

## Beverages

**Menno (meadow mint) Tea** 2.25

**Hot Tea** (from our eclectic selection) 1.5

**Joia Soda** 2

Blackberry, Pineapple, Grapefruit, Ginger Apricot, or Orange

**Virgil's Rootbeer** 2  
micro-brewed

**Pumpkin Chai (hot or cold)** 2.25  
*star anise, cinnamon and more*

**Fruit Energizer** 2.75  
*granola, yogurt, honey*

**Hot Cocoa** 2

**Super Berry Smoothie** 2.75  
*cantaloupe, raspberries & aronia berries* LV

**Milk** 1

**Coffee – French Press** 2.5    **20 Oz** 3  
*Equal Exchange Columbian or Ethiopian organic beans*

**\*\* substitute coconut milk** 2 extra

## Sweet Somethings

**Assorted Cookies** .50 each L

*Jubilee tweaked with 100% whole grains:  
cardamom, currant & coconut, chocolate, date pinwheel,  
peanut butter, super take 10, double ginger, snickerdudes,*

**Fruit Sauce or Mooss**

**Cup 3 Bowl 5**

Selected from our berries & fruits

We enjoy the challenge of serving real food that is authentic,  
tasty and of course good for you.

Our menu symbols have the following meaning:

L Lactose free

V Vegan – no animal products

GF Gluten free – bread products available

☺ < 650 calories  
< 30% of calories from fat  
< 750 mg sodium  
50% whole grain bread  
No trans fat  
2 servings of fruits/veggies

🍏 < 600 calories  
< 30% of calories from fat  
< 600 mg sodium  
50% whole grain bread  
No trans fat  
2 servings of fruits/veggies

The ability to analyze our recipes for their nutritional content is due to a unique affiliation with Community Wellness Partners, which receives funding from the Minnesota Department of Health and the Centers for Disease Control & Prevention.



Farms we rely on for our great food:

Boss Ridge Ranch: grass-fed beef

Ferndale Farms: free range turkeys

Jubilee Fruits & Vegetables, LLC

Prairie Pride Farm: certified Kurobuta Berkshire pork

Whole Grain Milling, Co.

# 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 Jubilee bun with a salad & corn chips  
Substitute **GF** bread 1.5 Add cheese 1

🍏☹️ **Banh Mi** 7.5

peanut ginger sauce & pickled radish L

**Beef Burger** 10

grass-fed goodness with a pickle or two L

🍏☹️ **Beet & Feta Burger** 7.5

hints of basil and garlic

🍏☹️ **Bierocks** 8

cabbage & meat tucked in a pocket L

🍏☹️ **Black Bean Burger** 7.5

hearty with cumin & coriander L

☹️ **Bossy Meatball** 8

tomato sauce & cheese

**Braised Pulled Pork** 10

house barbecue sauce L

🍏☹️ **Turkey Burger** 7.5

rosemary cream & pickled onions

🍏☹️ **Ye Old Standby** 5

MN made PB and our J L V

## Sides

**\*\*Chips & Salsa Plate** 3.5 GF L V

**Jubilee Greens** 4 GF L V

**Cup of Soup** 3

**Sauerkraut** 3 GF L V

**Jubilee Vegetables** 3 GF L V

sweet corn, sweet peas, green beans, broccoli

**Garlic bread basket** 4 L V

olive oil and roasted garlic

**Pasta & Pesto** 4 L V

## Panini Sandwiches

Served with Jubilee bread, a salad & corn chips

🍏 ½ panini sandwich 6.5 or 8.5

**Cheesy Caramelized Onions** 8

Baby Swiss cheese, roasted garlic

**Cuban** 10

dill pickle, smoked turkey, roast pork & Swiss cheese

☹️ **Pesto & Company** 8

roast turkey & Mozzarella

☹️ **Reuben** 8

smoked turkey, Jubilee sauerkraut & cheese

☹️ **Turkey Mostarda** 8

Neufchatel with a cranberry & thyme sauce

## Pizza

**8 inch or 12 inch**

Substitute **GF** crust 2

**Beet Pesto** 8 11

rosemary, walnuts, Parmesan

**Braised Beef Pizza** 8 11

caramelized onions, sweet & hot peppers,  
Cheddar & barbecue sauce

**Maple Smoked Turkey** 8 11

maple syrup, rosemary, Cheddar, onion

**Nutty Apple** 8 11

Cheddar, maple syrup, caramelized onions

**Ratatouille with Cheese** 7 10

hearty tomato sauce with eggplant & zucchini

**Sausage** 8 11

Delicata squash, tomato sauce, Mozzarella

**Sausage & Sauerkraut** 8 11

sausage, tomato sauce, Mozzarella

**Say "Cheese"** 7 10

tomato sauce, Mozzarella

## Soups Cup 4 Bowl 6

Served with Jubilee bread and jam

**Beef Vegetable**

Homemade noodles & summertime in a bowl L

**Broccoli Rice Medley**

MN wild rice, Neufchatel & summer's bounty GF

**Chili BEAN Chili**

full of vim & zest GF L V

**Creamy Tomato & Apple**

mellow memories of fall GF

**Ginger Carrot**

creamy with coconut GF L V

**Maple Squash**

smooth & rich with a hint of apple GF L

**Turkey Vegetable**

a medley of color & flavor L

**Potato Leek Soup**

simple humble soup for a wintry day GF

**Split Pea**

carrots & thyme with smoked turkey GF L

## Homemade Pasta

small 7 large 10

Served with garlic bread

**Ravioli**

cheese, meat & squash with our tomato sauce

**Spaghetti**

meatballs and our tomato sauce L

## Salads

Served with Jubilee bread and jam

**High Five Salad** 7.5

greens, smoked turkey, fruit, caramelized walnuts & feta

**Hummus & Pesto Plate** 7.5

seasonal harvest, pickles & chips GF L V