

blue bird bistro

MidAmerican Artisan Cuisine

starters and salads

heirloom tomatoes 15 thick slices of A&J Farm heirlooms, Nature's Choice Farm basil, Hemme Brothers Creamery feta and Somerset Ridge Winery port reduction

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

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

watermelon salad 12 Two Sisters Farm yellow watermelon, Thane Palmberg Farm sweet onion, and organic arugula tossed in house made Nature's Choice Farm holy basil vinaigrette

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

dinner entrees

ribeye* 44 Good Natured Family Farm grass fed garlic rubbed beef ribeye, New Roots for Refugees Farm sweet beets, Thane Palmberg Farm 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 Jordy's Honey Farm peaches and Thane Palmberg Farm sweet onion, topped 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 A&J tomato and their onion

add KC Buffalo Farm crumbled bison sausage 06⁰⁰ | Campo Lindo Farm roasted chicken 06⁰⁰

stuffed pepper 21 Barham Family Farm beef, A&J Farm tomato, Thane Palmberg Farm onion and organic brown rice simmered in an A&J Farm bell pepper **ask about our vegan option \$18**

chicken 24 Campo Lindo Farm chicken breast filled with Wilkinson Garden kale and radish microgreens, Hemme Brothers Creamery quark cheese, Thane Palmberg Farm onion and house cured Barham Family Farm bacon bits on organic smashed potatoes drizzled with organic garlic butter

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**

bison 23⁰⁰ KC Buffalo Farm ground bison, Hemme Brothers Creamery quark cheese, Nature's Choice Farm basil and A&J Farm onion baked in Crum's Heirloom tomato

meatloaf 17⁰⁰ Barham Family Farm grass fed ground beef mixed and baked served over Thane Palmberg Farm smashed potatoes with house made organic cream gravy

polenta & veggies 16 organic baked polenta, roasted Wilkinson Garden radishes, New Roots for Refugees Farm carrots, A&J Farm zucchini, Thane Palmberg Farm new potato, organic mushroom and onion drizzled with Thane Palmberg Farm nettle puree and house ranch dressing

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**

chicken salad 19 Our classic Campo Lindo Farm chicken salad served in a Crum's Heirloom tomato

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

sandwiches

beef burger* 16 Barham 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, 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

desserts

peach crostata 10 Jordy's Honey Farm peach 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

beet cake 10 organic vegan New Roots for Refugees Farm sweet beet cake kissed with Nature's Choice Farm holy basil glaze and organic Chantilly cream

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

oatmeal cookie 02 organic, vegan and gluten free