



Children's menu available.  
Please notify your server of any food allergies.  
Ask about gluten free offerings.

## Appetizers

### Crab Cakes

Three pan fried souther delights, made of snow crab, sweet potatoes, bread crumbs and a blend of spices. Served with a horseradish buttermilk ranch sauce. *9*

### ❖ Toasted Brie

A wedge of Belmont, Wisconsin President Brie cheese, encrusted with spiced pecans, brown sugar and garlic bread crumbs. Served with Granny Smith apples, our own cranberry vinaigrette and a toasted baguette. *11*

### ❖ Bruschetta

Baked sourdough baguettes infused with basil pesto, topped with marinated Roma tomatoes and Kalamata olives. Finished with toasted Parmesan and Asiago cheeses and a drizzle of balsamic vinaigrette. *10 Half Order 8*

### Calamari

Tender rings of calamari encrusted with seasoned cornmeal and served with creamy Caesar dressing and warm marinara sauce. *10*

### Crab Dip

A West 14th favorite. A delightfully creamy blend of snow crab, artichoke hearts and Italian cheeses combined with delicate seasonings, served warm with sliced toasted sourdough baguettes. *11*

### Flambeed Szechwan Tenderloin Skewers

Tender strips of Black Angus beef skewered with green peppers, red onions and mushrooms. Glazed with a sweet yet spicy Szechuan sauce and brought to your table sizzling hot! *12*

### ❖ Roasted Stuffed Roma Tomatoes

Four Roma tomatoes are stuffed with Mediterranean spices, Kalamata olives red onions and topped with feta cheese. *9*

### ❖ Fried Pickle Slices

Kosher dill pickle slices battered using our very own Blue Heron micro brews and fried to a crisp golden brown. Served with a creamy stone-ground mustard sauce and roasted garlic ranch dressing. *9 Half Order 8*

### Chili Verde

Slow roasted pork cooked in a blend of Hispanic spices and vegetables making a smooth green chili. Many people's favorite part of this dish is the fresh fried vegetable tortilla chips dusted with cumin and toasted coriander. *11*

### Local Fried Cheese Curds

This dairy land specialty features cheddar cheese curds from our neighbors at Nasonville Dairy. Hand-breaded using our own Blue Heron micro brew then flash-fried and served with creamy homemade ranch dressing. *9*

## Soups & Salads

### Asian Sesame Chicken Salad

A grilled peanut rubbed chicken breast is brushed with sesame seeds, julienne cut and placed over hearts of romaine lettuce with mango, red peppers, and chow mein noodles; served with sesame-ginger vinaigrette dressing. *11*

### ❖ Greek Salad

Kalamata olives, red onion, arugula, tomatoes, capers, cucumber and feta cheese over mixed greens with creamy Caesar dressing. *12*

*Add grilled chicken 3 Add blackened chicken 4 Add Shrimp 4*

### Honey Seared Salmon Salad

Fresh Atlantic salmon coated in honey and seared until caramelized, then placed on a bed of spring greens and seasoned Chinese noodles with cilantro, basil, zucchini, mandarin oranges and cashews. Served with sesame ginger vinaigrette. *13*

### ❖ Caprese Salad

Mesclun mixed greens, slices of Roma tomato, fresh mozzarella, sliced hard-boiled egg, and fresh basil, finished with a sweet balsamic reduction. *10*

*Add grilled chicken 3 Add Shrimp 4*

**Homemade Soup of the Day** *Cup 3 Bowl 5*

**West 14th Baked French Onion Soup** *Cup 3 Bowl 5*



## "Smart Meals"

### Elk Burger

1/3 lb. Organic, free-range elk patty grilled to your liking and served on a whole wheat Kaiser bun with lettuce, tomato and onion. Served with a side salad or cottage cheese. *10*

### Elk Medallions

Rosemary pepper seared tender elk medallions served with a blueberry balsamic reduction. Paired with fresh steamed broccoli and a side salad. *30*

### ❖ Roasted Stuffed Roma Tomatoes

Four Roma tomatoes stuffed with Mediterranean spices, Kalamata olives, red onions, topped with feta cheese. *9*

### ❖ Portabella Sandwich

A large grilled portabella mushroom cap is placed on a toasted whole wheat hoagie bun, served in a French onion sauce, topped with cooked onions and melted Swiss. Served with a side salad or cottage cheese. *9*

### ❖ Black Bean Burger

Char-broiled, seasoned, vegetarian patty of black beans, red peppers, panko bread crumbs and onions all served on a whole wheat Kaiser roll with lettuce, tomato and onion. Served with fresh fruit. *9*

### ❖ Caprese Salad

Mesclun mixed greens, slices of Roma tomato, fresh mozzarella, sliced hard-boiled egg, and fresh basil, finished with a sweet balsamic reduction. *10*

*Add 2 oz. grilled chicken 1.5*

### Jumbalaya Grilled Tiger Prawns

Cajun rubbed tiger shrimp are grilled to perfection and placed atop a spicy jumbalaya risotto and finished with fresh cilantro and lime. Served with a side salad. *30*

### ❖ Fresh Tomato Basil Fettuccine

This simple light Italian dinner is comprised of tender noodles with cherry tomatoes and fresh basil. The dish is finished with a splash of white wine and a light topping of parmigiano-reggiano. Served with a side salad. *16*

# Entrees

Each entree is served with your choice of soup or salad, and a choice of roasted garlic mashed potatoes, baked potato, sweet potato fries, wild rice pilaf, or French fries (*pre-designed selections do not include choice of potato*). Fresh vegetable may be substituted for potato or rice or have both for an additional dollar.

**Grilled Pork Tenderloin Medallions**  
Bacon wrapped cuts of pork smothered in a sweet spiced apple cranberry rum sauce. 19

**Sangria Chicken**  
A seasoned seared chicken breast glazed with Sangria marmalade, paired with a vegetable tango risotto, and finished with fresh cilantro. 20

**Jumbalaya Grilled Tiger Prawns**  
Cajun rubbed tiger shrimp are grilled to perfection and placed atop a spicy jumbalaya risotto. Finished with fresh cilantro and lime. 30

**Cedar Plank Salmon**  
A citrus infused Atlantic salmon filet baked on an aromatic white cedar plank. Paired with a native morel shiitake herb tossed orzo. 21

**Portabella Grilled Ribeye\***  
A well seasoned USDA Choice Angus ribeye grilled to your choosing, topped with a succulent portabella mushroom and a roasted onion sherry sauce. 24

**Canadian Walleye**  
Walleye filets prepared one of two delicious ways - take your pick:

**Coconut Almond Breaded Fillet**  
Pan fried to golden brown, and served with Wisconsin cranberry-kirsch butter. 21

**Sicilian Style**  
Lighter version seasoned with Mediterranean spices, baked and topped with a blend of Panko (Japanese bread crumbs) and Italian cheeses then finished with a roasted tomato, garlic, basil puree. 21

**Elk Medallions\***  
Tender medallions prepared one of two ways - both styles are wonderful - you choose: (*Chef prefers not to cook past medium*)

**Bleu Cheese and Panko Encrusted**  
Served with a fragrant herb cream sauce. 30

**Rosemary Pepper Seared**  
Served with a blueberry Balsamic Reduction. 30

**Chicken Saltimboca**  
A whole chicken breast is pounded down and rolled with thinly sliced ham and Provolone cheese, fresh herbs and spices, coated in Japanese bread crumbs and served with a creamy plum tomato sauce. 20

**Bistro Tender Mignons\***  
Three apple smoked bacon wrapped mignons grilled to your specifications, and then finished with a stout red onion cream sauce. 22

# Pastas

All pasta dishes are served with garlic bread and choice of a side salad, French onion soup, or soup of the day.

**Pasta Alla Phil**  
West 14th's ultimate pasta. Tender bowtie pasta tossed in a creamy sauce with three Italian cheeses, grilled chicken, bacon, white wine, red and green onions and tomatoes. 17

**Baked Ziti**  
A West 14th specialty. Fontanini Italian sausage sautéed in a tangy burgundy wine, plum tomato sauce, tossed with tender penne noodles, topped with Parmesan and mozzarella cheese and baked to perfection. 17 ❖ *Can be made vegetarian*

**Creamy Fettuccine with Chicken & Sundried Tomato**  
Fresh fettuccine tossed with chicken, basil, garlic, cracked peppercorns, white wine, shallots, nutmeg and a touch of cream. 17 ❖ *Can be made vegetarian*

**Pasta Del Veneto**  
Grilled strips of chicken breast served on a bed of fettucini, tossed with kalamata olives, artichoke hearts and onions in a light tomato sauce. Topped with crumbled feta. 18 ❖ *Can be made vegetarian*

❖ **Jitra's Pad Thai**  
This mildly spicy Thai vegetable and noodle dish consists of bean sprouts, peanuts, tofu, cilantro, scallions, and egg tossed together with a garlic soy based sauce. 17 *Add chicken 3 Add shrimp 4*

# Desserts

**Try our fabulous homemade desserts.**

**Ask what is available today.**

## ❖ Vegetarian Offering

Two dollar charge for split plate • 18% gratuity will be added for tables of 8 or more  
Our chefs are not responsible for red meat ordered well done.



**For adult meals to qualify for the Smart Meal™ program, they must contain:**  
Two servings or more of beans, whole grains, fruits or vegetables, 700 calories or less, 30% or less of total calories from fat or 23 grams or fewer of total fat, 10% or less of calories from saturated fat or 8 grams or fewer of saturated fat, 0.5 grams or less of trans fat, 1,500 mg or fewer of sodium.

\*Whether dining out or preparing food at home, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.