

APPETIZERS

VEGETARIAN SPRING ROLLS 8.95

Two rice paper rolls filled with napa cabbage, rice noodles, carrots, basil, mint, cucumber and ginger. Served with Thai peanut dipping sauce and wasabi.

GOLDEN HARISSA HUMMUS 10.95

Golden turmeric hummus topped with harissa. Served with watermelon radish, celery, carrots, cucumber, mini sweet peppers.

BACON ARTICHOKE DIP 11.95

Artichoke, bacon, mozzarella, Parmesan, onion and Fresno pepper dip served with mini sweet peppers.

AHI POKÉ BOWL* 12.95

Raw Ahi tuna, cucumber, onion and avocado tossed in a citrus soy dressing. Topped with seaweed salad and sesame seeds. Served with lettuce wraps.

SALADS

Add chicken 3.95 / Atlantic salmon 6.95 / Tofu 3.95

ALL KALE CAESAR* 10.95

Lacinato kale, grape tomatoes and shaved Parmesan tossed in a traditional Caesar dressing. Served with a grilled lemon wedge.

ROASTED BEETS & SWEETS 10.95

Roasted golden beets and sweet potatoes, arugula and goat cheese tossed in a mustard citrus vinaigrette.

CENTRAAL 9.95

Organic spring mix, apples and sliced almonds tossed in a lemon dressing.

STRAWBERRY BRIE & AVOCADO 11.95

Organic spring mix, avocado, strawberries, Brie, grape tomatoes and red onion tossed in a basil-dijon vinaigrette.

BURGERS & SANDWICH

Our burgers are grass-fed, grain-finished, fresh Angus patties that are free from any antibiotics and hormones. All burgers and sandwiches are served on an Udi's gluten free bun and with a small Centraal salad (contains bleu cheese).

CENTRAAL BURGER* 13.95

A sea-salt and black pepper seasoned patty, with sautéed mushrooms and Swiss cheese.

BAY VIEW BURGER* 14.95

A sea-salt and black pepper seasoned patty with bacon and Wisconsin aged sharp cheddar.

SINGLE SPEED BURGER* 11.95

A sea-salt and black pepper seasoned patty.

SPICY BACON AVOCADO BURGER* 15.95

A sea-salt and black pepper seasoned patty topped with three chili Gouda, avocado, bacon and chipotle Cholula.

GRILLED CHICKEN & AVOCADO 14.95

Grilled chicken breast with avocado, bacon, spicy red onion jam and basil aioli.



GLUTEN-FREE

ENTREES

MUSHROOM GARLIC RISOTTO 14.95

Arborio rice mixed with creamy Brie, roasted mushrooms and garlic. Topped with arugula and drizzled with chili and chive oil. Add chicken 3.95

SHORT RIB NOODLE BOWL 17.95

House-braised and caramel-glazed short ribs and mushrooms over broccolini, red peppers, bok choy, carrots, green onion and rice noodles. Topped with fried garlic.

ROASTED HALF-HEN 15.95

Oven-roasted half-chicken over roasted fingerling potatoes and topped with a white wine butter sauce. Served with haricots verts.

DRINKS

TRADITIONAL BLOODY MARY 8.5

Prairie gluten free vodka, house-made bloody mix and all the fixins'.

LAKEFRONT BREWERY NEW GRIST 5

Brewed from sorghum, hops, water, rice and gluten-free yeast. Light body with crisp carbonation.

STRONGBOW DRY CIDER 7.5

A dry crisp cider that's light in taste and very refreshing! Served in an oversized can.

GREEN'S "ENDEAVOR" DUBBEL 10

A gluten-free dubbel! Light-bodied for the style and made from millet, rice, buckwheat and sorghum. Aromas of dark malts and apples are coupled with slight caramel and tangy fruit flavors.

CRISPIN CIDER 6

Tart apple classically styled cider with a creamy refreshing mouthfeel.

J.K.'S SCRUMPY HARD CIDER 6

Fermented naturally in small, artisanal batches from a proprietary blend of organic apples grown at Koan Family Orchards in Michigan, Scrumpy is the cider all other ciders wish they could be—fresh and juicy with just a hint of sweet spice. Unforgettable.

CAFECENTRAAL.COM

Café Centraal supports local farmers and businesses by searching for the best locally grown or produced ingredients available.

 These items are vegetarian  These items are vegan Many of our vegetarian items can be made vegan- ask your server! 05152018

*Items contain or may contain raw or undercooked meats. Whether dining out or preparing food at home, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



GLUTEN-FREE BRUNCH

SERVED SATURDAY & SUNDAY FROM 8AM - 3PM

EGGS

CLASSIC EGGS BENEDICT* 11.95

Poached eggs and Canadian bacon served over sautéed spinach and tomatoes. Smothered in our house-made Hollandaise sauce. Served with a side of fruit.

GREEN THUMB OMELET 11.95

Fresh spinach and basil combined with herb cream cheese. Served with a side of fruit.

EGG WHITE OMELET 11.95

Egg whites, asparagus, avocado, sweet peppers, roasted mushrooms and aged cheddar served with a side of fruit.

HAM AND CHEESE OMELET 11.95

Black Forest ham and white cheddar. Served with fruit.

AMERICANA* 10.95

Two eggs your way. Served with your choice of bacon, Black Forest ham or sausage links and a side of fruit.

SCRAMBLED TOFU RANCHEROS 8.95

Spiced tofu with onions and peppers, chili roji, chili black beans and avocado. Served with corn tortillas.

VEGGIE BREAKFAST BOWL* 10.95

Chili oil tossed roasted red onion, mushrooms, butternut and yellow squash, zucchini, bok choy, Fresno peppers, sweet peppers and spinach finished with a drizzle of Sriracha yogurt and topped with fried eggs and green onions.

LIGHTER FARE

FRESH FRUIT PLATE 8.95

Honeydew melon, cantaloupe, pineapples, grapes, strawberries, blueberries and raspberries.

BANANA BERRY SMOOTHIE BOWL 7.95

Blackberry, blueberry and banana smoothie topped with home-made granola, fresh berries and bananas.

BLUNCH

All burgers are served with an Udi's gluten free bun and with a small Centraal salad (contains bleu cheese).

BAY VIEW BURGER* 14.95

A grass-fed, grain-finished, fresh Angus patty seasoned with sea-salt and black pepper, topped with bacon and Wisconsin aged sharp cheddar.

ROASTED BEETS & SWEETS 10.95

Roasted golden beets and sweet potatoes, arugula and goat cheese tossed in a mustard citrus vinaigrette.

CENTRAAL SALAD 9.95

Organic spring mix, apples and sliced almonds tossed in a lemon dressing.

We do our best to ensure that all food on this menu is gluten-free, but we cannot guarantee with 100% certainty that the ingredients have never come into contact with any gluten products. We try our best to stay informed about gluten allergies, however, not all ingredients are listed in this menu. Please inform your server of allergies you have and we will do our best to accommodate your needs.

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