

APPETIZERS

Chips & Salsa ▼ *gf* 4.50

El Rey tortilla chips served with our mild, medium, and hot salsas.

Guacamole & Chips ▼ *gf* 9.50

Avocado spiced with red onion, cilantro, jalapeño pepper and cumin, served with El Rey tortilla chips and our own salsa.

Mexican Sampler ▼ *gf* 6.50

Try a few of some of our favorites: sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips.

Artichoke Parmesan Dip & French Bread 9.50

A creamy dip made with artichokes, garlic, Dijon mustard, mayo and Parmesan cheese, served with warm French bread.

Todos los Dias *gf* 8.50

Our chipotle cream cheese dip topped with tomato, black olive, scallion and queso blanco served with tortilla chips

Hummus Dip & Pita ▼ 6.95

Our hummus is made with tahini, lemon juice, garlic, chickpeas and olive oil, sprinkled with paprika and served with warm pita bread.

Garlic Bread 4.50

Perfectly simple; a French baguette spread with our garlic butter, sliced and grilled.

SOUPS

Soup and chili come with your choice of a French roll, wheat roll, or oyster crackers.

Soup of the Day cup 4.00

Our soups are made from scratch, bowl 5.50 using fresh vegetables and our own stocks. Ask your server for today's selections.

Vegetarian Chili ▼ cup 4.00

Our vegetarian chili is made with red bowl 5.50 beans, bulgur wheat, tomato, onion, celery, peppers, and enough seasoning to give it some zip!

CHILI ADD-ONS

<i>cheese</i>	<i>no charge</i>	<i>avocado</i>	+ 1.50
<i>onion</i>	<i>no charge</i>	<i>sour cream</i>	+ .50
<i>brown rice</i>	+ .50	<i>vegan sour cream</i>	+ .75

SALADS

Our salads are served with a French or wheat roll and one of our house-made dressings:

Creamy Garlic Parmesan, Garden Ginger, Tahini, Herb Vinaigrette, Balsamic Vinaigrette, & Greek Lemon Oil,

*All dressings are *gf*, and all are ▼ except Garlic Parmesan & Caesar)*

Side Salad ▼ (does not come with roll) 4.00

Mixed greens with local organic mushrooms, served with our herb vinaigrette on the side.

Garden Salad ▼ (can be *gf*) sm 8.50

Leaf lettuce, red cabbage, shredded lg 10.50 carrots, cucumbers, broccoli, cauliflower, green peppers, tomatoes, sunflower seeds, cashews and croutons.

Tuna or Chicken Salad Plate (can be *gf*) 12.95

Try one of our fresh garden salads with a serving of our own delicious chicken or tuna salads. Ask your server for the chicken salad of the day.

Grilled Vegetable Salad ▼ *gf* 11.00

Mixed greens topped with grilled mushrooms, red pepper, onion, zucchini and broccoli, served with herb vinaigrette on the side.

Balsamic & Gorgonzola Salad *gf* sm 9.00

Mixed greens topped with roasted lg 11.00 pepitas, raisins, and Wisconsin Gorgonzola served with our balsamic vinaigrette.

Caesar Salad sm 9.00

Crunchy Romaine lettuce, house-made lg 11.00 croutons and Romano cheese tossed in our own Caesar dressing.

SALAD ADD-ONS

<i>grilled boneless chicken breast</i> <i>gf</i>	+6.00
<i>grilled portobello mushroom</i> ▼ <i>gf</i>	+4.50
<i>balsamic marinated tofu</i> ▼ <i>gf</i>	+4.50
<i>feta or blue cheese</i>	+2.00

Before placing your order, please inform your server if a person in your party has a food allergy.

Some vegan and gluten-free options are available; look for these symbols on the menu:

gf Gluten-free or can be gluten-free. Our kitchen still uses gluten, so this is not 100% purity.

▼ Vegan. No animal products are used in this dish.

HOT SANDWICHES

Balsamic Tofu ▼ 11.95

Marinated tofu with spinach, red onion, thinly sliced pepperoncini peppers and vegenaïse on a toasted ciabatta roll.

Portobello & Hummus ▼ 11.95

A grilled, marinated portobello mushroom cap served on a herb-oil-grilled ciabatta roll with hummus, spinach, roasted tomatoes, cucumbers and red onion, with a side of our tahini dressing.

Smoked Turkey & Swiss Melt 11.95

Thin-sliced smoked turkey, served on toasted rye bread with mayo, lettuce, tomato, Dijon mustard, and melted Swiss cheese.

Tuna Melt 11.95

Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce, and tomato.

T.L.T. (▼by request) 10.95

Our variation on the classic—baked strips of tempeh with lettuce, tomato, and mayo on whole wheat toast.

Grilled Cheese 9.00

We've put our creamiest melting cheese—Wisconsin Fontina—in sliced challah bread, for a classic American grilled cheese.

Reuben (▼by request) 11.95

Your choice of roasted turkey, marinated tofu, or tempeh, sliced and served with sauerkraut, melted Swiss cheese, and our Thousand Island dressing on grilled rye bread.

Turkey | Tofu | Tempeh

Smoked Provolone & Roasted Tomato 11.95

Slices of locally-made smoked provolone and oven roasted Roma tomatoes served on a ciabatta roll with spinach, and our basil pesto mayo.

Grilled Chicken 12.95

Grilled, boneless chicken breast (plain, or with our marinade of the day), served on a pretzel bun with lettuce, tomato, scallion, and mayo.

Cajun Chicken 12.95

Boneless chicken breast, rubbed with our house spice blend, served on a pretzel roll with lettuce, tomato, red onion, and chipotle mayo.

Walnut Burger 10.95

A seasoned walnut and cheese patty, from Wisconsin's historic Trempealeau Hotel, served on a pretzel bun with mayo, lettuce and tomato.

COLD SANDWICHES

Tuna Salad 10.50

Ours has capers, dill and red onion, served on whole wheat bread, and finished with tamari sunflower seeds, mayonnaise, lettuce and tomato.

Chicken Pinenut 10.95

Made with lemon-shallot mayonnaise, our chicken salad is served on wheat bread with lettuce and tomato.

Egg Salad 8.95

Nothing fancy, just the old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.

Hummus & Vegetable Wrap ▼ 9.50

Wheat tortilla stuffed with fresh baby spinach, tabouli, sliced tomato, cucumber and our own hummus, served with tahini dressing.

Roast Turkey Club 10.95

SANDWICH ADD-ONS

roasted turkey	+2.00	hummus	+1.00
tomato	+ .25	cheese	+1.50
onion	+ .25	<small>cheddar, brick, swiss, mozzarella, provolone, fontina, pepper jack</small>	
avocado	+1.50	chevre or blue	+2.00

All sandwiches are served with potato chips and a pickle spear.

Feel free to specify a substitute for potato chips:



potato/corn chips
Mexican/brown rice
black/pinto beans



fruit salad
side salad
potato salad



cup of soup
(without roll)

Most of our sandwiches can be made with gluten free bread for an additional charge.

BURRITOS

A clear favorite since they first rolled out in 1979. They're baked in a flour tortilla, with El Rey corn chips & your choice of hot, medium, or mild salsa.

Basic Burrito 9.50

House-made refried beans, queso blanco, onion and tomato.

Roasted Vegetable Wet Burrito 11.25

Roasted mix of zucchini, red pepper, mushroom, broccoli, and onion, with refried black beans, queso blanco, chimichurri brown rice, and guacamole, covered in a smoky & nutty chipotle mole.

Super Burrito 11.25

Refried beans, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

Black Bean Burrito ▼ 10.00

Black beans, Mexican rice, guacamole, onion, black olives, and tomato.

Sweet Potato Black Bean Burrito (can be ▼) 11.25

Roasted sweet potatoes, black beans, Mexican rice (brown rice with peppers and corn) guacamole. Served with lime cream sauce and salsa.

Available with whole wheat tortilla by request. Can be made gluten-friendly with corn tortillas on the side.

Bean & Chicken Burrito 11.25

Salsa-chicken, black beans, queso blanco, onions, and tomato.

Chicken Burrito 12.50

Salsa-chicken, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

BURRITO ADD-INS

<i>extra cheese</i>	+ 1.50	<i>sweet potatoes</i>	+ 2.50
<i>avocado</i>	+ 1.50	<i>salsa chicken</i>	+ 2.25
<i>guacamole</i>	+ 1.50	<i>roasted vegetables</i>	+ 2.00
<i>tomato</i>	+ .25	<i>black / pinto beans</i>	+ 1.75
<i>onion</i>	+ .25	<i>brown / Mexican rice</i>	+ 1.50
<i>black olives</i>	+ .25	<i>chimichurri rice</i>	+ 1.50

TOSTADAS, QUESADILLAS, & FAJITAS

Tostadas *gf* (can be ▼) 10.50

Two crisp-toasted corn tortillas topped with black beans, queso blanco, tomatoes, black olives, scallions and shredded lettuce, served with salsa and sour cream.

Chicken +2.25 | Sweet Potatoes +2.50

Roasted Vegetables +2.00

Quesadilla 10.00

A large flour tortilla packed with queso blanco and your choice of filling, crisply grilled and topped with more cheese, scallions, tomatoes, and black olives. Served with a side of sour cream, salsa and tortilla chips.

Black Beans +1.00 | Sweet Potatoes +2.50

Chicken +2.25 | Roasted Vegetables +2.00

Fajitas (▼ by request)

Sautéed slices of red and green bell pepper and onion in a rich fajita marinade, served with refried black beans, guacamole, sour cream and salsa.

Tofu 13.00 | Portobello 13.00 | Chicken 15.00

ADD-ONS & SIDES

Mexican rice	1.50	salsa	.50
avocado	1.50	sour cream	.50
guacamole	1.50	vegan sour cream	.75
tortilla chips	1.00	lime cream	.80

Make it a Plate +4.50

This add-on includes sides of guacamole, rice, and extra tortilla chips.

SOFT DRINKS

JUICES

Carrot Juice sm 3.50 | lg 6.00

CUSTOM CARROT JUICE BLEND

apple, lemon, parsley, spinach, kale each + .75
beet, celery, ginger, cucumber each + .25
without carrot + 1.75

Orange Rabbit sm 3.50 | lg 6.00

A blend of carrot and orange juices.

Electric Green sm 7.00 | lg 14.00

Made with spinach, apple, cucumber, kale, parsley, pear and lemon.

Cherry Lemonade 3.00

Orange or Grapefruit organic sm 2.75 | lg 3.50

Cranberry Juice sm 3.00 | lg 3.75

Tomato Juice sm 2.00 | lg 2.50

Montmorency Cherry Juice sm 3.50 | lg 5.00

Apple Cider sm 2.25 | lg 2.75

Hot Spiced Apple Cider seasonal sm 2.50 | lg 3.50

COFFEE & TEA

Anodyne Coffee Beans Blend — regular or decaf 2.95

Iced Cold-brew Coffee 16 oz 4.95

Espresso regular or decaf sgl 2.95 | dbl 3.95

Cappuccino sgl 3.95 | dbl 4.95

Latté sgl 4.75 | dbl 5.75

Mocha sgl 4.95 | dbl 5.95

Rishi Chai Latté Masala or Turmeric sm 4.50 | lg 5.50

Rishi Sweet Matcha Latté (16 oz) 4.75

Rishi London Fog (16 oz) 4.75

CUSTOMIZE YOUR DRINK

substitute soy, almond, or oat milk + .75
vanilla, hazelnut, caramel, mint, or lavender + 1.00
extra espresso shot + 1.00

Iced Tea (Rishi Classic Black, or SPORTea) 3.50

Rishi Tea (local & fair trade) 4.00

English Breakfast	Peach White	Blueberry
Earl Grey	Coconut Oolong	Rooibos*
Jasmine Pearl	Turmeric Mango	Chamomile
Jade Cloud	Pu-erh Ginger	Medley*
Green Mint		

*herbal

FRUIT SMOOTHIES (16 oz) 6.95

Coconut Kale ▽
 Coconut water, banana, kale and mango.

Super Green ▽
 Banana, spinach, apple orange and cherry juices.

Banana Coconut ▽
 Banana and coconut-pineapple juice.

Strawberry
 Strawberries, plain yogurt and honey.

Blueberry
 Blueberries, banana, plain yogurt and honey.

Peach
 Peaches, peach juice, plain yogurt and honey.

Chocolate Banana ▽
 Banana and chocolate soy milk.

Mango Banana ▽
 Mango, mango juice and bananas.

Five Fruit ▽
 Strawberries and banana, with orange, cherry and apple juices.

SMOOTHIE ADD-INS

<i>Spiru-tein</i>	+1.25	<i>ginseng</i>	+ 1.00
<i>Source of Life</i>	+1.25		
<i>ginger</i>	+2.00	<i>substitute soy,</i>	+ .75
<i>coconut water</i>	+1.00	<i>almond, or oat milk</i>	

Milk (2%, skim, or chocolate) sm 1.75 | lg 2.25
 (soy, almond, or oat) + .75

Hot Chocolate (fair trade) sm 3.50 | lg 4.50

SPARKLING

La Croix plain or lime 2.50

WiscoPop! strawberry, cherry, ginger, or grapefruit 3.50

Sprecher Root Beer regular or low-calorie 3.00

Mexican Coca-Cola 3.00

Zevia natural diet cola 3.00

Izze blackberry or peach 3.00

BEER, WINE & COCKTAILS

COCKTAILS

Margarita	12.00
Original lime. On the rocks or blended	
Bloody Mary	12.00
Prairie organic vodka, Pickapeppa, and a beer chaser	
Bright & Sunny	12.00
Mt. Gay dark rum, Tattersall Toasted Coconut Aquavit, ginger beer, lime	
Gin & Tonic	12.00
Prairie organic gin, Fever Tree tonic, lime	
Mimosa	10.00
Prosecco, orange juice, peach schnapps	
Jack Rabbit	12.00
Prairie organic vodka, fresh carrot and orange juices	
Cuba Libre	12.00
Mt. Gay dark rum, Mexican Coca-Cola, lime	

BEER

Bell's Oberon	5.00
American Wheat Ale Bell's Brewery ABV 5.8%	
Happy Place	5.00
American Pale Ale Third Space Brewing 5.3%	
Lakefront IPA	5.00
India Pale Ale Lakefront Brewery 6.7%	
Potosi Lux Lager	5.00
Light Lager Potosi Brewing Company 3.9%	
Riverwest Stein	5.00
American Amber Lager Lakefront Brewery 5.7%	

CIDER

Triple Jam Hard Cider	7.00
Gluten-free Blake's Hard Cider 6.5%	

WHITE

Le Pianure	9 31
Sauvignon Blanc Delle Venezie, D.O.C.	
The Atom	12 40
Chardonnay Napa, California	
Dom. Specht	12 40
Pinot Blanc Alsace, France	
J Lohr (CA Sustainable)	11 39
Riesling Monterey, California	

ROSÉ

Funkenhausen	10 38L
Malbec Rosé S. Mendoza, Argentina	
Squealing Pig	10 38
Blend Sonoma, California	

RED

Cune Crianza	10 38
Blend Jumilla, Spain	
Clos des Fous	11 39
Pinot Noir Itata Valley Chile	
Skyfall	12 40
Cabernet Sauvignon Quincey, WA	
Domini Veneti Appassimento	12 40
Blend Veneto, Italy	

SELTZER & BEYOND

Blue Slushie	6.00
Flavored Malt Beverage Downeast Cider 5%	
Lemon Fader THC Seltzer	8.00
10mg Delta 9 THC Kind Oasis Non-alcoholic	