

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
- 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
- soup of the moment** 11⁰⁰ bowl with a biscuit ...07⁰⁰ cup
- 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*** 24⁰⁰ 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
- nettle pasta** 21⁰⁰ house made pasta infused with Thane Palmberg Farm wild stinging nettles tossed in an organic roasted garlic buttery sauce with Goode Acres Farm tomato and Thane Palmberg Farm spring onion
add **KC Buffalo Farm crumbled bison sausage** 07⁵⁰ | **Campo Lindo Farm roasted chicken** 06⁰⁰
- meatloaf** 17⁰⁰ Golden Rule Farm grass fed ground beef mixed and baked served Wood Mood Garden smashed potatoes and organic mushroom cream gravy
- 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
- turkey burger*** 16⁰⁰ Barham Family Farm ground turkey patty, Hemme Brothers Creamery quark cheese, organic apple, greens, and onion on a house made 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
add Hemme Brothers Farm cheddar 03⁰⁰ | bleu cheese 03⁰⁰ | Hemme Brothers Farm German Quark cheese 03⁰⁰ | fried egg 03⁰⁰ | Golden Rule house cured bacon 05⁰⁰ | sautéed mushrooms 02⁰⁰ | caramelized onion 02⁰⁰ | house made pickles 00⁵⁰

*These foods can be cooked to order.

Consumer Advisory: Consumption of raw or undercooked eggs or meat may be harmful to your health

**your generous gratuity is shared to all members of the front of house staff
so that everyone is earning a livable wage**