



ORGANIC HERBAL MARTINIS & HERBAL LIBATIONS

Bloody Mary

Hybrid organic vodka or gin infused with fresh cilantro and French Meadow spicy house-made organic Bloody Mary mix.

Antioxidant Martini

Organic vodka or gin, organic pomegranate juice and a splash of Cointreau. Garnished with fresh orange and fresh mint.

Pear Illusion Martini

Organic vodka or gin, organic pear juice, ginger and orange zest. Garnished with fresh mint and orange. A "Pear" experience like no other!

Ultimate Mojito

Fresh mint leaves, fresh lime and organic white rum with our own mint infused organic sugar and a splash of soda.

Cosmic Cosmopolitan

Organic vodka or gin, organic cranberry juice and a splash of lime juice. Garnished with fresh orange.

Zen Martini

Organic vodka or gin, green tea and a splash of lemon juice. Garnished with a sprig of fresh mint and a lemon twist. Enlightening & Refreshing!

WINES

White Wines

White Zinfandel, Beringer
Riesling, Relax
Pinot Grigio, Robert Mondavi
Pinot Grigio, Five Rivers
Vinho Verde, Gazella
Chardonnay, Sterling Vineyards
Chardonnay, Beaulieu Century Cellars
Organic Chardonnay, Bonterra

Red Wines

Merlot, Sterling Vineyards
Organic Merlot, Jean Bousquet
Pinot Noir, Five Rivers
Renwood Syrah
Cabernet, Beaulieu Century Cellars
Organic "Radical" Cabernet, Wine Works
Tempranillo, Santana
Malbec, Vina Organica

BEERS

Draft Beers

Bass Ale
Bells Amber
Samuel Adams
Bud Light
Budweiser
Wild Hops Organic

Bottle Beers

Heineken
Heineken Premium Light
Stella Artois
Summit Pale Ale
Bells Two Hearted Ale
Corona Extra
Amstel Light
St. Pauli N.A.



STARTERS

Chicken & Fontina Pizza

Flat bread pizza with grilled chicken, fontina cheese, caramelized onions, pine nuts and rosemary. 8.99

Tomato Pesto Flat Bread Pizza

With roasted tomatoes, kalamata olives, basil pesto and parmesan cheese. 7.99

Black Bean & Chicken Quesadilla

Our organic white tortilla with black beans, chicken and Wisconsin mozzarella. Served with house-made salsa and guacamole. 8.99

Turkey & Goat Cheese Quesadilla

Our organic sprouted whole grain tortilla with chipotle goat cheese, smoked turkey, black beans and avocado pico de gallo. 8.99

Organic Herb Potato Wedges

Wedged organic russet potatoes, seasoned with kosher salt, black pepper, oregano, basil and shredded parmesan cheese, with our own bleu cheese dipping sauce. 6.99

"Signature" Brushetta

Grilled organic ciabatta bread, topped with marinated fresh tomato, fresh basil, capers, garlic and extra virgin olive oil. 6.99

Vegan

Five Spice Chicken Wings

Wings tossed with five spice seasoning, cayenne pepper and oven browned. Served with fresh carrots, celery and our own bleu cheese dipping sauce. 8.99

HEARTY SOUPS & SALADS

Chicken & Wild Rice

Tomato Basil

Vegan

Vegan Black Bean Chili

Soup of the Day

Served with organic sourdough bread. 5.99

The French Meadow House Salad

Organic field greens with carrots, cherry tomatoes, toasted organic sunflower seeds, shredded beets and balsamic vinaigrette. 6.99

Vegan

The French Meadow House Salad

Topped with Grilled Chicken. 8.99

Topped with Grilled Salmon. 9.99

Chicken Caesar Salad

Chicken breast, organic romaine hearts, organic croutons, house-made Caesar dressing and parmesan cheese. 9.99

City Cobb Salad

Organic field greens, hard boiled eggs, grilled chicken breast, roasted tomatoes, applewood smoked bacon, kalamata olives, and bleu cheese with house-made avocado lime dressing. 9.99

Roasted Beet & Pear Salad

Organic mixed field greens, roasted beets, caramelized pears, bleu cheese and toasted walnuts with house-made tarragon shallot vinaigrette. 8.99

French Meadow Bakery & Café Voted "Best Restaurant at Minneapolis-St. Paul International Airport" by Minneapolis-St. Paul Magazine in 2006

SANDWICHES & LIGHTER FARE

Served with choice of one side

Grilled Rachel Sandwich

Thinly sliced turkey, sauerkraut, tomato caper aioli, and Swiss cheese on organic rustic rye bread. 8.99

Chicken Breast Sandwich

Grilled chicken breast, guacamole, spinach, tomato and garlic aioli on organic ciabatta bread. 8.99

Smoked Bacon & Turkey Croissant

Smoked turkey and bacon with Swiss served on a grilled croissant with spinach, tomato and garlic-chive aioli. 8.99

Grilled Tempeh Reuben

Marinated and grilled tempeh with sauerkraut and tomato-caper tofu dressing on organic rye bread. 8.99

Vegan

Veggie Burger

Our own special veggie burger with Swiss cheese, lettuce, tomato, pickle and tomato-tofu mayonnaise on an organic sprouted-whole grain bun. Served with Firecracker Slaw. 7.99
Remove the cheese for a 100% Vegan Burger

"Signature" Sides

Herb Potato Wedges • Spicy Firecracker Slaw • Organic Mixed Greens
Organic Brown Rice • Minnesota Wild Rice

ENTRÉES

Pasta Pomodoro

Organic pasta with a classic Italian fresh tomato sauce and organic garlic toast ciabatta. 12.49

Pan-Seared Miso Salmon

With garlic mashed potatoes, sautéed kale, black sesame seeds and a wasabi oil. 18.99

"Signature" Butternut Squash Ravioli

Hand rolled and stuffed pasta with roasted butternut squash and bleu cheese. Finished with sage infused brown butter and freshly shredded parmesan cheese. 14.99

Pan-Seared Walleye

With walnut vinaigrette, broccolini and hand harvested Minnesota wild rice. 19.99

Grilled Tempeh Cutlet

Organic tempeh cutlets served with an orange vinaigrette, spicy coconut red beans, organic brown rice and sautéed kale. 12.99

Vegan Chili & Rice

Our Vegan black bean chili served over organic brown rice. 6.99

Vegan



BREAKFAST

French Meadow Famous Fruit & Nut Pancakes

Served with pure maple syrup. 6.99

Omelet of the Day

A specialty three egg omelet made with the freshest seasonal ingredients. Served with crispy hash browns and organic sourdough toast. 8.99

Organic Oatmeal

Topped with fresh organic apples, organic bananas, organic raisins and toasted organic sunflower seeds. Served with steamed 2% milk or soy milk and organic sourdough toast. 5.99

Vegan & Organic

Breakfast Quesadilla

Organic sprouted whole grain tortilla filled with eggs, cheddar cheese, black beans and spinach. Served with chipotle sour cream, guacamole and salsa. 8.99

Hash Browns

Golden hash browns with grilled onions, roasted peppers, tomatoes, roasted garlic, cheddar cheese and applewood smoked bacon. 6.99

Add two eggs 2.99

Classic Egg Breakfast

Two eggs cooked to order, served with crispy hash browns, applewood smoked bacon and organic sourdough toast. 7.99

Breakfast Burrito

Organic tortilla filled with eggs, cheddar cheese, scallions and hash browns, topped with vegetarian black bean chili.

Served with chipotle sour cream and house-made salsa. 8.99

Egg & Bacon Croissant

Filled croissant with eggs, Swiss cheese, applewood smoked bacon, spinach, tomato and guacamole.

Served with crispy hash browns. 8.99

High Health & Energy Breakfast

Two slices of our Organic High Protein & High Fiber Men's, Women's, Healthy Hemp or Healthseed Spelt Bread toasted and served with organic peanut butter and fresh organic fruit. 7.99

Vegan & Organic

Ask your server for our full selection of organic juices and morning beverages

Breakfast is served from 6:00 am to 10:30 am

DESSERTS

Minnesota Wild Rice Cake

Topped with caramel sauce
and whipped cream. 5.99

Warm Apple Crisp

Topped with a dollop of
whipped cream. 5.99

French Meadow Cheesecake

Turtle cheesecake with caramel sauce. 5.99


Raspberry cheesecake with raspberry sauce. 5.99

Lemon cheesecake with gingersnap crust. 5.99

FRENCH MEADOW BAKERY

Since 1985 French Meadow Bakery has produced the most pure, organic and artfully crafted yeast free breads. Composed simply of organic stoneground grains, sprouted grains, unrefined sea salt, and purified water, our goal is to bake the most natural and exceptionally nutritious breads available anywhere and educating our customers on the benefits of organic farming. French Meadow Bakery is the longest continuously Certified Organic Bakery in the U.S. and is committed to using only non-GMO ingredients to create breads that complement a healthy lifestyle. French Meadow is celebrating over 20 years of baking with organic grains that are grown in balance and harmony with nature....sustaining the health of our bodies and the health of our planet.

Not merely a healthy product, French Meadow breads are renowned for their excellent taste and texture, and have been twice named by Bon Appetit Magazine as one of the TEN BEST bread bakeries in the U.S.A.



“French Meadow Revolutionizes Bread Baking” was the cover story in Baking Management Magazine – April 2004. Our signature innovative functional breads are the reason we have received such recognition. Woman’s, Men’s, Healthy Hemp, and Healthseed Spelt Breads offer balanced nutrition in one slice of bread – A meal in a slice of bread. High in protein, fiber and omega 3 & 6 essential fatty acids, they are naturally low in carbohydrates.

“Certified Organic” assures you the product’s ingredients are grown and processed without the use of chemicals, pesticides, herbicides synthetic fertilizers, bioengineering, or ionizing radiation. Organic farmers emphasize the use of renewable resources and the conservation of the soil and water to enhance environmental quality for future generations.

Please visit our original café in Minneapolis at 2610 Lyndale Avenue South and you will experience why French Meadow Bakery & Café has received many coveted awards!

“Best Vegetarian”

.....MPLS. St. Paul Magazine...2005 Diner’s Choice Awards

“Best Bakery”

.....City Pages 2005

“Best Vegetarian Café”

.....City Pages 2004

“Best Bakery”

.....Lavender Magazine 2004

At the Minneapolis-St. Paul Int’l Airport, we’re located on
Concourse F across from Gate 4 and at Northstar Crossing, Gate E.