# TROUT AIR TAVERN 

 CHICKEN WILD RICE Cup 6 Bowl 8 SOUP OF THE DAY Cup 5 Bowl 7MONDAY GREEN CHILI PORK TORTILLA TUESDAY VEGETABLE BEEF AND BARLEY WEDNESDAY BROCCOLI BEER CHEESE THURSDAY CHICKEN AND DUMPLING FRIDAY NEW ENGLAND CLAM CHOWDER SATURDAY LOADED POTATO SOUP SUNDAY ROASTED RED PEPPER SMOKED GOUDA

## Salads/Bowls

## SOUTHWEST SALAD (GF)

Mixed spring greens, corn and black bean salsa, bacon, pickled fresnos, with crushed tortilla chips and jalapeño ranch dressing 9

## CLASSIC CAESAR SALAD (GF)

Crisp romaine, butter croutons, shredded parmesan, crispy garlic, lemon zest with creamy caesar dressing 8

## TAVERN SALAD (V) (GF)

Mixed spring greens, craisins, white cheddar, apples, candied pecans with honey lime vinaigrette 9

## MEDITERRANEAN BOWL (V)

Arugula, farro, kalamata olives, cucumbers, roasted tomatoes and red onions with feta vinaigrette 10

ADD ON TO ANY SALAD/BOWL<br>Grilled chicken 5 Sauté shrimp 6

## Stanters

## WISCONSIN CHEESE CURDS (V)

Deep fried Ellsworth's white cheddar curds 8

## EGG ROLL QUEEN

Three pork and vegetable egg rolls served with sweet chili dipping sauce 9

## CHICKEN TENDERS

Deep fried breaded chicken tenders served with honey mustard 8

## LOADED BEEF NACHOS (GF)

Birria beef, jalapeño cheese sauce, pico de gallo, grilled onions, and pickled fresnos layered with tortilla chips and garnished with cilantro micro greens 13

## SMOKED TROUT DIP

Smoked trout, fresh herbs, lemon and cream cheese served with assorted crackers 11

SALSA TRIO (V) (GF)
Garden salsa, corn and black bean salsa, and guacamole with tortilla chips 9

## CHICKEN WINGS

Choose from boneless or bone-in, served with your choice of ranch or blue cheese dressing
1/2 pound 101 pound 17
SAUCES
House Buffalo or Sticky Asian Glaze
FRENCH FRY / TATER TOTS (GF)
Small 4 Large 6

## Breatfast

## *BREAKFAST PLATTER

Three eggs any style, your choice of bacon, sausage patties or vegan sausage patty served with breakfast potatoes and your choice of wheat, white or sourdough toast 11

## BREAKFAST BURRITO

Scrambled eggs, cheddar, breakfast sausage, breakfast potatoes and pico de gallo wrapped in a flour tortilla served with garden salsa 11

## *STEAK AND EGGS

6 oz. grilled sirloin steak, two eggs any style with breakfast potatoes and your choice of wheat, white or sourdough toast 16

## We Serve the Freshest Trout IN MINNESOTA

## RAINBOW TROUT

Deliciously seasoned with our special blend and deep fried to perfection, served with your choice of french fries or tater tots $\mathbf{2 0}$


## BROILED TROUT (GF)

Broiled with butter, onions, swiss seasoning, dill and topped with sliced tomatoes and cheddar cheese, served with your choice of french fries or tater tots 20

## BUFFALO CHICKEN

Crispy chicken tenders, house buffalo, blue cheese dressing, red onion and tomato 11

## PEPPERONI FLATBREAD

Pepperoni, red sauce, red pepper flakes, mozzarella and parmesan cheese 9

## BRUSCHETTA (v)

Garlic oil, caramelized onions, mozzarella, parmesan, fresh tomato, red onions and torn basil leaves with balsamic glaze 11

## Burgers

## BUILD YOUR OWN BURGER

PROTEIN
*6oz Chuck short rib patty 11
Chicken breast 11
Impossible burger 11

## CHOICE OF

Pink or no pink
French fries or tater tots

## THE TAVERN BLT

Applewood smoked bacon, lettuce, tomato and mayo on toasted white, wheat, or sourdough bread served with your choice of french fries or tater tots 10

## CHICKEN TENDER MELT

Crispy chicken tenders, swiss, cheddar, red onions, bacon and honey mustard on a seasoned grilled sourdough toast served with your choice of french fries or tater tots12

## Asian Cuisine

## FRIED RICE

Stir-fried rice, yellow and green onions, eggs and carrots 7
ADD ONS
Beef 6
Shrimp 6
Chicken 5

## CHICKEN AND BROCCOLI

Stir-fried sliced chicken, yellow onion, broccoli, candied ginger, and brown sauce over white rice 12

## KUNG PAO BEEF

Stir-fried sliced beef, yellow onions, bell peppers, water chestnuts, green onions, red chillis, chopped peanuts and brown sauce over white rice 13

## COCONUT CURRY SHRIMP UDON

Stir-fried shrimp, yellow onions, bell peppers, mushrooms, snow peas, green onions and udon noodles tossed in a spicy green curry broth 14
(V) Vegetarian Option (GF) Gluten Free Option

Running Aces makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Please be aware that our facility prepares foods and uses ingredients in our products that contain nuts, nut oil, glutens and shellfish. Customers concerned with these food allergies or others, please inform your server of any restrictions. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. THANK YOU.

