

blue bird bistro

MidAmerican Artisan Cuisine

starters and salads

chicken livers 18 Campo Lindo Farm chicken livers with house cured Barham Family Farm bacon, onions, mushrooms and garlic sautéed in a sweet vermouth organic butter served with toasted bread

hummus 10 our classis organic hummus with homemade pita

catfish pieces 16 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 ... **for vegan ask for crispy tofu pieces**

house cured salmon* 17⁰⁰ wild caught Alaskan salmon house cured with lime, jalapeno, onion and tequila served with Hemme Brothers Creamery quark cheese, fried capers and toast points

quark bites 10 Hemme Brothers Creamery quark cheese, Wilkinson Garden kale and radish microgreens, caramelized A&F Farm red onion and spice rolled into a ball with Western Hills Farm Missouri Northern pecan

wings 15 Campo Lindo Farm chicken wings slathered with an organic spicy butter red sauce, sprinkled with blue cheese crumbles, served with our ranch dressing and organic celery

deviled eggs 12 Campo Lindo Farm eggs hard boiled and spiced

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

chicken soup 11 Campo Lindo Farm chicken, Nature's Choice Farm tomato, organic mushroom, onion and celery with a kiss of cilantro

arugula salad 12 Crum's Heirloom crisp apple, toasted walnut and organic arugula tossed in a Wood Hat Blue Corn Whiskey splash

crispy tofu salad 15 Central Soyfood crispy smoked tofu, organic orange bites, toasted walnuts and organic mixed greens tossed with house made vegan ranch dressing

blue bird salad 12 organic mixed greens tossed with house made blueberry vinaigrette and topped with crumbled bleu cheese, toasted pecans and caramelized onion

add wild-caught Alaskan salmon* 09⁰⁰ | Campo Lindo Farm roasted chicken 06⁰⁰

desserts

chestnut balls 10 Nature's Choice Farm chestnuts creamed with organic maple syrup, rolled and dipped in organic chocolate

apple crostata 10 Crum's Heirloom autumn crisp apple cooked in an organic free form pie crust

sweet potato tart 10 Thane Palmberg Farm sweet potato and almond gluten free tart topped with organic Chantilly cream

vegan orange cake 11 the blue bird classic with a coffee-chocolate glaze and toasted organic almonds

rum cake 11 organic apple and pecan spiked with spiced rum butter

chocolate tart 13 organic vegan chocolate ginger ganache on a gluten free chocolate crust

oatmeal cookie 02 organic, vegan and gluten free

***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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dinner entrees

strip steak* 44 Good Natured Family Farm grass fed garlic rubbed beef strip, A&F Farm sweet beets, their onion and Hemme Brothers Creamery quark cheese on a bed of Wilkinson Garden kale and radish microgreens with a drizzle of Somerset Ridge port wine reduction

salmon* 26 pan-seared wild caught Alaskan sockeye over a house made jalapeno corn cake, with sauteed Crum's Heirloom apple and Thane Palmberg Farm sweet onion, with Nature's Choice Farm sage whipped cream

nettle pasta 21 house made vegan pasta infused with Thane Palmberg Farm wild stinging nettles tossed in an organic roasted garlic buttery sauce with Nature's Choice Farm tomato and organic onion
add KC Buffalo Farm crumbled bison sausage 06⁰⁰ Campo Lindo Farm roasted chicken 06⁰⁰

bison brisket 31⁰⁰ Batchelder Family Farm grass fed bison brisket slow roasted in Crum's apple, A&F Farm onion and apple cider served over Thane Palmberg Farm smashed potato

trout 26 farm raised Idaho trout encrusted with Western Hills Farm Missouri Northern pecans over A&F Farm butternut squash, Crum's Heirloom apple and poblano sauce and their kale sauteed with A&F onion

chicken 24 Campo Lindo Farm chicken breast over A&F Farm eggplant covered with our house made organic red sauce and Hemme Brothers Creamery quark and feta with Wilkinson Garden kale and radish microgreens
ask about our vegan option \$20

catfish 21 South Carolina farm raised catfish pan cooked in lemon butter, white wine, capers and parsley with Crum's Heirloom sautéed kale and Thane Palmberg Farm mashed potatoes

smoked tofu & veggie stir fry 19 Central Soyfood smoked tofu and organic farmers' vegetables stir fried with organic brown rice and a tamari glaze ...**ask about chicken option** 21

salmon tart* 16 pan-seared wild caught Alaskan sockeye, Crum's Heirloom poblano, A&F pear, Hemme Brothers Creamery feta and organic onion with Havarti sprinkled on top

polenta & veggies 16 organic baked polenta, roasted New Roots Farm for Refugees carrots, Thane Palmberg Farm new potato, organic onion and mushroom drizzled with Thane Palmberg Farm nettle puree and house ranch

crostata 18 Campo Lindo Farm chicken, Thane Palmberg Farm sweet potato, A&F onion, organic carrot and onion baked in a free form pie

pork 21 slow braised Barham Family Farm pork pulled and simmered with organic cherries and onions, white wine and garlic over a house made organic jalapeno corn cake

blackened tofu 18⁰⁰ Central States Soyfood smoked tofu dusted with our creole mix on dirty rice with a lime aioli drizzle and an organic vegetable medley...**ask about our blackened chicken option \$24**

bison meatballs 23 KC Buffalo bison meatballs sitting on creamy organic polenta and drizzled with Somerset Ridge Winery port wine reduction

green curry 18⁰⁰ house made curry with farm fresh vegetables, onions and mushrooms simmered in organic coconut milk served over rice add Campo Lindo pulled chicken 06⁰⁰ | add Central Soyfood smoked tofu 05⁰⁰

beef burger* 16 Batchelder Family Farm Rule Farm grass fed beef patty, organic greens, tomato and onion on a house made unbleached white wheat bun

bison burger* 18 KC Buffalo Farm grass fed bison patty, organic greens, tomato, and onion on a house made organic unbleached white wheat bun

crispy tofu sandwich 15 pan fried crispy Central Soyfood smoked tofu, organic greens, tomato, vegan Worcestershire aioli on ciabatta

chicken sandwich* 17 Campo Lindo Farm blackened chicken thigh, organic greens, tomato, and Hemme Brothers Creamery quark cheese on a house made organic unbleached white wheat bun

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

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