

# blue bird bistro

MidAmerican Artisan Cuisine

## starters and salads

**hummus** 10<sup>00</sup> house made organic hummus with homemade pita and organic kalamata olives

**wings** 17<sup>00</sup> Campo Lindo Farm chicken wings slathered with an organic spicy butter red sauce, our ranch dressing and organic celery

**catfish pieces** 16<sup>00</sup> 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

**chicken livers** 18<sup>00</sup> 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

**house cured salmon** 17<sup>00</sup> wild Alaskan salmon house cured with lime, jalapeno, onion and tequila served with Hemme Brothers German quark cheese, fried capers and toast points

**cheese curds** 14<sup>00</sup> pan fried Hemme Brothers creamery cheddar cheese curds with an organic stone ground mustard aioli and a sriracha aioli for dipping

**3 bean chili** 14<sup>00</sup> organic northern white bean, black bean and garbanzo bean with peppers, onions and spice

**crispy tofu salad** 10<sup>00</sup> 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** 10<sup>00</sup> Goode Acres Farm mixed greens tossed with house made blueberry vinaigrette and topped with crumbled bleu cheese, toasted pecans and caramelized onion **add wild-caught Alaskan salmon\* 09<sup>00</sup>**

## dinner entrees

**ribeye\*** 44<sup>00</sup> Good Nature Family Farm garlic rubbed beef ribeye served with Thane Palmberg Farm mashed sweet potato and organic sauteed kale and onions

**trout\*** 26<sup>00</sup> Western Hills Farm Missouri northern pecan encrusted rainbow trout with sauteed Thane Palmberg Farm sweet potato, organic onion and kale

**oyster mushroom** 25<sup>00</sup> Mushroom Culture Farm oyster over Thane Palmberg Farm mashed sweet potatoes, topped with organic roasted apple, a Worcestershire sauce and sauteed greens

**catfish piccata** 23<sup>00</sup> South Carolina farm raised catfish pan cooked in lemon butter, white wine, capers and parsley with sauteed organic kale and Thane Palmberg Farm potatoes

**blackened chicken** 24<sup>00</sup> 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 blackened tofu \$18

**polenta & veggies** 16<sup>00</sup> organic baked polenta, roasted Thane Palmberg Farm zucchini, organic carrots, mushroom, and onion drizzled with Thane's nettle puree and house ranch dressing

**salmon\*** 26<sup>00</sup> pan-seared wild caught Alaskan sockeye on organic polenta with house made organic blueberry chutney and organic green beans

**walnut stuffed pepper** 18<sup>00</sup> 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 \$21

**pork** 21<sup>00</sup> slow braised Golden Rule Farm pork roast simmered with organic cherries, organic onions, white wine and roasted garlic over a house made jalapeño corn cake

**moroccan stew** 18<sup>00</sup> Western Hills Farm tomato, organic ginger, organic onion, saffron, spice and organic garbanzo beans served over organic brown rice

**nettle pasta** 19<sup>00</sup> house made organic pasta infused with Thane Palmberg Farm wild stinging nettles tossed in a roasted garlic buttery sauce with organic tomato and onion

add organic crumbled bison sausage 06<sup>00</sup> | Campo Lindo Farm roasted chicken 06<sup>00</sup>

**green curry** 18<sup>00</sup> house made curry with farm fresh vegetables, onions, and mushrooms simmered in organic coconut milk served over rice add Campo Lindo pulled chicken 06<sup>00</sup> | add Central Soy smoked tofu 04<sup>00</sup>

\*These foods can be cooked to order. 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

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## sandwiches

**bison burger\*** 17<sup>00</sup> organic grass fed bison patty, organic greens, tomato, and onion on a house made organic unbleached white wheat bun

**grass fed burger\*** 16<sup>00</sup> Golden Rule Farm grass fed beef patty, organic greens, tomato and onion on a house made unbleached white wheat bun

**chicken sandwich\*** 17<sup>00</sup> 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** 15<sup>00</sup> 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

**crispy tofu sandwich** 15<sup>00</sup> pan fried crispy Central Soyfood smoked tofu, organic greens, Goode Acres Farm tomato, organic vegan Worcestershire aioli on ciabatta

**toppings:** tomato, onion, greens, house made ketchup, organic stone ground mustard  
add Hemme Brothers Farm cheddar 02<sup>00</sup> | bleu cheese 03<sup>00</sup> | Hemme Brothers Farm German Quark cheese 02<sup>00</sup> |  
fried egg 02<sup>00</sup> | Golden Rule house cured bacon 05<sup>00</sup> | sautéed mushrooms 02<sup>00</sup> | caramelized onion 02<sup>00</sup> |  
house made pickles 00<sup>50</sup>

## desserts

**chocolate port cake** 16<sup>00</sup> organic chocolate cake infused with Summerset Ridge Vineyard port wine, layered with organic cream cheese and topped with an organic chocolate glaze

**spiced rum cake** 12<sup>00</sup> organic cake filled with apples and pecans and finished with Crusoe organic spiced rum

**vegan orange cake** 11<sup>00</sup> the blue bird classic with a coffee-chocolate glaze and toasted organic almonds

**chocolate tart** 13<sup>00</sup> organic chocolate ganache on a gluten free chocolate crust

**apple crostada** 10<sup>00</sup> Dirt Beast Farm apples baked in an organic free form pastry crust topped with house made granola ...ask about our vegan option

**sweet potato tart** 10<sup>00</sup> Thane Palmberg Farm sweet potato and almonds topped with organic chantilly cream

**oatmeal cookie** 02<sup>00</sup> organic, vegan and gluten free

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