

blue bird bistro

MidAmerican Artisan Cuisine

starters and salad

hummus 10⁰⁰ house made organic hummus with house made pita and organic kalamata olives

chicken livers 18⁰⁰ Campo Lindo Farm chicken livers sautéed in a sweet vermouth organic butter with house cured Golden Rule Farm bacon, onions, mushrooms and garlic served with toasted bread

deviled eggs 08⁰⁰ Campo Lindo Farm eggs hard boil eggs and spiced

wings 17⁰⁰ Campo Lindo Farm chicken wings slathered with an organic spicy butter red sauce, our ranch dressing and organic celery

catfish pieces 16⁰⁰ South Carolina farm raised pan fried catfish bites coated in an organic cornmeal mix with lemon caper aioli and a spicy honey sauce for dipping

cheese curds 14⁰⁰ pan fried Hemme Brothers creamery cheddar cheese curds with an organic stone ground mustard aioli and a sriracha lime sauce for dipping

3 bean chili 14⁰⁰ organic northern white bean, black bean and garbanzo bean with peppers, onion and spice top with cheese 01⁰⁰

crispy tofu salad 10⁰⁰ Central Soyfood crispy smoked tofu, organic orange bites, toasted walnuts and Nature's Choice Farm mixed greens tossed with house made vegan ranch dressing

blue bird salad 10⁰⁰ Nature's Choice Farm mixed greens tossed with house made blueberry vinaigrette and topped with crumbled blue cheese, toasted pecans and caramelized onion

add wild-caught Alaskan salmon* 09⁰⁰ | Central Soyfood smoked tofu 05⁰⁰ | Campo Lindo Farm roasted chicken 06⁰⁰

lunch entrees

smoked tofu & veggie stir fry 19⁰⁰ Central Soyfood smoked tofu and organic farmers' vegetables stir fried with and organic tamari glaze over Arkansas brown rice**ask about chicken option** 21⁰⁰

salmon* 21⁰⁰ pan seared wild caught Alaskan sockeye salmon served with lemon herb aioli, sautéed farm fresh vegetables and seasoned organic rice

polenta & veggies 15⁰⁰ organic baked polenta, roasted Thane Palmberg Farm zucchini, organic carrots, mushroom, and onion drizzled with Thane's nettle puree and house ranch dressing

meatloaf 17⁰⁰ Golden Rule Farm grass fed ground beef mixed and baked served Wood Mood Garden smashed potatoes and organic mushroom cream gravy

moroccan stew 18⁰⁰ Western Hills Farm tomato, organic ginger, Goode Acres Farm onion, saffron, spice and organic garbanzo beans, served over organic brown rice

blacken chicken 24⁰⁰ Campo Lindo Farm chicken breast dusted with our creole mix on dirty rice with a lime aioli drizzle and an organic vegetable medley ...**ask about our vegan option** 19⁰⁰

walnut stuffed pepper 18⁰⁰ Dirt Beast Farm tomato, onion, walnuts and Arkansas brown rice baked in an organic green bell pepper...**ask about our Golden Rule Farm grass fed beef stuffed pepper** 21⁰⁰

green curry 18⁰⁰ house made curry with farm fresh vegetables, onions, mushrooms and carrots simmered in organic coconut milk served over rice

add Campo Lindo Farm roasted chicken 06⁰⁰ | Central Soy smoked tofu 05⁰⁰

bison burger* 17⁰⁰ organic grass fed bison patty, organic greens, tomato, and onion on a house made organic unbleached white wheat bun

catfish sandwich* 16⁰⁰ South Carolina farm raised catfish pan fried in organic seasoned cornmeal topped with lemon caper aioli, organic onions and greens on a bun with your choice of side

crispy tofu sandwich 15⁰⁰ pan fried crispy Central Soyfood smoked tofu, organic greens, Goode Acres Farm tomato, organic vegan Worcestershire aioli on ciabatta

chicken sandwich* 17⁰⁰ Campo Lindo Farm blackened chicken, organic greens, tomato, and Hemme Brothers Creamery quark cheese on a house made organic unbleached white wheat bun

black bean burger 15⁰⁰ house made organic black bean patty studded with mushrooms, onions, carrots, corn, and a hint of jalapeno with organic greens, tomato and onion on a house made organic unbleached white wheat bun

grass fed burger* 16⁰⁰ Golden Rule Farm grass fed beef patty, organic greens, tomato and onion on a house made unbleached white wheat bun

toppings: tomato, onion, greens, house made ketchup, organic stone ground mustard