pellegrino) \$2.50 / \$5.00

**Draft Beers** (ask your server) \$5.00

**Wine list/full service bar available**

## **RAW JUICE BAR**

**Field to Fork Morning Blend** (Carrot, apple, lemon, and ginger) \$5.50

**"Ironman" Beet It** (Beets, apple, carrot, lemon, and ginger) \$5.50

**Spring Green** (Fennel, lemon, apple, and celery) \$5.50

**Simply Carrot** (Carrot, lots and lots of carrot!) \$5.50

**Orange Juice** (Fresh squeezed) \$3.00 / \$4.00

**Farmer's Daughter** (Apple, celery, carrot, spinach, kale, lemon, and wheatgrass) \$7.50

**Green Drink** (Apple, lemon, ginger, wheatgrass, and spinach) \$7.50

**Locally Grown Wheatgrass** (served in a shot glass) \$5.00

## **SMOOTHIES**

(All smoothies and juices are 8oz)

**Made with Grass-Fed Greek Yogurt** \$6.95

**Berry** (Blueberry, raspberry, strawberry, banana, and apple juice)

**Cherry** (Cherry, banana, and black cherry juice)

**Peach** (Peach, banana, mango and apricot juice)

**Tropical** (Mango, peach, banana, pineapple juice, and coconut water)

**Non-Dairy** \$7.95

**Lassi** (Banana, kefir, turmeric, ginger, honey and lemon)

**Mediterranean** (Banana, cherry, spinach, kefir, beet juice)

**PB<sup>2</sup>** (Banana, date, PB<sup>2</sup> peanut butter powder, maca powder, and almond milk)

**Green Java** (Banana, wheatgrass, coconut water, and orange juice)

**Add a Super Food Booster** \$ .50

Flaxseed (source of Omega-3)

Oatmeal (source of fiber)

Avocado (source of Omega-3)

Chia Seeds (source of Omega-3, complete source of protein)

**PLEASE - NO SUBSTITUTIONS**