


# THE MOST IMPORTANT MEAL OF THE DAY

## JUICE & SMOOTHIE BAR

<b>Fresh Squeezed Orange Juice</b>	<b>5.5</b>
<b>Apple, Grapefruit, V8 or Cranberry Juice</b>	<b>4.5</b>
<b>Fruit Smoothie</b>	<b>8</b>
<i>Bananas, strawberries, blueberries, yogurt</i>	

## FRUITS & GRAINS

<b>FireLake Blueberry Muesli</b> ~ <i>gluten free, dairy free &amp; vegan</i>	<b>10</b>
<i>Gluten free grains, dried &amp; fresh fruits, seeds, nuts, almond milk</i>	
<b>Steel Cut Oatmeal</b>	<b>9</b>
<i>Brown sugar, seasonal berries</i>	
<b>Greek Yogurt &amp; Housemade Granola Parfait</b> 	<b>9</b>
<i>Seasonal berries, rooftop honey</i>	

## EGGS ~ *Served with rosti potatoes or fresh fruit*

<b>Farmhouse Breakfast*</b>	<b>14</b>
<i>Two cage free eggs your way, choice of pecan bacon, rope sausage, wild rice sausage links or Minnesota back bacon, choice of toast</i>	
<b>Garden Omelet</b>	<b>14</b>
<i>Three cage free eggs, tomatoes, onions, peppers, spinach, fontina cheese, choice of toast</i>	
<b>Whole Hog Omelet</b>	<b>15</b>
<i>Three cage free eggs, pecan wood smoked bacon, wild rice sausage links, Minnesota back bacon, provolone, choice of toast</i>	
<b>Classic Eggs Benedict*</b>	<b>14</b>
<i>Minnesota back bacon, hollandaise, asparagus</i>	
<b>Avocado Brioche Benedict*</b>	<b>16</b>
<i>Minnesota back bacon, avocado, grilled tomato, brioche, hollandaise</i>	
<b>Breakfast Sandwich*</b>	<b>15</b>
<i>Croissant, shaved Minnesota back bacon, avocado, tomato, fried egg, fontina, arugula</i>	

## SKILLETS & HASH ~ *Served with choice of toast*

<b>FireLake Walleye Hash*</b>	<b>15</b>
<i>Minnesota walleye, scallions, peppers, over easy eggs, rosti potatoes, asparagus, hollandaise</i>	
<b>Sausage Skillet*</b>	<b>14</b>
<i>Housemade smoked rope sausage, peppers, onions, rosti potatoes, sausage gravy, sunny side up eggs</i>	
<b>Prime Rib Hash*</b>	<b>16</b>
<i>Peppers, onions, scallions, rosti potatoes, broccolini, sunny side up eggs</i>	


## CAFFEINE

<b>Lavazza Coffee</b> ~ <i>with refills</i>	<b>5</b>
<b>Lavazza Espresso</b>	<b>4</b>
<b>Lavazza Americano</b>	<b>5</b>
<b>Lavazza Latte</b>	<b>6</b>
<b>Lavazza Cappuccino</b>	<b>6</b>
<b>FireLake Hot Chocolate</b>	<b>4</b>
<i>Chocolate, steamed milk, whipped cream</i>	
<b>Rishi Organic Tea</b>	<b>5</b>

## BLU'S BEES ~

As part of our commitment to the environment, we have partnered with the University of Minnesota's Bee Squad to have colonies of honey bees live as permanent guests on our roof. These bees help pollinate 35% of the global food supply and 80% of flowering plants. Please enjoy this excess honey and unique gift from our rooftop guests.

## GRIDDLE & IRON

<b>Brioche French Toast</b>	<b>15</b>
<i>Cinnamon brioche, strawberries, walnuts, Minnesota maple syrup</i>	
<b>Buttermilk Flapjacks</b>	<b>13</b>
<i>Minnesota maple syrup</i>	
<b>Blueberry Blitz</b> 	<b>16</b>
<i>Buttermilk Flapjacks, lemon zest cream cheese spread, fresh blueberries, rooftop honey, toasted cinnamon streusel, blueberry compote</i>	

*Sugar free syrup available upon request*


## FRESH ~ LOCAL ~ SUSTAINABLE

Our philosophy is simple: source the very best regional products, prepare these ingredients over real burning wood, and serve this delicious food in a pure and uncontrived manner. Our name says who we are, a restaurant about the complex flavors of real burning wood (FIRE) from the land of 10,000 lakes (LAKE).

## IN ADDITION

<b>Muffin Top</b>	<b>4</b>
<b>Toast</b> ~ <i>Sourdough, whole wheat or English muffin</i>	<b>3</b>
<b>Fresh Baked Bagel</b>	<b>5</b>
<b>Pecan Wood Smoked Bacon</b>	<b>5</b>
<b>Housemade Smoked Rope Sausage</b>	<b>5</b>
<b>Wild Rice Sausage Links</b>	<b>5</b>
<b>Apple Wood Smoked Minnesota Back Bacon</b>	<b>6</b>
<b>Cage Free Egg Duo*</b>	<b>5</b>
<b>Fresh Fruit Cup</b>	<b>5</b>
<b>Rosti Potatoes</b>	<b>4</b>

## MORNING COCKTAILS

<b>Early Riser</b>	<b>10</b>
<i>Campari, fresh squeezed orange juice</i>	
<b>The Blu Blood</b>	<b>11</b>
<i>St. George Greene Chile vodka, bloody mix</i>	
<b>Apple Cider Mimosa</b>	<b>10</b>
<i>Pepin Heights Cider, brut, cinammon sugar</i>	
<b>The Loon</b> 	<b>13</b>
<i>Wheatley Vodka, Domaine de Canton Ginger liqueur, pink grapefruit juice, rooftop honey syrup</i>	
<b>Bourbon Milk Punch</b>	<b>13</b>
<i>Buffalo Trace bourbon, half &amp; half, vanilla simple syrup, grated nutmeg</i>	
<b>Sunrise Sidecar</b>	<b>13</b>
<i>Massenez Williams pear Eau-de-vie, Cointreau, house sweet &amp; sour, sugared rim</i>	

## OUR PARTNER RANCHERS, FARMERS & ARTISAN PRODUCERS

Stickney Hill Dairy ~ Eichten's Farms ~ Homestead Mills ~ Belgioso ~ Wild Acres ~ Revol Farms ~ New French Bakery ~ South Eastern Food Network ~ Gentleman Forager ~ Pahl Farms ~ Happy Fish Aquaponics ~ Anderson's Maple Syrup ~ Pariseau Farm ~ Faribault Dairy ~ Axdahl Farms ~ Red Lake Nation ~ James Lake ~ Pepin Heights Apple Orchards ~ Grass Land Butter ~ Sartori ~ Stony Creek Dairy ~ Montchevre ~ Singerhouse Farms ~ Hooks Cheese ~ Future Farm ~ Alemar Cheese Company ~ Comfrey Farms ~ University of Minnesota Bee Squad

**We are happy to split plates upon request for an additional \$3.00**  
**Substitutions are subject to additional charge**

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have medical conditions.*