

Beverages

Apple Cider 2 Milk 1

Meadow Herb Tea 1.50

Bottled Menno Tea 2.25

Hot Tea (from our eclectic selection) 1.50

Coffee – coming soon

Cucumber Apple Smoothie 2.50
hint of mint

Currant Smoothie 2.50
Yogurt, cider & cantaloupe

Pumpkin Chai (hot or cold) 2
star anise, cinnamon and more

Raspberry Energizer 2.50
granola, yogurt & honey

Super Berry Smoothie 2.50
cantaloupe, raspberries & aronia berries

** substitute coconut milk 2

Sweet Somethings

Assorted Cookies .50 each

Mooss (fruit soup) 2.50

Other delicious munches.....

Peacemeals Menu

Eat In or Take Out

10 am to 6 pm
Monday through Saturday

507-360-3293
1312 Mountain Lake Road
Mountain Lake, MN

Welcome to our table!

This menu meanders through the seasons
and changes accordingly.

*Our goal is to serve healthy, resilient food
that builds community and treasures
the earth we all call home.*

Sandwiches

Served on a bun with salad, veggies & dip

Banh Mi 7.50

peanut ginger sauce & pickled veggies

Beet & Feta Burger 7.50

hints of basil and garlic

Bierocks 7.50

cabbage & meat tucked in a pocket

Black Bean Burger 7.50

hearty with cumin & coriander

Meatball 7.50

spinach, tomato sauce & cheese

Turkey Burger 7.50

rosemary cream & pickled red onions

Ye Old Standby 5

MN made PB and our J

Wraps

Served with a salad, veggies & dip

Black bean 8

Corn, salsa and cheese

Caprese Turkey 7.50

basil, tomatoes & mozzarella

Curried Turkey with Rhubarb Chutney 8

lots of ginger with mint & cilantro

Hummus 7.50

caramelized onions, veggies & sunnies

Panini Sandwiches

Served on whole grain bread with salad, veggies & dip

Cheesy Caramelized Onion & Kale 7.50

kicked up classic comfort food

Reuben 7.50

smoked turkey, Jubilee sauerkraut & cheese

Double Swiss 8.00

Smoked turkey, Swiss chard, Baby Swiss cheese

Turkey Mostarda 7.50

Neufchatel with a cranberry & thyme sauce

****Gluten Free buns, pockets or pizza** 1.50 extra

Pizza 8 inch or 12 inch

Beet 7 10

beets, walnuts, Parmesan

Maple Smoked Turkey 8 11

maple syrup, rosemary, Cheddar, onion

Nutty Apple 7 10

Cheddar, maple syrup, caramelized onions v

Sausage 8 11

sun-dried tomatoes, tomato sauce, Mozzarella

Sausage & Sauerkraut 8 11

sausage, tomato sauce, Mozzarella

Say "Cheese" 7 10

tomato sauce, mozzarella v

Cheese over the Harvest 7 10

Seasonal veggies & tomato sauce

****Additional toppings** 2

Soups Cup 4 Bowl 6

Served with Jubilee bread and jam

Specials:

A cup of soup with a sandwich 10.50

A cup of soup and ½ panini 8.50

Broccoli Rice Medley

MN wild rice, Neufchatel and summer's bounty

Chili BEAN Chili

Black beans & garbanzos with zest!

Creamy Tomato & Apple

Mellow memories of fall

Turkey Vegetable

A medley of color & flavor

Ginger Carrot

creamy with coconut

Split Pea

Carrots & thyme with smoked turkey

Salads

Served with bread and jam

Crunchy Beet with Feta 9

grated raw veggies, mint, sunnies

Hummus & Pesto Plate 9

seasonal harvest, pickles & chips

Veggies & Sumac 9

cucumber, tomatoes and the rest of the story

****Chips & Salsa Plate** 3.50