

BREAKFAST SPECIALTIES

HOT HASH & HOLLY

Hashbrowns with bell peppers, mushrooms and onions topped with melted cheddar, two eggs, creamy house-made hollandaise and sprinkled with spices. Served with toast and jam 9.45

FARMERS

Crispy, seasoned hashbrowns with grilled onions and scrambled eggs, topped with Oregon Tillamook cheddar. Served with toast and jam 9.45

BREAKFAST BURRITO

Grilled flour tortilla stuffed with hashbrowns, onions, sausage, scrambled eggs and Vermont cheddar topped with lime sour cream and salsa roja 9.45
Vegetarian version 9.45

HAM & CHEESE SCRAMBLE

Smoked and cured ham, Oregon Tillamook cheddar and seasonings scrambled with three eggs, served with hash browns, toast and jam 9.45

HUEVOS RANCHEROS

Charred corn, peppers, mushrooms, onions all scrambled in three eggs with white cheddar and spices. Served with seasoned hash browns, house-made vegetarian chili, crispy tortilla and lime sour cream 8.95

SALMON SCRAMBLE

Cured sockeye salmon, herbed cream cheese and red onions scrambled with three eggs, served with hash browns, toast and jam 9.45

SPINACH SCRAMBLE

Spinach, tomato, brie cheese, herbs and spices scrambled with three eggs. Served with toast, hashbrowns and jam 9.45

AMERICAN BREAKFAST

Two eggs, hash browns and your choice of smoked ham, bacon or sausage links, served with toast and jam 8.95

EGGS & TOAST

Two eggs your way with toast and jam 4.95

GRANOLA

House made granola and milk 4.95

CAKES, EGGS & LINKS

Three buttermilk pancakes, two sausage links and two eggs 7.95

IRISH OATMEAL

Cinnamon infused steel-cut oats with maple-glazed apple relish and cream 4.95

CORNERED BEEF HASH

Corned beef, bell peppers, onions, mushrooms and hash browns grilled with garlic, herbs and spices, with two eggs, Swiss cheese and toast with jam 9.45

CLASSIC EGGS BENEDICT

Two poached eggs, grilled ham and English muffin topped with scratch-made hollandaise sauce, served with crispy hashbrowns 9.45

BREAKFAST SUNDAE

House-made granola, gingered fruit and vanilla yogurt. Healthy, fresh, delicious 5.45

Waffles, Cakes & Breads

CIABATTA FRENCH TOAST

Thick cut ciabatta bread dipped in our unique batter, griddled golden brown and topped with whipped butter 6.45

JACK CAKES

Three of our oatmeal pancakes topped with peanuts, house-made granola, banana, blueberries, raisins and honey. Meets your daily requirement for everything 7.45

KILLER BANANA WAFFLE

We have just made a great thing even better! Our signature malted waffle topped with fresh bananas, praline sauce and fresh whipped cream 7.95

MALTED WAFFLE 6.45

BUTTERMILK PANCAKES

Our sweet and tangy buttermilk cakes, house-made since '93
Full stack 6.45 Short stack 5.45

OATMEAL FLAPJACKS

The healthy alternative, made fresh every morning Full stack 6.45
Short stack 5.45

FRESH STRAWBERRY FRENCH TOAST

Strawberries marinated with cane sugar and lemon juice drizzled over golden brown ciabatta French toast and topped with fresh whipped cream 8.45

Sides

BREAKFAST MEATS

Your choice of bacon, sausage or ham. 3.45

HASHBROWNS 3.95

ANDERSON'S REAL
MAPLE SYRUP 1.95

ENGLISH MUFFIN OR TOAST 2.45

SUBSTITUTE EGG BEATERS 1.45

Some of our food has nuts in it. Please alert us if you have an allergy.



Welcome to the neighborhood. Consider our restaurant your second kitchen for those days you just don't feel like cooking. We've always got something savory, unexpected and addictive to serve for breakfast, lunch or dinner. For over a decade now, we've served up some of the city's tastiest, freshest and most affordable urban diner fare. Every item on the menu is made from scratch in our kitchen. We often use organic produce and products. That's the Blue Plate Restaurant Company, a collection of neighborhood diners where you always recognize what's on your plate and love every bite. Chances are, one of us will be stopping by your table soon to see how your morning, afternoon or evening is going. We want to make life taste better.

When you choose to eat at the grill, we hope it feels like home.
(Only with awesome French fries!)

Thanks for coming,
David, Stephanie & Luke



Odds & Sods

GORGONZOLA FRITTERS

Crispy clouds of gorgonzola cheese and sweet corn fried to a golden brown, served with chimichurri sauce 7.45

Crispy Chicken Wings

A dozen marinated and hand breaded wings, lightly fried and served with cool ranch dipping sauce 9.45

SWEET POTATO FRIES

Served with Chipotle Pesto Aioli – just like grandma used to make! 6.95

TEMPURA GREEN BEANS

Lightly battered green beans flash-fried and served with plum sauce for dipping 6.95

VEGETARIAN Chili

House-made vegetarian chili with Tillamook cheddar, lime sour cream and flour tortillas 6.45

STEAK BITES

Tender marinated steak medallions seared and served with gorgonzola-cream dipping sauce 9.95

PIEROGIES

Think Polish ravioli! Little dumplings stuffed with potato and cheddar cheese, served with crispy onion strings and horseradish sauce 7.45

BURGERS

We use only Certified Angus Beef. We baste each burger with our secret blend of seasonings and fresh pepper. Choose from thin cut French fries or coleslaw, or substitute soup cup, sweet fries or small Grill Salad for 1.00. Our pure approach to burgers makes them a grill favorite we are proud to serve you!

ELVIS BURGER

A 6-ounce burger patty, bacon, american cheese, grilled red onion, oven-dried tomato, pickles, iceberg lettuce, mayonnaise and roasted garlic 10.95

PETER'S BURGER

Burger patty, sweet mustard pickle relish, caramelized onion, over-hard egg and ketchup on grilled sour dough. As featured at Peter's by the Sea in Perth, Australia, where David originates 9.45

TURKEY BURGER

Fresh ground turkey, peanuts, jalapeños, onion, garlic and curry seasonings blended together and topped with pepper jack cheese, poblano pesto aioli and iceberg lettuce. Voted best turkey burger in the Twin Cities 9.45

VEGGIE BURGER

House made bulgur wheat and black bean patty with chipotle pesto aioli, tomato, spring greens and herbed vinaigrette 9.95

CHEESE BURGER

Tillamook cheddar, crispy lettuce and vine-ripened tomato 8.95

BISON BURGER

Lean Bison patty, grilled onions, crispy mushrooms, garlic aioli and greens 11.45

MUSHROOM SWISS BURGER

A 6-ounce burger patty topped with wild mushroom ragout and aged swiss 10.45

SALADS

Salads served with house-made corn bread.

Grill Salad

A great way to start your meal with simple fresh greens, cucumber, tomato, Kalamata olives, pepperoncini, croutons and herb vinaigrette 5.45

TACO SALAD

Spring greens tossed with a creamy-chipotle dressing, charred corn, red onion, tomato and queso-fresco. Served with ancho-rubbed steak, seasoned tortilla and avocado 11.95

LARGE Grill SALAD

More of a great thing 8.45
Add grilled chicken breast 2.45
Add grilled dry rubbed steak 2.95

STEAK SALAD MURPHY

Ancho-rubbed steak medallions, grilled red onion, tomato and gorgonzola with our sassy Murphy dressing 10.95

BEEF CARPACCIO SALAD

Wicked thin sliced red and gold beets, goat cheese, spring greens, crispy capers, mustard horseradish dressing and sherry gastrique 9.95

Goddess WEDGE

Iceberg lettuce wedge with our green goddess dressing, chopped bacon, red onion, tomato and hardboiled egg 6.95

HARVEST CHICKEN SALAD

All white roasted chicken blended with sweet corn, wild rice, dried cherries, celery and a touch of onion. Seasoned with mayonnaise, lime juice and roasted garlic. Fresh onions make this a grill classic! 9.45

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ENTREES

Fish & Chips

White fish in an Australian beer batter served with French fries, scratch-made tartar sauce, malt vinegar and grilled lemon 12.45

Grilled MEATLOAF

Better than your Mom's (sorry)! Lean ground beef, onion, spinach, tomato, herbs, spices and homemade chipotle ketchup on the side. Served with garlic and Asiago mashed potatoes and sautéed green beans 12.95

EGGPLANT PARMESAN

Crispy eggplant layered with mozzarella cheese, house-made marinara sauce and fresh basil. Served with mixed green salad 10.95

CHICKEN INVOLTINI

Gorgonzola cheese and Pitt ham rolled in seared chicken breasts served with Asiago mashed potatoes, wild mushroom ragout and red wine reduction 12.95

VEGETARIAN Chili MAC

Our house-made veggie chili with elbow macaroni, lime sour cream, Tillamook cheddar, cilantro and corn bread 8.95

FRESH ATLANTIC SALMON

Iron-seared salmon fillet topped with pomegranate jus, capers, oven-dried tomatoes, grilled red onion and artichokes, served with Asiago mashed potatoes 14.95

STEAK & PIEROGIES

Marinated steak medallions, pierogies, crispy tobacco onion strings and horseradish sauce 13.45

SQUASH & MUSHROOM RISOTTO

Roasted acorn squash wedge, wild mushroom ragout and creamy style Italian rice with gorgonzola and spinach 11.95

SPAGHETTI & MEATBALLS

House-made tender ground beef meatballs simmered in a slow cooked red sauce. Tossed with oven-roasted tomatoes, poached garlic, fresh basil and spaghetti-cut pasta. Topped with mozzarella, aged Parmesan and served with grilled garlic ciabatta bread 12.95

CONSIDERING A WEEKEND TRIP TO PHILLY WOULD COST YOU MORE THAN **\$650.00** – PLUS THE PRICE OF A CHEESESTEAK – OURS SEEMS PRETTY REASONABLE, AND IT'S A LOT CLOSER!

SANDWICHES

Served with your choice of French fries or coleslaw. Substitute sweet fries, soup-cup or small grill salad for 1.00

BELT

Fried egg, bacon, sliced tomato and shredded iceberg with our basil mayo on toasted caraway rye 8.95

Grilled SALMON SANDWICH

Fresh Atlantic salmon with spring greens, caramelized shallot cream cheese, herb vinaigrette and sliced tomato 12.45

HERB Grilled CHICKEN

Marinated fresh breast grilled and topped with Vermont white cheddar cheese. Served on griddled ciabatta bread with basil mayonnaise, crisp lettuce and vine-ripened tomato 10.45

YELLOW FIN TUNA MELT

Seasoned tuna steak on grilled sourdough with pepper-jack cheese, pico de gallo and poblano peanut pesto aioli (say this fast three times!) 10.95

REUBEN

Thin sliced corned beef, braised red cabbage, horseradish dressing, mustard mayo and Swiss cheese on grilled caraway rye 9.95

CHICKEN SALAD SANDWICH

Our chicken salad of corn, wild rice, dried cherries, celery and onion on grilled Ciabatta bread with Iceberg lettuce and sliced tomato 7.95

PARMESAN CRUSTED Grilled CHEESE

Sourdough bread coated with a butter-parmesan crust griddled crisp with melted Tillamook cheddar and Vermont white cheddar sweetened with homemade tomato chutney 8.45

THE Grill's PHILLY CHEESESTEAK

Our version of the East Coast classic done with thinly sliced sirloin stir fried with bell peppers, onions and pepperoncini. Served on a hoagie roll seasoned with horseradish sour cream and American cheese 12.45

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