



How Would You Like Your Eggs?

Full Boat	\$10.50
3 *Eggs, Hash Browns, Bacon & Sausage, 2 Buttermilk Pancakes	
Fish in the Boat	\$10.50
Pan-fried Lake Superior Trout, 2 *Eggs, Skillet Potatoes & Toast	
O'Dark Early	\$8.50
3 *Eggs, Hash Brown Potatoes, Bacon or Sausage & Toast	
	2 *Eggs, Potatoes, Meat, Toast \$7.50
	2 *Eggs Potatoes, Toast \$5.50
	2 *Eggs & Toast \$4.00
Meat Skillet	\$9.50
*Eggs, Bacon, Sausage, Potatoes, Onions Served with Toast and Café Jam.	
River Barge (Egg Sandwich)	\$4.75
1 Scrambled *Egg, Bacon, Cheddar on Toast	
Toad in the Hole	\$2.50
Toast w/ 1 *Egg Nestled Inside	

With Pure Maple Syrup

Pannukakku (Finnish Pancake)	\$7.25
Worth the Wait!	
Lily Pads in the Pond	\$5.75
3 Rich Buttermilk Pancakes	
	5 Pancakes \$7.75
Turtles in the Pond *V Gluten Free	\$6.25
3 Buckwheat Pancakes	
	5 Pancakes \$8.25
	Add Dried Cherries +\$0.75
Warm Blankets	\$6.75
3 Gingerbread Pancakes Topped w/ Whipped Cream	
	5 Pancakes \$8.25
River Rafts	\$6.50
4 French Toast made from Huron Mtn Italian Bread	
Add Sautéed Apples & Cherries on top	\$3.50

Omelettes

Served w/ Toast & Café Jam \$8.75

Farmer's

Bacon, Sausage, Hash Browns, Onion, & Cheddar

Italian

Cudighi Sausage, Tomato, Spinach, Mushrooms, Basil & Shredded Parmesan

Steak

Sirloin, Mushrooms, Onions, Garlic & Swiss

Substitute All Egg Whites +\$1.00

Light~Hearted

Swamp Thing~ *V \$8.50

Skillet Potatoes, Quinoa, Spinach, Tomatoes, Onions, Served with Earth Balance Toast & Café Jam

Daylight in the Swamp *V \$4.75

Oatmeal with Fresh Apples, Dried Cherries, Cinnamon, & local Maple syrup
Add Almonds or Pecans **\$5.25**

Washed Ashore \$3.50

Warm Apples & Cinnamon w/ a wedge of Cheddar Cheese

Substitute Almonds or Pecans *V **\$3.50**
or w/ Juustoa Finnish cheese **\$5.50**

Lost in the fog \$3.50

Vanilla Yogurt & Fruit

Sides:

Keweenaw Sausage or Hickory Bacon \$3.00

Toast From Huron Mountain Bread Co \$2.25

Italian

Lake Superior Wild Sourdough *V

Marble Rye *V

7 Grain

From Trenary Toast ~ Limpu *V

Hash Browns \$3.00

Fresh Local Potatoes Topped with Butter

With Onion **\$3.50**

Skillet Potatoes *V \$3.00

Hand Cut Fresh Local Potatoes Seasoned in Olive Oil.

*Cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.



Sandwiches

*All sandwiches are accompanied
by your choice of side dish.*

The Rock River *Burger 1/2# \$9.25
1/4# \$8.25

Painted with Tart Cherry BBQ Sauce and
Covered with Sauteed Sweet Onions.

Delux *Burger 1/2# \$8.75
1/4# \$7.75

Served with Lettuce, Tomato, Onion, Mayo.

Cheddar Burger 1/2# \$8.75
1/4# \$7.75

Sharp Cheddar Cheese with Cafe' Pub Sauce.

Bacon Blue *Burger 1/2# \$9.75
1/4# \$8.75

Hickory Smoked Bacon, Bleu Cheese and Pub
Sauce on a Trenary Bun.

Mushroom Swiss Bacon Burger 1/2# \$9.75
1/4# \$8.75

Diner Burger 1/2# \$8.00
1/4# \$7.00

Ketchup, Mustard, Pickles.

Add Cheddar or Swiss +\$0.75

Add Hickory Smoked Bacon +\$0.75

Whitefish Sandwich \$8.50

Pan Fried & Served on Trenary Bun with
Lettuce, Tomato, and Homemade Tartar Sauce.

Chicken BLT \$8.75

Grilled Chicken Breast BLT served on Trenary
Bun with Roasted Red Bell Pepper Mayo.

BLT \$6.75

With Hickory Smoked Bacon On Italian Toast.

Portabella Sandwich *V \$9.75

Topped with Wild Pickled Leeks & Maple
Vinaigrette on Grilled Trenary Limpu Bread.

Grilled Cheddar Cheese \$6.75

Deluxe Grilled Cheddar Cheese \$7.25

Tomato and Sweet Onion added to the Classic.

Grilled Bacon & Swiss

\$7.25

Hickory Smoked Bacon on 7-Grain Bread.

Cudighi Sausage \$8.75

With Mozzarella & Lettuce, Tomato, Red
Pepper Mayo on a Trenary Bun.

Platters

Lake Trout \$9.25

Pan Fried with Steak Fries and Rock River Fruit.

Portabella Plate *V \$9.25

Sauteed with Onions, Garlic and Quinoa; Served
with Steak Fries and Rock River Fruit.

Lasagna \$9.25

Lunch Sized Portion Served with Side Salad &
Bread.

Upper Peninsula Pasty \$7.95

Pasty Served with Mixed Local Greens and Cafe'
Dressing.

Appetizers

Potato Pancakes \$8.25

Served with Sautéed Apples & Juustoa (Finnish
Squeaky Cheese).

Warm Juustoa and Jam with Limpu \$12.95

For four.. \$18.95

A Taste of Local Finnish Cuisine with Squeaky
Cheese & Old Country Rye.

Bruschetta \$8.25

Cudighi Sausage, Tomatoes, Basil, Parmesan
broiled on Italian Bread.

Soups and Salads

True North Salad *V \$7.50

Seasonal Mixed Greens with Dried Traverse City Tart
Cherries, Pecans, Apples.

Add Grilled Chicken \$10.50

Rock River Spinach Salad \$8.50

Spinach Tossed with Red Onions, Dried Cherries, Sweet
Dumpling Squash Seeds, Hot Bacon Dressing & Bleu
Cheese.

Add Grilled Chicken \$11.50

Bowl of Soup \$5.75

Sides

Cup of Soup \$3.75

Steak Fries *V \$3.50

Side Salad *V \$3.50

Rock River Fruit *V \$3.75

Sauteed Michigan Apples & Cherries in Maple.

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Coffee

Fair Trade Organic Coffee from Higher Grounds Trading Co.

- Sumatran Gayo Mt. Dark Roast
- Ugandan Peaberry Medium Roast
- Water Processed Medium Decaf
- Water Processed Dark Decaf

No limit on refills, please enjoy for **\$1.75**

Tea

Local Natural from Rock River Greenhouse:

- Rock River Mint Blend

Loose leaf Organic:

- Monk's Blend
- Wild Blueberry Black
- Sencha Kyoto Cherry Rose Green
- Irish Breakfast

A two cup pot with hot water refills **\$2.25**

Juice

- Orange (not from concentrate)
- Cranberry
- V~8

\$2.75

Milk

Local DeBacker Dairy Pasteurized, not Homogenized
\$2.75

- Whole Creamline Milk
- Non-Fat Milk
- Whole Chocolate Milk
- Soy Milk *V

Soda Pop

- Pepsi
- Diet Pepsi
- Root Beer
- Mountain Dew
- Diet Mountain Dew
- Vernor's Ginger Soda
- Sierra Mist Natural Lemon Lime

\$1.75

Cold Tea

- Monk's Blend bottomless glass **\$2.25**

From the Coffee Bar

- Espresso Shot, Dbl Shot **\$1.00/1.50**
- Shot in the Dark (shot in coffee) **\$2.75/3.25**
- Cappuccino dbl shot 14 oz **\$3.75**
- Latte dbl shot 16 oz **\$3.75**
- Iced Latte 16 oz **\$3.75**
- Mocha w/ homemade hot cocoa **\$4.25**
- Iced Mocha **\$4.25**
- Breve Latte 16 oz **\$4.25**
- Hot Cocoa w/ whipped cream **\$2.75**
- Oregon Chai Tea **\$3.25**
- Iced Oregon Chai **\$3.25**
- Night of the Iguana Chocolate Chai **\$3.25**
- Dirty Chai dbl shot 16 oz **\$4.75**

Floats

- Detroit Cooler (Vernor's) **\$3.50**
- Root Beer **\$3.50**

Shakes

- Orange Cream Shake **\$4.25**
- Rock River Mocha (Espresso Chocolate) **\$6.25**
- Chocolate Banana Soy *V **\$6.00**
- Traverse City Cherry Blossom **\$4.25**
- Rock River Java (Espresso) **\$5.75**

Smoothies

Frozen fruit blended with fruit juice and yogurt

- Banana Berry **\$5.00**
- Peach Strawberry **\$5.00**
- Mixed Berry **\$5.00**
- Strawberry Banana **\$5.00**

Entrees

Entrees include warm dinner bread, mixed greens salad with café dressing, seasonal vegetable, and your starch selection. Dressings include: Maple Vinaigrette *V, Bleu Cheese, Tart Cherry Vinaigrette *V, Ranch

Fish:

- Maple Pecan Lake Trout* \$16
Lake Superior Trout, Pan-Fried Tender and Glazed with Pure Local Rock River Gold Maple Syrup and Pecans.
- Whitefish Amandine* \$15
Lake Superior Whitefish, Breaded, Pan-Fried and Blanketed with Buttery Amandine Sauce.
- Pan-Fried Whitefish or Lake Trout* \$14
Served with Buttery Lemon Caper Sauce or Café Tartar Sauce.

Steak:

Nightly Selections Sourced Locally and Served with your Choice of Toppings:

- Garlic Butter
- Horseradish Sauce +.50
- Rosemary Rub with Bleu Cheese +1.00
- Portabella Mushrooms and Sweet Onions+2.00

\$16-30

Starch Selections~

- Jasmine Rice Pilaf with Red Onions, Traverse City Dried Cherries, Almonds *V
- Sweet Potato with Butter & Brown Sugar
- Sweet Potato with Wisconsin Bleu Cheese & Hickory Smoked Bacon +2.00
- Baked Potato with Butter & Sour Cream
- Baked Potato with Butter, Sour Cream, Sharp Wisconsin Cheddar & Hickory Smoked Bacon +2.00
- Quinoa Pilaf with Sweet Onions, Michigan Tart Apples, Sweet Dumpling Squash Seeds *V +2.00

Pasta:

- Cudighi Sausage Lasagna* \$14
Filled with Ricotta Cheese and Served with Seasonal Vegetables and Grilled Garlic Bread
- Chicken Alfredo* \$14
Tender Grilled Chicken Breast atop Creamy Alfredo Created per Order and Fettucine Pasta

Other:

- Nightly Vegan Selection* *V \$12
Our Produce Reflects the Season and Availability of our Local Farmers.
- Upper Peninsula Pasty* \$8
Pasty Served with Mixed Local Greens and Café Dressing.

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Appetizers

<i>Potato Pancakes</i>		\$8.25
Served with sautéed apples & Juustoa (Finnish Squeaky Cheese)		
<i>Warm Juustoa and Jam with Limpu</i>		\$12.95
<i>For four...</i>		\$18.95
A Taste of Local Finnish Cuisine with Squeaky Cheese & Old Country Rye.		
<i>Bruschetta</i>		\$8.25
Cudighi Sausage, Tomatoes, Basil, Parmesan broiled on Italian Bread.		

Salads

<i>True North Salad</i>	*V	\$10.50
Seasonal Mixed Greens with Dried Traverse City Tart Cherries, Pecans, Michigan Apples, and your Choice of Dressing. Served with Grilled Chicken Breast.		
<i>Rock River Spinach Salad</i>		\$11.50
Spinach Tossed with Red Onions, Dried Cherries, Sweet Dumpling Squash Seeds, Grilled Chicken Breast, Drizzled with Hot Bacon Dressing and Sprinkled with Bleu Cheese.		

Sandwiches

*All sandwiches are accompanied by your choice of side dish:
Steak Fries, Mixed Green Salad, Rock River Apples and Cherries, Cup of Soup*

<i>The Rock River *Burger</i>	1/2#	\$9.25
Painted with Tart Cherry BBQ Sauce and Covered with Sautéed Sweet Onions.	1/4#	\$8.25
<i>Delux *Burger</i>	1/2#	\$8.75
Served with Lettuce, Tomato, Onion, Mayo.	1/4#	\$7.75
<i>Cheddar *Burger</i>	1/2#	\$8.75
Sharp Cheddar Cheese with Cafe' Pub Sauce.	1/4#	\$7.75
<i>Bacon Blue *Burger</i>	1/2#	\$9.75
Hickory Smoked Bacon, Bleu Cheese and Pub Sauce on a Trenary Bun.	1/4#	\$8.75
<i>Mushroom Swiss Bacon *Burger</i>	1/2#	\$9.75
	1/4#	\$8.75
<i>Chicken BLT</i>		\$8.75
Grilled Chicken Breast BLT served on Trenary Bun with Roasted Red Bell Pepper Mayo.		
<i>BLT</i>		\$6.75
With Hickory Smoked Bacon On Italian Toast.		
<i>Portabella Sandwich</i>	*V	\$9.75
Topped with Wild Pickled Leeks & Maple Vinaigrette on Grilled Trenary Limpu Bread.		

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A Fresh Expression of Local Cuisine

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