

# Breakfast

We are a scratch kitchen, featuring seasonally crafted dishes created with locally sourced ingredients from organic farmers.

Served All Day

## DAILY PREPARATION

### Soft Scramble\*

See specials for the daily preparation.

### Loaded Hash Browns

See specials for the daily preparation.

### Grain Belt Breakfast\* GF

Two organic eggs your way with choice of maple fennel sausage patties, polish sausage, Compart Duroc ham or Thielen Meats bacon and home fries or hash browns. Served with house made sunflower wheat toast and fresh fruit. \$18.50

### Walleye Cake Bennie\*

Lake Superior walleye cakes, two organic eggs poached topped with lemon hollandaise, and an arugula pickled pepper garnish. Served with home fries. \$19

### Pierogi, Eggs and Sausage\*

House made potato and cheese pierogis, two organic eggs sunny side up, braised red cabbage, polish sausage, and horseradish cream. Served with house made sunflower wheat toast. \$18.50

### Huevos Rancheros Benedict\* V

Two organic eggs poached served on cornbread with guacamole, black bean relish, and topped with ranchero sauce, cilantro lime sour cream and tortilla strips. Served with a house salad with cider vinaigrette. \$17.50

+ house made chorizo \$3

### Breakfast Tacos GF

Two corn tortillas with refried black beans, chorizo, organic eggs scrambled, Cotija cheese, fresh pico de gallo, and guacamole. Served with a house salad with cider vinaigrette. \$17.50

### Smothered Breakfast Burrito

Organic eggs scrambled, hash browns, white cheddar cheese, chorizo, refried black beans, and fresh pico de gallo wrapped in a flour tortilla topped with salsa verde and salsa roja. \$18.50

### White Beans and Toast\* V

Marinated gigante white beans with spinach, two organic eggs sunny side up and microgreens, on toasted sourdough. \$16.50

### Smashed Avocado Toast\* V

Toasted baguette, guacamole, an organic egg over easy, Cotija cheese, pickled red onions, and crushed red pepper. Served with a house salad with cider vinaigrette. \$17

### Biscuits and Gravy\*

Cheddar buttermilk thyme biscuit with maple fennel sausage gravy, and two organic eggs poached topped with pickled red onions and organic micro greens. Half \$12 • Full \$18

### The Buttered Tin Hash\*

Sweet chili salmon, sweet potato hash with roasted poblanos, potato, peppers and onions, over easy egg, lemon hollandaise, chili crisp drizzle, asparagus spears, sweet chili crab salad, and crispy onions Served with sunflower toast and house jam. \$19.50

### Ropa Vieja Hash\* GF

Ropa Vieja, sweet potato hash with roasted poblanos, potato, peppers and onions, over easy egg, lemon hollandaise, Mojo drizzle, pickled red onion, guacamole, sweet plantains, warm corn tortillas. \$17.50

### Big Ol' Bennie\*

Cheddar thyme biscuit topped with Compart Duroc ham, organic eggs poached, and lemon hollandaise sprinkled with smoked paprika and chives. Served with a house salad with cider vinaigrette. Half \$12 • Full \$18

### Breakfast Burger\*

Seasoned beef patty, white cheddar and crispy onions, Thielen Meats bacon, an organic egg over easy, dill pickle chips, three pepper relish, and garlic aioli on a toasted milk bread bun. Served with a house salad with cider vinaigrette. \$17

### Damn Good Egg Sandwich\*

Two organic eggs sunny side up, white cheddar cheese, Thielen Meats bacon, tomato, onion and aioli on toasted sourdough. Served with a house salad with cider vinaigrette. \$18

### Biscuit Sammie\*

Cheddar buttermilk thyme biscuit with maple fennel sausage, three pepper relish, pimento cheese, and an organic egg scrambled. Served with a house salad with cider vinaigrette. \$15

### Bananas Foster French Toast V

Seared bananas, caramel sauce, candied pecans, whipped cream. \$16

### Buttermilk Pancakes

Three buttermilk pancakes with house made maple bacon butter and real maple syrup with a fruit garnish. \$16

### House made Granola with Fresh Fruit GF V

Choice of Greek yogurt or milk. \$11

## SIDES

### Two Organic Eggs\*

any way

\$5

### Single Pancake

\$5

### Side French Toast

\$6.50

2 slices served with butter and maple syrup

### Hash Browns

\$5

### Home Fries

\$5

with red peppers and onions

### House made

### Sunflower Wheat Toast

with seasonal jam

\$4

### Pierogis

\$7

### Kids Grilled Cheese

\$9

white cheddar and provolone cheese on sourdough

### Compart Duroc Ham

\$7

### Thielen Meats Bacon

\$7

### Polish Sausage

\$6

### Maple-Fennel Sausage Patties

\$6

### Roasted Turkey Breast

\$6

### Salmon Fillet

\$9

### Seasonal Fresh Fruit

\$6

### House Side Salad GF\* V

\$6

GF Gluten Friendly GF\* Can be made Gluten Friendly PB Plant Based V Vegetarian

\*These items are prepared raw or contain raw or undercooked ingredients. Consuming raw or undercooked meat, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

# SIMMERED, TOSSED & SLICED

## Lunch

We are a scratch kitchen, featuring seasonally crafted dishes created with locally sourced ingredients from organic farmers.

Served All Day. Sandwiches are served with kettle chips. Substitute side house salad +\$3, soup +\$4, or seasonal fruit \$3.

### SOUPS & SALADS

#### Tomato Basil Soup **V**

House made and served with grilled cheese croutons. \$8

#### Soup of the Day

See specials for daily preparation. \$8

#### TBT Salad **GF\* V**

Mixed organic greens, feta cheese, red onion, maple pecans, house made cider vinaigrette.

Served with a toasted baguette. \$12.50

+ chicken \$6 + salmon \$9

#### Chili Crisp Crab and Burrata Salad

Romaine, red onion, shaved fennel, grapefruit, parmesan, chili crisp crab, crispy onions, avocado, burrata cheese, everything bagel spice and tamarind dressing. Served with a toasted baguette. \$18 + chicken \$6 + salmon \$9

#### Southwest BBQ Chicken Salad

Romaine, marinated tomato pepperonata, black bean relish, shredded cheddar cheese, avocado, crispy onions, and grilled chicken breast, tossed in BBQ ranch dressing.

Served with a toasted baguette. \$16

#### Mediterranean Grain Bowl **GF V**

Brown rice, quinoa, edamame, marinated tomato pepperonata, giardiniera, roasted sweet potato, peppers, feta, crispy garbanzo beans, olives, and Tzatziki sauce. \$18 + chicken \$6 + salmon \$9

+ put an egg on it! \$2.50

#### Caribbean Grain Bowl **GF PB**

Brown rice and quinoa mix, Mango salsa, black bean relish, roasted sweet potatoes and poblanos, avocado, toasted coconut, fresh herbs, and sweet tamarind sauce. \$18

+ chicken \$6 + salmon \$9

### SANDWICHES

#### Dill Pickle Grilled Cheese **V**

Dill Havarti and provolone cheese, dill pickle chips, and sweet pepper relish on toasted sourdough bread. \$16.50

+ tomato \$1 + bacon \$5 + ham \$5

#### Portobello Melt **V**

Grilled portobello mushrooms, roasted tomatoes, asparagus, spinach and artichoke spread, toasted sunflower wheat bread. \$17

#### BLT

Thielen Meatsbacon, mixed greens, tomatoes, and garlic aioli on house made toasted sunflower wheat. \$16

+ guacamole \$2 + put an egg on it! \$2.50 + chicken \$6

#### California Turkey Club

Oven roasted turkey breast, Thielen Meats bacon, organic mixed greens, tomatoes, guacamole, and garlic aioli on house made focaccia. \$17

#### TBT Chicken Sandwich

Herb chicken breast, marinated tomatoes and peppers, provolone cheese, house made giardiniera, arugula, garlic aioli, toasted baguette. \$16

#### Hot Pastrami Sandwich

Pastrami, Swiss cheese, onion dill cream cheese, pickle slices, arugula, toasted sunflower wheat bread. \$16

#### Crispy Chicken Cordon Bleu Sandwich

Crispy parmesan and herb breaded chicken breast, smoked ham, Swiss cheese, arugula, hot honey dijonaise, 3 pepper jam, toasted bun. \$17

#### Ropa Vieja Sandwich

Ropa vieja, guacamole, garlic aioli, red onion, mojo, arugula, Cotija cheese, toasted baguette. \$16

#### Walleye Tacos

Crispy kettle chip crusted walleye fillets, shredded lettuce, guacamole, pico de gallo, Cholula cream, Cotija cheese, corn tortillas. \$17

## POP, POUR, SIP

### Beverages

#### HOT

Hot Coffee \$4.50

Espresso \$4

Americano \$5

Latte \$6

+ Vanilla \$1

+ Caramel \$1

+ Lavender \$1

Chai Latte \$7

Turmeric Latte \$7

Matcha Green Tea

Latte \$7

Cappuccino \$6

Mocha \$7

Hot Chocolate \$6

Rishi Hot Tea \$4

• English Breakfast

• Earl Grey

• Jasmine

• Chamomile

• Turmeric Ginger

• Peppermint

#### COLD

House made

Lemonade

• Strawberry \$6

• Lavender \$5.50

• Ginger \$4.50

Cold Press Coffee \$6

Iced Tea \$4.50

• Organic Black

• Hibiscus Mango

Arnie Palmer \$5

Fresh-Squeezed

Orange Juice \$5

Apple Juice \$5

Milk \$5

La Croix Sparkling

Water \$2.50

Coke Products \$2.50

Coke, Diet Coke, Sprite

#### WINE & COCKTAILS

Mimosas \$11

• Orange

• Ginger Lemon

• Lavender Lemon

• Strawberry Lemonade

• Pineapple

• Pomegranate

Pairs well with everything!

Yes Way Rosé

Split Bottle \$15

France — **GF**

Pairs well with everything!

Wycliff Sparkling

Bottle \$27 • Glass \$9

E&J Gallo Winery

Pairs well with everything!

La Crema Chardonnay

Bottle \$35 • Glass \$10

California — Sustainable,

Eco Friendly

Pairs well with Grain Bowls and

The Buttered Tin Hash.

Matanzas Creek

Sauvignon Blanc

Bottle \$35 • Glass \$10

California — Sustainable

Pairs well with Walleye Cake Bennie,

Walleye Tacos and

Turkey Club.

Lolailo Red Sangria Glass \$10

Spain — **GF** Organic

Pairs well with everything,

but especially Breakfast Tacos

and Walleye Tacos.

Sake Bloody Mary \$9

Irish Cream Liqueur Coffee \$8

#### BEER

Ask about our selection

**GF** Gluten Friendly **GF\*** Can be made Gluten Friendly **PB** Plant Based **V** Vegetarian

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