



**CAFE AND GROCERY**  
OPEN MONDAY THROUGH SATURDAY

## **Lunch Menu**

Serving 11am - 3pm

Serving breakfast all day

Open 7am - 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

## APPETIZERS

### **CHEESE CURDS** \$8.95

Wisconsin white cheddar cheese curds deep fried and served with honey mustard dipping sauce.

### **GUACAMOLE & CHIPS** \$9.95

Our house-made guacamole and fresh corn chips.

### **HUMMUS & PITA CHIPS** \$5.95

Our house-made hummus with pita chips.

## SOUPS

### **CHICKEN DUMPLING** Cup \$5.95 Bowl \$7.50

Made with all natural chicken, house-made dumplings, and locally grown vegetables. Garnished with parsley.

### **FIELD TO FORK CHILI** Cup \$6.95 Bowl \$8.50

Made with locally-raised, grass-fed beef and organic red and black beans. Topped with onions and cheddar cheese.

### **SOUP OF THE DAY** Cup \$5.95 Bowl \$7.50

## THE GARDEN

Add Soy Curls \$3.00 Add grilled chicken \$5.95

### **CAESAR SALAD** \$8.95

Romaine lettuce, red onion, cherry tomatoes, and house-made croutons tossed in our Parmesan Caesar dressing.

### **COBB SALAD** \$14.95

Chopped romaine, cherry tomatoes, red onion, Big Ed's gouda, ham, avocado, cucumber, hard-boiled egg and your choice of dressing: Asian, Italian, Caesar, or Ranch.

### **HOUSE SALAD** \$5.95

Mixed Greens, cherry tomato, your choice of dressing: Asian, Italian, Caesar, or Ranch.

### **BIG BOWL OF GREENS** \$8.95

Mixed greens, red onion, mixed peppers, chickpeas, cucumber, and sunflower seeds. Tossed in our Asian dressing.

### **QUICHE & TWO** \$12.95

Quiche tart of the day, side salad, and a cup of soup.

## BOWLS

Plant based high protein bowls with steamed vegetables

### **ASIAN BOWL** \$15.95

Brown rice, multicolored quinoa, Thai marinated soy curls, homemade kimchi, steamed broccoli, sunny-side-up egg, oil poached tuna, and avocado. Finished with our creamy Korean cashew hot sauce.

### **PORTLANDIA BOWL** \$15.95

Brown rice, multicolored quinoa, roasted black beans, steamed kale and cabbage, steamed broccoli, avocado, sunflower seeds, and sprouts. Finished with a tangy curry garbanzo yummm sauce.

## SANDWICHES AND SPECIALTIES

### **AVOCADO TOAST** \$16.95

An open faced sandwich served on our house made Dinkelbrot bread with an avocado spread, house cured salmon, and Dijon mayo, arugula, radish, and cucumber.

### **SO CAL BPLT** \$10.95

Bacon, roasted pork, arugula, tomato, avocado, and tomatillo mayo served on your choice of bread.

### **CHEESEHEAD** \$10.95

Mixed Saxon Homestead Creamery cheeses served on your choice of bread with a side of greens.

### **GRILLED CHICKEN** \$13.95

Oak grilled all natural chicken breast, bacon, guacamole, Havarti cheese, lettuce, tomato, and tomatillo mayo served on a Parker House roll.

### **FALAFEL PITA** \$11.95

Chickpea falafel balls in an organic pita with hummus spread, pickled vegetables, house tahini sauce, and local sprouts.

### **CUBAN** \$13.95

Roasted pork loin, roasted ham, spicy mustard, pickle, and Saxony Alpine cheese. Served on a Parker House roll.

### **BURRITO** \$13.95

Your choice of house-made chorizo or vegetarian chorizo, tico rice and beans, veggie potato hash, quesadilla cheese, and guacamole. Topped with tomatillo salsa and queso blanco cheese.

### **CHICKEN QUESADILLA** \$13.95

All natural chicken, onion, peppers, and quesadilla cheese served with house-made tomatillo salsa, and tico rice and beans. (vegetarian chorizo option available)

### **CROSSIANT SANDWICH** \$10.95

Local ham, Saxon Alpine cheese, roasted apples, and Boetje's stone ground mustard on a house made croissant.

### **SAUSAGE PLATE** \$16.95

Two different house made seasonal sausages roasted over the wood grill and served with house made mustard, potato salad, and dinkelbrot bread.

### **DOUBLE BRAT SANDWICH** \$12.95

Our house made seasonal bratwurst slow cooked in local beer and onions grilled over hard wood. Served on a buttered hard roll with mustard and a side of house made potato salad.

## FIELD TO FORK BURGERS

*The beef for our half pound burgers is made from locally raised, pastured steer from Ney's Big Sky served on a City Bakery hard roll or on a homemade Parker House roll.*

Add Cheese \$1.00 Add bacon \$2.50 On gluten free bread \$2.50

**FIELD TO FORK BURGER** \$8.00

**FIELD TO FORK CHEESEBURGER** \$9.00

**BISON BURGER** \$13.95

Navarino Valley grass-fed bison from Navarino Valley with jalapeno jam and cheddar cheese.

**MUSHROOM SWISS BURGER** \$12.95

Caramelized onion, mixed mushrooms, alpine swiss cheese, garlic aioli, and arugula.

**LAMB BURGER** \$12.95

Locally-raised Pinn Oak Farms lamb burger with feta cheese, red onion, tzatziki sauce, and tomato in a pita pocket.

**VEGETARIAN WALNUT BURGER** \$9.95

Trempealeau Hotel walnut burger topped with roasted red pepper, havarti cheese, lettuce, tomato, and horseradish mayonnaise. Served on homemade

## SIDES

**FRENCH FRIES** \$3.00

**SWEET POTATO FRIES** \$3.00

**ROASTED BEETS** \$3.00

**SIDE OF FRUIT** \$5.95

**TICO RICE & BEANS** \$4.95

**QUICHE TART** \$6.00

**SIDE OF GUACAMOLE** \$1.75

**TOMATILLO SALSA** \$1.50

**SIDE SAUCE** \$0.50

## PLEASE - NO SUBSTITUTIONS

There is a risk of food borne illness when eating foods of animal origin raw or uncooked.

## SMOOTHIES

**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, apricot, banana, and mango 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>, maca powder, and almond milk)

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

**Add a Super Food Booster** \$0.50

Flaxseed (source of Omega-3)

Oatmeal (source of fiber)

Avocado (source of Omega-3)

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

## RAW JUICE BAR

**Field to Fork Morning Blend** \$5.50

(Carrot, apple, lemon, and ginger)

**"Ironman" Beet It** \$5.50

(Beets, apple, carrot, lemon, and ginger)

**Spring Green** \$5.50

(Fennel, lemon, apple, and celery)

**Simply Carrot** \$5.50

(Carrot, lots and lots of carrot!)

**Orange Juice** \$3.00 / \$4.00

(Fresh squeezed)

**Farmer's Daughter** \$7.50

(Apple, celery, carrot, spinach, kale, lemon, and wheatgrass)

**Green Drink** \$7.50

(Apple, lemon, ginger, wheatgrass, and spinach)

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

(All smoothies and juices are 8 oz)

## BEVERAGE MENU

All 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

# 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