

# TROUT AIR

## TAVERN

AT RUNNING ACES CASINO, HOTEL & RACETRACK

## BREAKFAST

### BLT AVOCADO TOAST

Two slices of everything bread toasted and topped with a smashed avocado, bacon, tomatoes and two over easy eggs **8.75**

### STEAK AND EGGS

8 oz grilled strip steak, two eggs any style with breakfast potatoes and your choice of wheat, white or everything toast **13.75**

### PANCAKES

Three buttermilk pancakes served with maple syrup **4.75** Add bacon or sausage **2**

### BREAKFAST PLATTER

Three eggs any style, bacon or sausage served with breakfast potatoes and your choice of wheat, white or everything toast **7.75**

### CHEDDAR CHEESE OMELET

Three egg omelet with melted cheddar cheese, served with breakfast potatoes and your choice of wheat, white or everything toast **7.25**  
Add Ham **2**

### VEGGIE OMELET

Three egg omelet with spinach, feta, tomatoes, onions, mushrooms and peppers, served with breakfast potatoes and your choice of wheat, white or everything toast **9.25**

### ALL MEAT OMELET

Three egg omelet with bacon, ham, sausage and pepper jack cheese, served with breakfast potatoes and your choice of wheat, white or everything toast **9.75**

*Gluten free options are available. You may substitute fresh fruit in place of breakfast potatoes and toast for the items indicated above. Please ask your server for additional details.*

## ALL YOU CAN EAT

### soup and salad bar

Build your own salad bar with fresh greens, an assortment of toppings and dressings along with a variety of house made soups and rolls **12**

\*Add on to a sandwich or entrée one time through **6**  
(Dine in only, Beverages not included) **11am - 2pm**

## SALADS

### TAVERN SALAD

Fire-roasted chicken, apples, candied pecans, Craisins, mixed greens, Eichtens 1 year aged white cheddar and honey lime vinaigrette **13.75** | GF Half **7.75**

### HOUSE SALAD

Mixed greens, grape tomatoes, onions, cucumbers and Goldfish crackers with your choice of dressing **7** Half **3.5**

Dressings: Blue Cheese, French, Honey Lime Vinaigrette, Honey Mustard, Golden Italian, Ranch, Raspberry Vinaigrette, Thousand Island, Caesar, Vinegar and Oil | GF

## SOUP

**SOUP OF THE DAY** Cup **3.5** Bowl **5.5** **CHICKEN WILD RICE** Cup **4.5** Bowl **6.5**

**MONDAY** Mississippi Black-Eyed Pea

**TUESDAY** Cream Of Mushroom

**WEDNESDAY** Vegetable Beef

**THURSDAY** Broccoli Cheese

**FRIDAY** New England Clam Chowder

**SATURDAY** Chicken Tortilla Soup

**SUNDAY** Summer Corn Chowder

## STARTERS

### SMOKED TROUT DIP

Smoked trout, fresh herbs, lemon and cream cheese served with assorted crackers **8.75**

### WISCONSIN CHEESE CURDS

Ellsworth's finest cheese curds, deep fried golden brown for a warm buttery crunch **6.75**

### SHRIMP COCKTAIL

Five poached shrimp in a house-made horseradish cocktail sauce **7.25** | GF

### CHICKEN TENDERS

Breaded chicken tenders deep-fried **6.25**  
Add fries or tater tots **2**

### BAVARIAN PRETZEL STICKS

Served House-made cheese sauce and a Bavarian mustard sauce **7**

### SPICY CHICKEN WINGS

Nine breaded spicy wings served with buffalo hot sauce and blue cheese dressing **8.75**

## THE STORY BEHIND

### THE TROUT AIR FISHING EXPERIENCE

In 1964, the Trout Air trout farm was born, raising fish for commercial use as well as for the sport fishing enjoyment of dedicated anglers. Four of the Preiner children pitched in whenever possible to help with the seemingly never-ending fish hatchery chores. Upon their return from the service, some of the Preiner sons started a recreational sky diving club located on Trout Air land. It was the skydivers, always hungry after their adventures, who inspired the humble beginnings of a restaurant connected with Trout Air. With a four-burner stove and twelve tables, the Trout Air Restaurant was born.

Due to increased popularity and demand, the Preiner family opened the Trout Haus in 1974, a foundation was laid at Trout Air and the McGowan Cabinet Shop was moved in one piece from Forest Lake to its new location as the focal point of the Trout Air complex. It was a complete family affair, having a member of the Preiner family working in every facet of the business. Trout Air closed in 1999, making way for Running Aces.

We are excited to bring back the memories, experiences, authentic tastes and the "catch-your-own" ponds of Trout Air, where Minnesotans enjoyed fishing and dining for decades.

*we serve the freshest*  
**IN MINNESOTA**

**ORDER A RAINBOW TROUT FRESHLY CAUGHT,  
CLEANED AND DEBONED FROM TROUT AIR**

Complete your meal for only \$5 by adding our chef select soup and salad bar (one time through.)

### RAINBOW TROUT

Deliciously seasoned with our special blend and deep fried to perfection, served with your choice of mashed potatoes, french fries or tater tots **19**

### BROILED TROUT

Broiled with butter, onions, swiss seasoning, dill and topped with sliced tomatoes and cheddar cheese, served with your choice of mashed potatoes, french fries or tater tots **19**

**"FROM POND TO PLATE!"**

# BYO BURGER OR CHICKEN SANDWICH

All handhelds and burgers are served with your choice of chips, french fries or tater tots.  
Complete your meal for only \$6 by adding our chef select soup and salad bar.  
(One time through, 11am-2pm)

**1/3 LB BURGER 8.5**  
**1/2 LB BURGER 11**

**CHICKEN BREAST 8.5**

#### MAKE IT CHEESY:

American  
Blue cheese crumbles  
Cheddar  
Habañero  
Provolone  
Swiss

#### FEELIN' SAUCY:

**(SERVED ON THE SIDE)**

BBQ sauce  
Blue cheese dressing  
Buffalo sauce  
Garlic mayo  
Honey mustard  
Mayo  
Ranch dressing

#### ADD ONS FOR \$1:

Applewood smoked bacon  
Avocado  
Fried egg  
Sautéed mushrooms  
Whiskey onions

## FLATBREADS

#### BUILD YOUR OWN

Five blend mozzarella with red sauce **6.25**

#### TOPPINGS

Italian sausage **0.50**  
Pepperoni **0.50**  
Ham **0.50**  
Chicken **0.50**  
Mushrooms **0.25**  
Onions **0.25**  
Olives **0.25**  
Peppers **0.25**  
Pineapple **0.50**  
Tomatoes **0.25**  
Extra Cheese **0.50**

## ASIAN CUISINE

#### EGGROLL QUEEN JUMBO EGG ROLLS

Pork egg roll **3.5**  
Steak and cheese egg roll **3.5**

#### CHOW MEIN

Stir fried egg noodles with cabbage, carrots, yellow and green onions with special sauce **6.25**  
Add Chicken **3**  
Add Beef **4**  
Add Shrimp **4**

#### PHO SOUP

Beef broth, thinly sliced flank steak, brisket, meatballs, onions, rice stick noodles, green onions and cilantro **9**

#### UDON STIR FRY

Udon noodles stir-fried with marinated chicken, bok choy, carrots, mushrooms, onions, sesame seeds and chili oyster sauce **8.75**

#### THAI RED CURRY SHRIMP

Shrimp stir-fried with snap peas, peppers, onions, bamboo shoots, garlic and ginger in a coconut milk-infused red curry sauce served over steamed white rice **9.75**

#### MONGOLIAN BEEF

Flank steak stir-fried with green and yellow onions in a garlic ginger brown sauce served over steamed white rice **9.25**

#### CASHEW CHICKEN

Diced chicken stir-fried with cashews, mushroom, onions, water chestnuts, and zucchini in a savory brown sauce served over steamed white rice **8.75**

#### FRIED RICE

Stir-fried rice, yellow and green onions, eggs, carrots and bean sprouts **5.5**  
Add Chicken **3**  
Add Beef **4**  
Add Shrimp **4**

## OUR FAVORITE HANDHELDS

#### CHICKEN TENDER MELT

Crispy chicken tenders, swiss, cheddar, red onions, bacon and honey mustard on a seasoned grilled sourdough bread **9.25**

#### DOUBLE DECKER CLUB

Black forest ham, turkey, bacon, cheddar cheese, lettuce, tomatoes and mayo on toasted white or wheat bread **10.25**

#### THE TAVERN BLT

Applewood smoked bacon, lettuce, tomatoes and mayo on toasted white or wheat bread **7.75**

#### GRILLED CHEESE

Choice of American, swiss, provolone, cheddar or pepper jack cheese melted on grilled white or wheat bread **5.75**  
Add black forest ham or turkey **2**

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(One time through, 11am-2pm)*

## MINNESOTA ENTRÉES

#### TATER TOT HOTDISH

Steak bites, corn, onions, in a mushroom sauce topped with crispy tater tots, cheddar cheese and green onions **9.75**

#### ITALIAN SAUSAGE BAKE

Rigatoni, Italian sausage marinara, herb ricotta and five cheese mozzarella **12.25**

#### STEAK FRITES

8 oz. grilled strip loin, french fries and garlic herb butter **13.75**

#### POT ROAST

Lightly seasoned slow cooked chuck roast, garlic mashed potatoes, brown gravy and crispy chives **9.25**

## DESSERTS

#### STRAWBERRIES & CREAM

Butter cake topped with creamy cheese cake, macerated strawberries and whip cream **6**

#### SMORES LAVA CAKE

Warm molten lava cake with graham cracker crumbs and toasted marshmallow fluff **6**

#### RUSTIC BLUEBERRY CAKE

Buttery layer cake baked with wild Maine blueberries stacked with layers of smooth maple cream **6**

#### DANIELA'S GELATO

Ask your server about today's selection  
One scoop **3** Two scoops **5** | **GF**

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, glutes 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 foodborne illness. THANK YOU.