

blue bird bistro

MidAmerican Artisan Cuisine

TO GO

breakfast til 2pm

french toast ciabatta bread dipped in our rich organic vanilla egg batter with house made pecan butter
2 pieces...\$11 3 pieces...\$13 extra organic maple syrup...\$50

fancy cakes Thane Palmberg Farm sweet potato and house made organic granola baked in our organic pancake batter with organic maple syrup
2 cakes...\$10 3 cakes...\$12 extra organic maple syrup...\$50

vegan fancy cakes ButtonWood Farm sweet potato and house made organic granola baked in our organic pancake batter with organic maple syrup
2 cakes...\$10 3 cakes...\$12 extra organic maple syrup...\$50

pancakes house made pancakes made with organic flour and organic maple syrup
2 cakes...\$8 3 cakes...\$10 extra organic maple syrup...\$50

vegan pancakes house made pancakes made with organic flour with organic maple syrup
2 cakes...\$8 3 cakes...\$10 extra maple syrup...\$50

trio 2 pieces of our classic french toast with organic pecan butter –
2 Campo Lindo Farm eggs your way –
2 house made Buttonwood Farm turkey sausage...\$19

morning after *gluten free option* house made crumbled KC Buffalo Farm bison sausage, organic onion, cheese, jalapeno, mushroom and Campo Lindo Farm eggs scrambled together, then sandwiched between our French toast...\$19

chicken & french toast *gluten free option* Campo Lindo Farm chicken breast over our French toast...\$21 add 1 egg any style \$3

egg plate *gluten free option* 2 Campo Lindo Farm eggs your way, organic breakfast potatoes, house made organic biscuit...\$9
add bison sausage...\$8 add turkey sausage \$6

veggie omelet *gluten free option* Campo Lindo Farm whipped eggs filled with organic farmers' vegetables with organic roasted potatoes and house made biscuit...\$16 add Hemme Brothers Creamery Quark cheese...\$3
add Hemme Brothers Creamery cheddar cheese...\$3

three cheese omelet *gluten free option* Campo Lindo Farm whipped eggs filled with Hemme Brothers Creamery cheddar cheese, their quark cheese and all natural Havarti with organic roasted potatoes and house made biscuit...\$16 add crumbled Barham Farm turkey sausage...\$5
add crumbled organic bison sausage...\$6

chicken & biscuit Campo Lindo Farm chicken on house made organic biscuits covered with organic mushroom gravy...\$17

biscuits & gravy house made organic biscuits with organic mushroom gravy...\$12 add crumbled organic bison sausage...\$6 add pork or turkey sausage \$5

vegan biscuits & gravy house made vegan biscuit with vegan organic mushroom gravy...\$12

tofu scramble *vegan, gluten free option* Central Soyfood smoked tofu, sautéed with farmer's greens, tomato, onion, garlic and mushroom with organic roasted potatoes and house made vegan biscuit...\$14

potato bowl *vegan option* organic potatoes sautéed with mushroom, roasted garlic, onion, farmer's greens and all natural feta with organic mushroom gravy and a house made biscuit...\$15 add 1 egg...\$3
add crumbled Barham Farm turkey sausage...\$5
add crumbled organic bison sausage...\$6

veggie bowl *vegan* sautéed fresh vegetables, onion, and mushroom with breakfast potatoes and a house made biscuit...\$14

soups, stews & chili

organic tomato dill soup *vegan, gluten free*
8 oz...\$9 16 oz...\$13 32oz...\$19

soup of the day *vegan, gluten free*
8 oz...\$9 16 oz...\$13 32oz...\$19

moroccan stew Western Hills Farm tomato, organic ginger, Goode Acres Farm onion, saffron, spice and organic garbanzo beans, served over organic brown rice
16oz...\$16 32oz...\$22
add Central Soyfood smoked tofu...\$4 add Campo Lindo Farm chicken...\$6

green curry *vegan, gluten free*
house made curry paste sautéed with farm fresh vegetables, onions and mushrooms, simmered in an organic coconut milk over Arkansas organic brown rice
16oz...\$16 32oz...\$22
add Central Soyfood smoked tofu...\$4 add Campo Lindo Farm chicken...\$6

salads

add to any salad

salmon wild Alaskan sockeye...\$9

grass fed beef steak call to see what we are cutting...\$33

tofu Central Soyfood smoked tofu...\$4

chicken Campo Lindo Farm roasted & pulled...\$6
chicken breast...\$9

bison KC Buffalo Farm ground bison...\$9

crispy tofu salad *vegan, gluten free*
Central Soyfood crispy smoked tofu, orange bites, toasted walnuts and organic farmer's greens tossed in house made ranch dressing
small...\$10 large...\$14

blue bird salad *gluten free, vegan option*
organic farmer's greens tossed with house made blueberry vinaigrette, topped with crumbled blue cheese, toasted pecans and caramelized onion
small...\$10 large...\$14

farmers' salad *vegan, gluten free*
organic farmer's greens, organic carrots, tomato and onions tossed with house made ranch dressing
small...\$10 large...\$14

side salad *vegan, gluten free*
organic farmer's greens tossed with house made blueberry vinaigrette
small...\$6 large...\$10

starters

chicken livers *gluten free bread option*

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...\$18

house cured salmon *gluten free bread option*

wild Alaskan salmon house cured with lime, jalapeno, onion and tequila served with Hemme Brothers German quark cheese, fried capers and toast points... \$16

deviled eggs *gluten free*

Campo Lindo Farm eggs hard boil eggs and spiced...\$8

wings *gluten free*

Campo Lindo Farm chicken wings slathered with an organic spicy butter red sauce, crumbled blue cheese and organic celery...\$17

entrees

chicken & veggie stir fry *gluten free*

Campo Lindo Farm roasted chicken and organic farmers' vegetables stir fried with an organic tamari glaze over Arkansas organic brown rice
small...\$17 large...\$21

smoked tofu & veggie stir fry *vegan, gluten free*

Central Soyfood smoked tofu and organic farmers' vegetables stir fried with an organic tamari glaze over Arkansas organic brown rice
small...\$15 large...\$19

salmon *gluten free*

pan seared wild caught Alaskan salmon served with lemon caper aioli, organic sautéed vegetables and Arkansas organic brown rice...\$21

meatloaf

Golden Rule Farm grass fed beef meatloaf on organic smashed potatoes topped with organic cream mushroom gravy...\$17

polenta & veggies *gluten free*

organic baked polenta, roasted Thane Palmberg Farm zucchini, organic carrots, mushroom, and onion drizzled with Thane's nettle puree and house ranch dressing...\$15

walnut stuffed green pepper *vegan, gluten free*

roasted walnuts, organic tomato, onion and Arkansas organic brown rice baked in an organic green bell pepper...\$18

beef stuffed green pepper *gluten free*

Golden Rule Farm grass fed beef, organic tomato, onion and Arkansas organic brown rice baked in an organic green bell pepper...\$21

catfish

South Carolina farm raised catfish pan cooked in lemon butter, white wine, capers and parsley with sautéed greens and organic smashed potatoes...\$21

blackened chicken *gluten free*

Campo Lindo Farm chicken dusted with our creole mix on dirty rice with a lime aioli drizzle and farmers' organic vegetable...\$24

blackened tofu *vegan, gluten free*

Central Soyfood smoked tofu dusted with our creole mix on dirty rice with a lime aioli drizzle and farmers' organic vegetable...\$19

bison turnover

KC Buffalo Farm bison, organic apple, Hemmes Brothers Creamery quark cheese, organic onion and sage in an organic flaky crust...\$16

sandwiches & sides

bison burger *gluten free option*

KC Buffalo Farm grass fed ground bison patty (7oz) organic greens, tomato and onion on a house made organic unbleached white wheat bun...\$17

pulled pork *gluten free option*

Golden Rule Farm pulled pork slow braised with organic cherries, onions, wine and garlic topped with Nature's Choice Farm blackberry chutney on a house made organic unbleached white wheat bun...\$15

catfish sandwich *gluten free option*

South Carolina farm raised catfish pan fried in organic seasoned cornmeal, lemon caper aioli, organic greens and onion on a house made organic unbleached white wheat bun...\$16

black bean burger *vegan, gluten free option*

house made organic black bean patty
studded with organic onion, carrot, corn, mushroom and a hint of jalapeno, organic greens, tomato and onion on a house made organic unbleached white wheat bun...\$15

beef burger *gluten free option*

Golden Rule Farm grass fed ground beef patty, organic greens, tomato and onion on a house made organic unbleached white wheat bun...\$16

crispy tofu sandwich *vegan, gluten free option*

pan fried crispy Central Soyfood smoked tofu, organic greens, Goode Acres Farm tomato, organic vegan Worcestershire aioli on ciabatta...\$15

house cured salmon *gluten free bread option*

wild Alaskan salmon house cured with lime, jalapeno, onion and tequila (not heat cooked) Hemmes Brothers Creamery quark cheese, caper, fresh organic tomato, onion and toast points...\$16

chicken sandwich *gluten free option*

Campo Lindo Farm blackened chicken, Hemme Brothers Creamery quark cheese, organic tomato and greens on a house made organic unbleached white wheat bun...\$16

add ons

Hemme Brothers Creamery cheddar cheese...\$3

danish blue cheese...\$3

Hemme Brothers Creamery quark cheese...\$3

organic sautéed mushrooms...\$2

organic caramelized onions...\$2

house cured Golden Rule Farm bacon...\$5

Campo Lindo Farm fried egg ...\$3

sides

vegan, gluten free

house made organic dirty rice...\$6

pan fried organic sweet potatoes...\$5

organic veggies ...\$5

organic brown rice...\$4

organic garlic mashed potatoes...\$5

Campo Lindo Farm deviled egg...\$3 (not vegan)

our mashed potatoes topped with gravy...\$6 (not gluten free)

desserts

chocolate port cake

organic chocolate cake infused with Somerset Ridge Vineyard port wine layered with organic cream cheese topped with an organic chocolate glaze...\$16

orange cake *vegan*

the blue bird bistro classic with a chocolate coffee glaze...\$11

chocolate tart *vegan, gluten free*

organic chocolate ganache infused with fresh ginger on a chocolate crust...\$13

apple crostata *vegan*

a free form organic apple pie...\$10

oatmeal cookies *vegan, gluten free*

3 cookies...\$6

cocktails in a jar

just ask if you don't see what you want

bloody mary

our organic bloody mary mix,
Restless Spirits 'Duffy's Run' vodka and garnish...\$10

fall reunion

Union Horse Rye whiskey,
Somerset Ridge ruby port, FruitLab orange,
black walnut bitters...\$15

mean mule margarita

Mean Mule silver American agave spirit., FruitLab organic orange liqueur,
fresh squeezed organic lime juice and house made organic simple
syrup...\$12

blue screwdriver

house infused Restless Spirits 'Duffy's Run' blueberry vodka with
organic orange juice...\$11

KC Standard

Union Horse Rolling Standard whiskey, maraschino cherry liqueur, black
walnut bitters, burnt orange ...\$12

House Negroni

Builder's Gin, Fred Jerbis Vermut,
Contratto Apertif, orange bitters . . . \$12

drinks

Mexican coke or sprite...\$3.5

organic iced tea...\$3

San Pellegrino...\$4

organic coffee...\$3.50

organic orange juice...\$3.50

organic tomato juice...\$3.50