Heather's

JANUARY 13 -19 MENU INDOOR DINING / COVERED PATIO / TO-GO / DELIVERY 612-445-8822 or Order Online

# BREAKFAST Served until 2:00 pm

**Open-Faced Egg Sandwich**\* *13* Over Easy Egg, Basil Aioli, Arugula, Bacon, & Tomatoes on Honey Wheat with House Greens, Herb Vinaigrette

Classic French Toast 12 (Half Order 6)

Orange Caramel Pecan French Toast 16

**Brussel Sprout Sweet Potato Hash** Fried Brussels Sprouts, Sweet Potatoes, Parmesan Cheese, Paprika Aioli, Over Easy Eggs, Chili Crunch *16* 

> **Avocado Toast** 7 Option to add Egg +2

DELI CASE Served All Day • Egg Salad (GF/DF) • Fall Quinoa with Kale • Poppy Seed Chicken Salad with Almonds • Mediterranean Tuna Salad • Golden Beet Salad with Hazelnuts & Goat Cheese • Potato Salad with Bacon (GF/DF) • Small Guacamole 8 (GF/Vegan) • Tortilla Chips 3 (DF) • Heather's Chex Mix 11 • Granola 12

## SALADS

Winter Salad 17 Mixed Greens, Poached Pears, Goat Cheese, Pomegranates, Toasted Hazelnuts & Lemon Shallot Vinaigrette

**Southwest Salad** 14 Mixed Greens with Cilantro Lime Vinaigrette, Black Beans, Queso Fresco, Red Peppers, Corn, Pepitas, Tortilla Strips

**Crispy Buffalo Chicken Salad** 15 Carrots, Blue Cheese, Radish, Sunflower Seeds, Mixed Greens and Blue Cheese Dressing.

House Salad 7 with Mixed Greens, Carrots, Radish, Sunflower Seeds, & Herb Vinaigrette Breakfast Biscuit Sandwich 13 Maple Butter, Fischer Farms Sausage, Scrambled Eggs

**Breakfast Sandwich** *14* Ham, Eggs, and Cheddar on Honey White

Scrambled Eggs 12 served with Toast and choice of breakfast meat: Fischer Farms Bacon, Sausage Patty, or Maple Coil Sausage

Quinoa Breakfast Bowl 17 2 Poached Eggs, Arugula, Avocado, Fried Sweet Potatoes, Black Beans, Pickled Jalapenos and Chimichurri

## LUNCH & DINNER

## **SANDWICHES**

Sandwiches are served with Mixed Greens, or Fries, or upgrade to Tater Tots, Bacon Potato Salad, or Truffle Fries +2

Roasted Turkey 16 Tomato, Avocado, Basil Aioli, Bibb Lettuce, on Honey Wheat

**Blackened Salmon BLT\*** *18* Fischer Farms Bacon, Mayo, Bibb Lettuce, Tomato, on Honey White. *Add Avocado* +*2* 

Spicy Buffalo Chicken 15

Honey Blue Cheese Mayo, Blue Cheese Crumbles, Shredded Carrots, Lettuce, Celery and Pickles

> **Egg Salad** 13 Lettuce on Honey Wheat

**Cubano** 17 Fischer Farms Roast Pork Loin, Ham, Gruyere, Pickled Onions, Pickled Jalepeno Peppers, Green Chilis, Sweet Mustard Sauce, on a French Roll

**Turkey Rachel** 17 Turkey, 1000 Island Dressing, Gruyere & Sauerkraut on Rye Bread

Corned Beef Reuben 18 Corned Beef, 1000 Island Dressing, Gruyere Cheese, & Sauerkraut on Rye Bread

> SOUPS Cup 5 / Bowl 7 / Quart 13 Three rotating soups served daily.

CREPES Served daily until 2:00 pm

• Cheese Crepe 10 Add-ons: Mushrooms +1 / Onions +.50 / Ham +1.50 / with Green Salad Side

• Mixed Berry Preserve 6

WEEKEND BRUNCH SPECIALS ON BACK

## **BREAKFAST SIDES**

Egg 2, Fischer Farms Bacon Slice 2, Sausage Patties, or Maple Coil Sausage 5, Breakfast Sweet Potatoes 4, Slice Toast 2

BURGERS Served Anytime Sandwiches are served with Mixed Greens, Fries, or upgrade to Tater Tots, Bacon Potato Salad,or Truffle Fries +2

Blue Cheese Burger\* 17 Local Beef Patty, Balsamic, Caramelized Onions, Sweet Honey Mustard Aioli with Lettuce, on a cottage White Bun

**Field Burger\*** *16* Cheddar, Fischer Farms Bacon, Mayo, Lettuce, Tomato

Mushroom Quinoa Burger 17 Pickled Onions, Red Pepper Aioli, and Muenster Cheese

MAINS Served Anytime

Buddha Bowl 17 Coconut Jasmine Rice, Roasted Sweet Potatoes, Cauliflower & Red Peppers, Pickled Red Onion, Kale, Curry Tofu, Cilantro Chutney (VEGAN)

**Teriyaki Salmon Bowl\*** 22 Edamame, Pickled Onions, Peppers & Onions, Avocado, Rice and Broccoli (GF)

Chicken Paillard Pasta 18 Sautéed Greens & Mushrooms, Angel Hair Pasta

Braised Beef Ragu over Pappardelle Pasta 19 Shaved Parmesan Cheese

\*These items are served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. GF= Gluten Free DF= Dairy Free

## DINNER SPECIALS (AFTER 4PM) MONDAY (1/13)

#### **Blackened Salmon Caesar**

Blackened Salmon Caesar Fried Capers, Cherry Tomatoes, Parmesan Cheese, Lemon, Garlic Croutons & Caesar Dressing 19

## TUESDAY

#### Vegetable Curry

Jasmine Rice, Cashews & Cilantro Chutney 16

#### WEDNESDAY

#### Shrimp Quinoa Bowl

Crispy Chickpeas, Kale, Cabbage Slaw, Avocado, Roasted Cashews, Roasted Butternut Squash & Tahini Dressing 19

#### THURSDAY

#### Kale & Butternut Squash Lasagna

Served with Side Green Salad 18

## FRIDAY

Chicken Marsala Pan Fried Chicken Breast, Marsala Mushroom Sauce, Mashed Potatoes & Sauteed Spinach 21

#### SATURDAY

Gnocchi

Sauteed Spinach, Wild Mushrooms, Fischer Farms Bacon & Parmesan Cheese 17

#### SUNDAY

#### **Green Chili Burger**

Poblano Crema, Crispy Onions, Pepper Jack Cheese, Lettuce & Bacon with Choice of Side 18

### WEEKEND BRUNCH SPECIALS

Omelette

Fischer Farms Ham, Mushroom, Peppers, Onion & Cheddar Cheese & Side Greens 16

**Raspberry White Chocolate Chip Pancakes 15** 

## BOXED LUNCHES & CATERING AVAILABLE Call 612-445-8777 for catering!

# 612-445-8822

Call ahead for pick up at our walk-up window!

5201 Chicago Ave, Minneapolis MN 55417 Order Online for Pick Up or Delivery at: www.HeathersMpls.com Facebook.com/heathersmpls Instagram.com/heathers mpls

## KIDS MENU \$8 SERVED WITH A SIDE OF FRUIT, FRIES, OR

GREENS

Grilled Cheese Cheeseburger Mac N' Cheese

Pepperoni Pizza Rolls

Chicken Breast (Crispy or Grilled) with BBQ Sauce

SOFT SERVE

Call for Daily Dessert Special



#### PASTRIES

Croissants 3.50 Chocolate or Almond Croissant 3.95 Ham and Cheese Croissant 6 Budapest Muffin 3.50 Muffin of the Day 3.50

## COFFEE

Regular or Decaf, Cold Press Latte, Cappucino, Macchiato, Espresso, Mocha, Americano, Miel

**Coffee Drink Options** 

Iced or Hot Flavor Shots: Vanilla, Sugar Free Vanilla, Caramel, Coconut, Hazelnut, Lavender, & Butterscotch Milk Options: Whole, Skim, Oat, & Almond

### **OTHER DRINK**

Iced Tea, Hot Tea, Lemonade, Arnold Palmer, Chai Tea Latte, Matcha Tea, Coke, Diet Coke, Sprite, Mineral Water, Orange Juice, Flavored San Pellegrino

### WINE & BEER

Rotating selection available when dining-in.