

TRADEMARK
taste + grind

BREAKFAST

FOR THOSE OF US WITH DIETARY RESTRICTIONS

we'll keep it super simple: below you'll see some icons with food allergens **if the icon is colored**, the allergen is present, **if the icon is dimmed**, the allergen is not present -- please consider this when ordering

GL gluten **GA** garlic **N** nut **D** dairy **SHF** shellfish **P** pork **S** soy

MAINS

add avocado +3 | sub eggwhites +3
sandwiches served with rosemary potatoes

GL GA N D SHF P S	AÇAÍ BOWL almond milk, berries, peanut butter, banana, cocoa nibs	15
GL GA N D SHF P S	AVOCADO TOAST jammy egg, pepperonata	8
GL GA N D SHF P S	THE NEW YORKER smoked salmon, ny bagel, cream cheese capers tomato	19
GL GA N D SHF P S	BREAKFAST SANDWICH applewood-smoked bacon, egg, cheese, special sauce #1	16
GL GA N D SHF P S	WHOLE WHEAT WAFFLE nh maple syrup, cultured butter, seasonal fruit +5	15
GL GA N D SHF P S	TM OMELETTE roasted vegetables, aged cheddar, nice lil'salad	17
GL GA N D SHF P S	BANANA FOSTERS FRENCH TOAST brown sugar caramel, vanilla sauce, sea salt	17

SIDES

GL GA N D SHF P S	BACON	8
GL GA N D SHF P S	TURKEY SAUSAGE	8
GL GA N D SHF P S	ROSEMARY POTATOES	8
GL GA N D SHF P S	2 EGGS ANY STYLE	5
GL GA N D SHF P S	TOAST	5

*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness



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BRUNCH

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SHARE

GL GA N D SHF P S	AÇAÍ BOWL almond milk, berries, peanut butter, banana, cocoa nibs	15
GL GA N D SHF P S	BURRATA & KNOTS tomato jam, roasted garlic	16
GL GA N D SHF P S	AVOCADO TOAST jammy egg, pepperonata	15
GL GA N D SHF P S	TUNA POKÉ avocado, macadamia, spicy crackers	16 32
GL GA N D SHF P S	MEATBALLS ricotta, crushed tomato, lemon	13
GL GA N D SHF P S	SMOKED SALMON PLATTER caper, crudité, ny bagel chips	19
GL GA N D SHF P S	LEMON MERINGUE STICKY BUNS cardamom sugar, lemon curd, torched meringue	16
GL GA N D SHF P S	FLATBREAD speck, potato, caciocavallo, ricotta, arugula	17

GREENS

add ons: chicken 9 | salmon 12 | hanger steak 12 | shrimp 12

GL GA N D SHF P S	KALE & QUINOA aioli, crispy chickpeas, golden raisins, citrus, parm	15
GL GA N D SHF P S	BABY GREENS & CHARRED CARROTS almonds, feta, honey tahini	14

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EGGS & THINGS

	HANGOVER HASH fennel sausage, poached eggs, cholula hollandaise, duck fat onions	19
	SMOKED SALMON FRITTATA market vegetables, grana padano	19
	EGGS IN HELL merguez sausage, sweet pepper, crusty bread	17
	STEAK FRITES hanger steak, arugula, preserved lemon, grana padano	27
	FRENCH ONION OMELET gruyere, caramelized onion, beurre fondue	17
	WHOLE WHEAT WAFFLE nh maple syrup, cultured butter, seasonal fruit +5	15
	BANANA FOSTERS FRENCH TOAST brown sugar caramel, vanilla sauce, sea salt	17
	CLASSIC BREAKFAST 2 eggs any style, bacon, rosemary fried potatoes, choice of toast	18

& MORE THINGS

all but our grilled cheese served with a "nice little salad" or fries
add avocado to any sandwich +3

	FRIED CHICKEN SANDWICH spicy honey, soppressata, aioli, slaw	19
	BRUNCH BURGER double patty, fried egg, cheese, black pepper mayo, pickles	21
	TM BURGER bacon, jalapeño jack, fried pickled onions, special sauce	19
	CRISPY MORTADELLA SANDWICH egg & cheese, spicy mayo	17
	GRILLED TURKEY caponata, arugula, sweet pepper mayo	17

SIDES

	BACON	8
	TURKEY SAUSAGE	8
	ROSEMARY POTATOES	8
	CACIO E PEPE TOTS	8
	NY BAGELS	5
	FRUIT + BERRIES	12
	TOAST	5



LUNCH

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- N nut
- D dairy
- SHF shellfish
- P pork
- S soy

TO BEGIN

GL GA N D SHF P S	BURRATA & KNOTS tomato jam, roasted garlic	16
GL GA N D SHF P S	EGGPLANT COPONATA CROSTINI olive oil whipped ricotta	14
GL GA N D SHF P S	TUNA POKÉ avocado, macadamia, spicy crackers	16 32
GL GA N D SHF P S	MEATBALLS ricotta, crushed tomato, lemon	12
GL GA N D SHF P S	WARM OLIVES lemon, chili peppers	7
GL GA N D SHF P S	FLATBREAD calabrese salami, ricotta, fresh mozz, caramelized onion, chili oil	15
GL GA N D SHF P S	SHISHITOS miso duck sauce	15
GL GA N D SHF P S	CLAM'S CASINO DIP bacon, caciocavallo, sourdough	17

SALAD

add ons: chicken 9 | salmon 12 | hanger steak 12 | shrimp 12

GL GA N D SHF P S	SHAVED BROCCOLI CAESAR cured egg	14
GL GA N D SHF P S	KALE & QUINOA aioli, crispy chickpeas, golden raisins, citrus, parm	14
GL GA N D SHF P S	CHOPPED SALAD pepperoncini, soppressata, olives, provolone, creamy italian	14
GL GA N D SHF P S	BABY GREENS & CHARRED CARROTS almonds, feta, honey tahini	14
GL GA N D SHF P S	MARKET GREENS red wine vinaigrette, shallots, soft herbs	13

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SANDWICHES

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	TM BURGER bacon, jalapeno jack, fried pickled onions, special sauce	19
	SOUP & SANDWICH prairie grilled cheese & daily soup	18
	GRILLED TURKEY SANDWICH caponata, arugula, sweet pepper mayo	17
	FRIED CHICKEN SANDWICH spicy honey, soppressata, aioli, slaw	17
	DOUBLE PATTY BURGER black pepper mayo, american, pickles	18

ENTRÉES

	NORI WRAPPED TUNA crushed cukes, ginger soy, pickled vegetables	26
	HANGER STEAK herb butter	27
	SEAFOOD RISOTTO squid ink, saffron aioli	29
	BRICK CHICKEN cherry peppers, lemon	24
	ADRIENNE'S RIGATONI BOLOGNESE house-made pasta, soft ricotta, grana padano	17

THE WEEKLY

	LEMON PESTO SHRIMP GRAIN BOWL kale, market vegetables	16
	P.E.I. MUSSELS & FRITES	18
	THE GRANDMA roni cups, pink sauce, caciocavallo, mozz	23 serves 2
	PQ'S FAMOUS LAMB BURGER pepperonata, goat cheese, harissa aioli	18
	FISH TACO FRIDAYS	14

SIDES

SAUTÉED GREENS 8
ginger & soy dressing

CRISPY YUKONS 8
parmesan & rosemary

FRENCH FRIES 7
NICE LIL' SALAD 9

CRISPY BRUSSELS SPROUTS 10
warm bacon vinaigrette



DINNER

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TO BEGIN

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GL GA N D SHF P S	CHARRED OCTOPUS korean bbq, smashed cucumber, chilies	18
GL GA N D SHF P S	EGGPLANT CAPONATA CROSTINI olive oil whipped ricotta	14
GL GA N D SHF P S	MEATBALLS ricotta, crushed tomato, lemon	13
GL GA N D SHF P S	WARM OLIVES lemon, chili peppers	7
GL GA N D SHF P S	FLATBREAD calabrese salami, ricotta, fresh mozz, caramelized onion, chili oil	17
GL GA N D SHF P S	FRESH MOZZARELLA FOR TWO hand-pulled to order, foccacia, evoo	19
GL GA N D SHF P S	PORK BELLY SLIDERS pickled squash, watercress, maple mustard	15
GL GA N D SHF P S	CLAM'S CASINO DIP bacon, caciocavallo, sourdough	17
GL GA N D SHF P S	TUNA POKÉ avocado, macadamia, spicy crackers	18
GL GA N D SHF P S	CRISPY CALAMARI rice beans, smoked tomato, aioli	16
GL GA N D SHF P S	SHISHITO PEPPERS miso duck sauce	15

SALAD

add ons: chicken 9 | salmon 12 | hanger steak 14 | shrimp 12

GL GA N D SHF P S	SHAVED BROCCOLI CAESAR cured egg	14
GL GA N D SHF P S	KALE & QUINOA aioli, crispy chickpeas, golden raisins, citrus, parm	15
GL GA N D SHF P S	CHOPPED SALAD pepperoncini, soppressata, olives, provolone, creamy italian	14
GL GA N D SHF P S	BABY GREENS & CHARRED CARROTS almonds, feta, honey tahini	14
GL GA N D SHF P S	MARKET GREENS red wine vinaigrette, shallots, soft herbs	13

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SANDWICH

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	TM BURGER bacon, jalapeno jack, fried pickled onions, special sauce	19
	SOUP & SANDWICH prairie breeze grilled cheese & daily soup	18
	FRIED CHICKEN SANDWICH spicy honey, soppressata, aioli, slaw	19
	DOUBLE PATTY BURGER black pepper mayo, american, pickles	18

ENTRÉES

	18 oz BONE-IN NY STRIP 30 DAY DRY AGED roasted garlic	MP
	PORK CHOP grilled broccolini, caper, charred lemon	29
	8 oz HANGER STEAK herb butter	24
	16 oz RIBEYE salsa verde	39
	SEAFOOD RISOTTO squid ink, saffron aioli	29
	SALMON smoked carrot purée, crispy maitake	29
	BRICK CHICKEN cherry peppers, lemon	29
	HONEYNUT SQUASH RAVIOLI shaved gorgonzola, brown butter, agrodolce	25
	ADRIENNE'S RIGATONI BOLOGNESE soft ricotta, hand-made pasta, grana padano	25

SIDES

SAUTÉED GREENS	9	CRISPY BRUSSELS SPROUTS	10
ginger & soy dressing		warm bacon vinaigrette	
FRENCH FRIES	7	CRISPY YUKONS	9
WHIPPED POTATO PURÉE	9	parmesan & rosemary	

