

# STARTERS

## DAILY BREAD

demi baguette - extra virgin olive oil -  
dried herb spice - parmesan 5.25

## TODAY'S SOUP

cup 5.50 bowl 6.50

## SALAD GREEN

seasonal greens - balsamic vinaigrette -  
candied walnuts - feta 5.50

## CHIPS & DIP

café potato chips -  
house/made french onion dip 7.25

## THAI CHICKEN MEATBALLS

house/ground chicken meatballs - coconut red  
curry sauce - local apple & brussels sprout slaw -  
cilantro - mint - toasted cashew - crispy shallot 12.95

## GUACAMOLE

house/made guacamole - roasted tomato salsa -  
warm tortilla chips 12.95

# FRESH & GREEN

## AUTUMN COBB SALAD

mixed greens - pepper bacon - roasted butternut  
squash - boiled egg - dried cranberries - toasted  
pecans - maytag blue cheese - pickled apples -  
cider dijon vinaigrette - grilled baguette 13.95  
add salmon or steak\* + 6.5,  
chicken or tofu + 5

## THE BIG GREEN

seasonal greens - balsamic vinaigrette -  
candied walnuts - feta - grilled garlic bread 12.95  
add salmon or steak\* + 6.5,  
chicken or tofu + 5

## KALE & QUINOA SALAD

grapes - dried cranberries - sunflower seeds -  
quinoa - parmesan - sherry vinaigrette -  
café garlic bread 12.95  
add salmon or steak\* + 6.5,  
chicken or tofu + 5

# OTHER STUFF

## PEANUT CHICKEN LETTUCE WRAPS

stir/fried ground chicken, bok choy, celery,  
carrot & peanut sauce - bibb lettuce -  
sweet plum & spicy mustard 14.95

## ST. LOUIS PIZZA

artisan dough - san marzano sauce -  
house/made italian sausage - soppressata -  
provel cheese blend - pickled peppers 14.95

## FISH TACOS

wood/grilled mahi mahi - warm flour & corn tortillas -  
chipotle mayo - café slaw - pico de gallo - cilantro -  
queso fresco + rice & beans 15.95

## FORBIDDEN RICE BOWL

emperors black rice & himalayan red rice -  
sweet soy - sautéed onions - broccoli -  
bok choy - snap peas - carrots 13.95  
add salmon or steak\* + 6.5,  
chicken or tofu + 5

## KOREAN STEAK & EGG

soy/ginger marinated hanger steak\* -  
kimchi fried rice - arugula -  
sweet chili aioli + sunny side egg\* 16.95

# BETWEEN BREAD

## IOWA PORK DIP

toasted artisan bolillo roll - shaved ham -  
pulled pork - pepper bacon - onion & fennel  
marmalade - stone ground mustard aioli - gruyere -  
pork jus + café potato chips 15.50

## CAFÉ BURGER

local beef\* - artisan café rosemary kaiser -  
white american cheese - bibb lettuce - tomato -  
pickled onion - russian dressing +  
café potato chips 15.50 add bacon + 1.50

## SALMON CLUB

artisan toasted ciabatta - wood/grilled salmon -  
pepper bacon - café slaw - tomato -  
pickled onion + café potato chips 15.95

## VEGGIE BURGER

artisan café rosemary kaiser -  
house/made veggie burger -  
white american cheese - lettuce - tomato -  
pickled onion - russian dressing  
+ café potato chips 14.95

subsalad green for chips + 1.95

sub cup of soup for side + 1.95

sub bowl of soup for side + 2.95

# AFTER FOUR

## JAMAICAN JERK RIBS

slow/roasted baby back ribs -  
house/made jerk bbq glaze -  
local iowa sweet corn & tomato salad 23.95

## PASTA BOLOGNESE

pork & veal meat sauce - pappardelle noodles -  
parmesan - garlic bread 19.95

## HARVEST SALMON

wood/grilled mustard glazed salmon -  
curried butternut squash puree - toasted farro,  
beets & brussels sprouts - walnut vinaigrette 23.95

## RED WINE BRAISED SHORT RIB

boneless short rib - cheddar scallion  
mashed potatoes - local green beans -  
garlic scape jus - crispy onions 24.95



# KID'S MENU

(5.95)

CHEESE QUESADILLA

BUTTERED NOODLES WITH PARMESAN

CHEESE PIZZA

SCRAMBLE AND BACON

GRILLED CHEESE

# TO DRINK

**WATER IS AVAILABLE UPON REQUEST**

FRESH SQUEEZED STRAWBERRY LEMONADE 3.25  
MILLSTREAM ROOT BEER 2.95  
MILLSTREAM CREAM SODA 2.95  
COKE, DIET, SPRITE 2.00  
ITALIAN SODA 3.75  
SAN PELLEGRINO SPARKLING WATER 3.25  
FLAVORED SAN PELLEGRINO 2.95

## BEER

bud light · anheuser-busch · missouri 4.5  
dorothy's new world lager · toppling goliath · iowa 6.5  
90 shilling amber ale · odell brewing · colorado 6  
hazelnut brown ale · rogue · oregon 6  
pseudo sue pale ale · toppling goliath · iowa 7.5  
furious ipa · surly · minnesota 7.5  
milk stout nitro · left hand brewing · colorado 6

## Red WINE

HOUSE · merlot · trinity oaks · california 5.5 / 25  
HOUSE · cabernet · trinity oaks · california 5.5 / 25  
pinot noir · bouchard · france 6.5 / 32  
malbec · dos fincas · argentina 6.5 / 32

## White WINE

HOUSE · chardonnay · trinity oaks · california 5.5 / 25  
riesling · st. urbanshoff · germany 6.5 / 32  
sauvignon blanc · matua · new zealand 6.5 / 32  
pinot grigio · quadri · italy 6.5 / 32

## SPARKLERS

prosecco · la marca · italy 6.5 / 32  
cava · jaume serra cristalino · spain 6.5 / 32

## HANDCRAFTED

### Shaker LIST

#### CAFÉ MARGARITA

tequila, gran gala, lime juice & simple syrup —  
served up or on the rocks 9

#### IOWA FASHIONED

cedar ridge bourbon, vanilla bean/brown  
sugar simple syrup, orange + bitters 9

#### KEY LIME MARTINI

malibu rum, stoli vanilla vodka, simple syrup,  
lime juice & cream 9

#### GIN BASIL SMASH

muddled basil, gin, lemon juice,  
simple syrup, club soda 9

#### ESPRESSO MARTINI

vodka, house/made coffee liqueur,  
la colombe espresso 9

\*these items are cooked to order & may be served raw or undercooked  
- consuming raw or undercooked meats, poultry, seafood, shellfish or  
eggs may increase your risk of food-borne illness.  
Please inform your server of any food allergies you have, for there are ingredients  
not listed on this menu. We will try to accommodate your food allergies.  
However, we cannot be responsible for individual reactions to any food products  
or guarantee that the food we serve is completely free from any allergen.

