

CINNAMON -N- SAGE

HEALTHY CAFE

Dinner menu available after 3 pm daily.

STARTERS

Roasted Brussels & Shrooms ✖

Oven roasted Brussels sprouts and mushrooms served with a dipping sauce / 10

Chickpea Fritters ✖ 🌿

Mediterranean herb chickpea fritters served with a bruschetta topping / 10

Chicken Satay ✖

Strips of chicken marinated in an asian inspired sauce, grilled and served with peanut sauce / 8

Veggie Chips ✖ 🌿

Basket of our house-made chips made from a selection of root veggies and fried in healthy oils, perfect for sharing / 7

VEGETABLE BASED

ENTREES

Mushroom Scallops 🌿 ✖

King mushrooms cut and seared like a scallop, served over roasted bok choy with a herb lemon "cream" sauce and root vegetable hash / 13

Chickpea & Apple Masala 🌿 ✖

Chickpeas, veggies, and apple in a rich tomato masala sauce over biryani vegetable rice / 14

Cauli Robin 🌿 ✖

Smothered cauliflower steak smothered with brussel sprouts, onion, carrot and bell pepper topped with a balsamic reduction with bok choy and spaghetti squash / 13

Pasta Primavera 🌿 ✖

Vegetables and house made sauce served over spaghetti squash noodles / 14

Vegan Shepherd's Pie 🌿 ✖

Vegetable mix in a savory gravy, topped with sweet potato mash, this dish is all veggie! / 15

🌿 Vegan/ Vegetarian, can be made oil free for WFPB

✖ Gluten free options

ENTREES

6 oz Bison Sirloin*

Local bison steak cooked to order with whiskey peppercorn sauce, polenta, brussel sprouts and bell pepper / 20

Pineapple Pesto Salmon* ✖

Wild caught salmon, pineapple pesto and grilled pineapple slices, served with wilted greens with bell pepper and spaghetti squash / 17

Apple Bourbon Chicken

Grilled chicken and apples in a savory bourbon glaze with roasted bok choy and sweet potato mash / 16

Surf & Turf* ✖

Local bison sirloin, cooked to order, topped with a salmon cake and served with roasted brussels sprouts with walnuts and a brown butter butternut squash / 26

Chicken Pot Pie ✖

Chicken and veggies in a flourless gravy topped with a sweet potato crust / 12

Mustard Rubbed Pork ✖

Tender pork loin rubbed with mustard and herbs, served with cranberry sauce, sweet potato mash, and pickled cabbage / 18

Dill Tilapia ✖

Grilled lemon dill tilapia with pickled cabbage, fried green beans and a root veggie hash / 16

Chicken Picata ✖

Grilled skinless boneless chicken breast covered in a lemon caper sauce with spaghetti squash and arugula salad / 15

Bison Shepherd's Pie ✖

Local bison in a savory gravy with a vegetable blend, topped with sweet potato mash / 18

Bison dishes are subject to availability.

*Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.