



cold

tuna tartare

american sturgeon caviar, fingerling chips 14

green salad

chives, mint, cilantro, oil & vinegar 7

“caesar”

romaine lettuce, parmesan, kalamata olives, croutons, tonnato dressing 9

tomato salad

bacon tuile, greens, goat cheese, balsamic vinaigrette 9

roasted beets

smoked walleye, stracciatella cheese, capers, apples, dill-mustard vinaigrette 10

14

ceviche

sea bass, apple, tomatillo, jalapeno, lime

gazpacho

crab, cucumber, tomato 8

warm

foie gras

peaches, honey, brioche 16

risotto

lobster, baby chard, pine nuts 15

smoked duck empanadas

black beans, avocado purée, jicama 10

frommage blanc ravioli

english peas, mint, pecorino romano 11

octopus

pesto, green beans, fingerling potatoes 13

sauteed shrimp

olive rice, hearts of palm, cilantro 12

braised pork belly

veal sweetbreads, artichokes, mushrooms, red wine sauce 12

Under the **warm appetizers** I will sometimes order the foie gras which is super satisfying but not low in calories. It is meant to be one of my 20% indulgences and I can tell you right now, it's worth it.

The braised pork belly is also amazing- And since Herb and I usually share whatever we order, we are able to enjoy the food without overeating with huge portions....

My picks are highlighted in **green**.

As you can see, there is more that you can eat than cannot! I love to make a meal of any of the **cold appetizers** – my favorite being the tuna tartare and roasted beet salad. There is a touch of dairy in the tomato and roasted beet salad but not very much.

lamb “crepinette”

olive falafel, artichokes, zucchini, roasted mole 25

chicken breast

morels, sugar snap peas, carrot puree, maple gastrique 24

halibut

summer squash, eggplant, puttanesca sauce 34

king salmon

sweet corn, fava beans, pancetta, potato puree 30

braised beef short ribs

potato gnocchi, green beans, bacon, onion rings 2

walleye

fideo, serrano ham, english peas 25

duck breast

chard ravioli, roasted carrots, pistachios, foie gras sauce 30

roasted strip steak

chantrelles, spinach, fried potatoes 32

There's always enough food in the **entrees** to share and we do so frequently. Our absolute favorite is the braised beef short ribs- you won't believe how tender and delicious these are! Yes, they are served over gnocchi which is a carb, but again, the role they play in this “story” are more condiment than superstar. Same thing with the onion ring- you will get half of a small onion ring... which is about a bite- but what a delicious bite!

The steak is also good (order with extra spinach and skip the potatoes) and the halibut, salmon and walleye are all delicious and offer different tastes. The walleye does have some non paleo ingredients but again, we are talking quality over quantity so the indulgence may be worth it.

My favorite Mistake

(definitely NOT on the Paleo Menu.....)

The truth is I would rather have a really good glass of wine or cocktail than dessert. My favorite is a **Ransom Gin martini**- just ask the bartender Chris to make you one! (not two or three....)

