CLOSED WEDNESDAY

9AM - 9PM SAT.-SUN.

(SERVING BREAKFAST SAT.-SUN. UNTE 1PM)



4849 GLIDDEN DR., STURGEON BAY, WI 54235

920-818-1114

Starters

Extra Sauce ~ \$1.00

Half Dozen Chicken Wings

with house made buffalo sauce served with ranch dressing, creamy bleu cheese dressing, carrot and celery sticks ~ \$8.00

Basket of Onion Rings and French Fries served with ranch dressing ~ \$6.00

Deep Fried Cheese Curds served with ranch dressing ~ \$7.00

Veggie & Cheese Quesadilla

with bell peppers, red onions, black beans, enchilada sauce, served with greens, salsa, and sour cream ~ \$9.00 Add avocado ~ \$1.00

Five House Breaded Chicken Tenders

served with either house BBQ sauce, ranch dressing, bleu cheese, buffalo sauce ~ \$8.00 Extra sauce ~ \$1.00

House Chips & Salsa ~ \$5.00

Soup of the Day

Cup ~ \$4.00 • Bowl ~\$6.00 Quart to-go ~ \$14.00ea

Organic Chicken Bone Broth

Mug ~ \$5.00 Quart to-go ~ \$10.00

FOR THE "hell" OF IT

Sandwiches & Wraps

served with potato chips and a pickle.

Hummus and Carrots ~ \$4.00 • Tortilla Chips and Salsa ~ \$3.00 • French Fries ~ \$3.00 • Gluten Free Bread ~ \$2.00

The Huey

1/4 # patty wit (not a typo) cheese on a bun ~ \$5.00

1/2 # Angus Burger

served on a toasted ciabatta roll with optional greens, raw or fried onion, sliced tomato ~ \$8.00 Add bacon \$3.00 • avocado \$1.00 • mushrooms \$1.00 cheese (cheddar, swiss, feta, provolone, bleu, pepperjack cheese) \$1.00

Skipjack Tuna Cheddar Melt

on multi-grain bread ~ \$10.00

Jacked up ~ \$4.00 with bacon, avocado, greens

Fried Chicken Sandwich

(hormone/antibiotic free) served on a toasted ciabatta roll with ranch dressing, optional greens, raw or fried onion, sliced tomato ~ \$9.00

Add bacon \$3.00 • avocado \$1.00 • mushrooms \$1.00 cheese (cheddar, swiss, feta, provolone, bleu) \$1.00

BLT

warm uncured nitrate/nitrite free bacon served on toasted bread of your choice with fresh greens, sliced tomato and mayo ~ \$10.00

Jacked up ~ \$4.00 with provolone, avocado, pesto, balsamic vinaigrette

Ham and Swiss Melt

on your choice of sour dough or multi-grain ~ \$10.00

The Cuban

on toasted sour dough with pulled pork, ham and pickles with swiss and Dijon ~ \$12.00

The Mexican

organic pulled chicken and cheese in a spinach wrap with avocadoes, fresh spinach, black beans, red onions, bell peppers, house enchilada sauce ~ \$12.00

Beverages: Sprite, Coke, Diet Coke, lemonade and Baumeister orange or rootbeer. ~ \$2.00

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Salads

Add chicken ~ \$5.00 • tuna salad ~ \$4.00 • chicken salad ~ \$5.00 • shrimp ~ \$7.00

Dressing choices – House vinaigrette, balsamic vinaigrette, ranch, bleu cheese

GRC Salad

with shredded carrots, bell peppers, mushrooms, artichoke hearts, macerated onions, black olives, toasted sunflower seeds, craisins, feta cheese, cucumbers, tomatoes ~ \$11.00

Quinoa Salad

over greens with shredded carrots, bell peppers, red onion, cucumbers, avocado ~ \$12.00

Chef Salad

over greens with pulled chicken, cheddar cheese, diced ham, bacon, chopped egg, red onion, cucumber, tomato ~ \$12.00

Pulled Chicken

over greens with shredded carrots, macerated onions, feta cheese, bacon, cucumbers, and avocado ~ \$11.00



Good for ya Sammiches

served with potato chips and a pickle.

Hummus and Carrots ~ \$4.00 • Tortilla Chips and Salsa ~ \$3.00 • Gluten Free Bread ~ \$2.00

Free Bird

organic pulled chicken served in a spinach wrap with mayo, cucumbers, red onions, avocado and greens ~ \$12.00

Italian Panini

pulled chicken, basil pesto, artichokes, sundried tomatoes, and provolone cheese ~ \$12.00

Greek Wrap

in a spinach, whole wheat or tomato basil wrap with greens, shredded carrots, red onions, black olives, artichoke hearts, mushrooms, bell peppers, cucumbers, tomatoes, feta cheese and finished with house vinaigrette ~ \$10.00

Caprese Melt

sliced balsamic marinated tomatoes, provolone cheese, pesto on organic sprouted multi-grain bread ~ \$9.00

Add chicken ~ \$4.00

Chicken or Skipjack Tuna Salad Sandwich on organic multi-grain bread with greens and cucumbers ~ \$11.00

Kids Menu

served with chips and a pickle

Grilled Cheese Cold Ham
~ \$5.00 and cheese
add ham ~ \$2.00 ~ \$6.00

Hot Dog on a Bun PB & J ~ \$5.00 ~ \$4.00

 1/4# Burger on a Bun
 3 Chicken

 ~ \$5.00
 Tenders

 add cheese ~\$1.00
 ~ \$6.00

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SMOOTHIES & JUICES

Smoothies

Your Choice ~ \$7.50

(16 oz., Liquid Options - coconut milk, coconut water, organic whole milk)
Add Protein \$2.00

Bananaberry

Strawberry, Banana, Honey, and Coconut Milk

Tropical

Strawberry, Banana, Pineapple, Coconut Manna, and Coconut Milk

The Hulk

Spinach, Avocado, Cucumber, Apple, Lime, and Coconut Water

Green Power Mojito

Spinach, Banana, Orange, Peppermint, Lemon, Lime, and Coconut Water

Chocolate Fix

Avocado, Cocoa Powder, Banana, Strawberry, and Coconut Milk

Pinacavado

Pineapple, Avocado, Spinach, Honey, and Coconut Water

BerryBay

Blueberry, Strawberry, Pineapple, Banana, Lemon, Orange, and Coconut Milk

Allergies, Special Diet Needs?

We strive to bring you the freshest organic and local foods - but some ingredients may not be right for you. Please let us know! We'd be happy to accommodate when possible.

REAL FOR THE REAL FOR THE HEALTH MENU

Fresh Organic Juices

(16 oz., Made with Essential Oils)

Cucumber Cooler

Cucumber, Celery, Apple, and Lime ~ \$8.00

Apple Crisp

Apple, Cucumber, Orange, and Lemon ~ \$8.00

Green Lemonade

Apple, Spinach, Ginger, and Lemon ~ \$9.00

Sun Kissed

Carrot, Orange, and Beet ~ \$8.00

Mean Green

Spinach, Cucumber, Celery, Apple, Lemon, and Ginger ~ \$8.50

Purple Paradise

Carrot, Beet, Apple, Ginger ~ \$8.00

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SERVING 9AM-1PM SAT.-SUN.

served with fresh orange juice!

Served with herbed home fries or over greens ~ Both \$2.00 • Home fries ~ \$4.00 • Bacon ~ \$3.00

Pork Sausage ~ \$3.00 • Vegan Sausage ~ \$5 • Add Cheese ~ \$1.00 • Avocado ~ \$1 • Over Greens ~ \$1.00

Scrambles

2 Egg Scramble

served with toast, bacon or veggie sausage and home fries ~ \$10.00

Lowcountry Scramble

with onion, bell peppers, bacon, provolone cheese, and hot sauce served with home fries ~ \$10.75

Mediterranean 2 Egg Scramble

with onion, mushrooms, artichoke hearts, black olives, bell peppers, feta cheese ~ \$9.75

The Post 2 Egg Scramble

with mushrooms, red onions, ham, bacon, spinach and cheddar cheese ~ \$12.75



Breakfast Sandwiches

2-Egg Sammy's

served on a choice of sour dough or organic sprouted multi-grain bread served with fresh OJ

Add: Avocado ~ \$1.00 • Greens \$1.00 • Onions ~ \$1.00 Mushrooms \$1.00 • Pesto ~ \$1.00

Eggs and cheddar ~ \$6.00

Ham, egg and cheddar ~ \$6.50

Bacon, Egg and Cheddar ~ \$6.50

Egg, sausage and cheddar ~ \$6.50

Tuscan Breakfast Sandwich

with 2 eggs, bacon, pesto, artichokes, sundried tomato spread, provolone cheese ~ \$8.75

The Sanchez

2 eggs with onion, bell peppers, salsa, avocado, provolone cheese ~ \$9.00

Organic Fair Trade Coffee ~ \$3.00