

APPETIZERS

VEGETARIAN SPRING ROLLS 9.95

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

AVOCADO HUMMUS 10.95

Avocado cilantro hummus drizzled with lemon chili oil served with watermelon radish, celery, cucumber, carrots and mini sweet peppers.

BACON ARTICHOKE DIP 11.95

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

SOUPS

HERBED CHICKEN VEGETABLE 3.95 / 5.95

Summer vegetables, roasted chicken, pistou

SALADS

Add chicken 3.95 / Norwegian salmon 5.95

KALE, ARUGULA & QUINOA 11.95

Kale, arugula, quinoa, dried cherry berry mix, maple walnuts and goat cheese tossed in a ginger cranberry vinaigrette.

CENTRAAL 9.95

Organic spring mix, local apples, buttermilk bleu cheese and sliced almonds tossed lemon dressing. (Contains bleu cheese).

STRAWBERRY BRIE & AVOCADO 11.95

Organic spinach, avocado, strawberries, brie, cucumbers, red onion and spiced pepitas tossed in a basil-dijon vinaigrette.

CAJUN SHRIMP 14.95

Seared Cajun spiced shrimp, arugula, avocado, sweet corn and cotija cheese tossed in a zesty blackened ranch dressing.

BURGERS & SANDWICH

Our burgers are fresh, grass-fed, grain-finished, half-pound, prime beef patties that are antibiotic and hormone-free. 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 smoked black sea salt-seasoned patty, with sautéed mushrooms and Swiss cheese.

BAY VIEW BURGER* 14.95

A burger rubbed with smoked black sea salt, with thick-cut bacon and Wisconsin aged sharp cheddar.

SINGLE SPEED BURGER* 11.95

A smoked black sea salt-rubbed patty.

SPICY BACON AVOCADO BURGER* 15.95

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

GRILLED CHICKEN & AVOCADO 14.95

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



GLUTEN-FREE

ENTREES

SUMMER RISOTTO 14.95

Arborio rice mixed with parmesan, roasted garlic mascarpone, grilled artichokes, asparagus and zucchini over chili and chive oil. Topped with arugula. 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.

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.

STELLA CIDRÉ 6.5

The taste of red apple and peach, apricot accents complement the subtle flavor of orange, giving it a refreshing taste with pleasing wood finish.

CAFECENTRAAL.COM

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

 These items are or can be made vegetarian  These items are or can be made vegan

06132017

*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 housemade Hollandaise sauce. Served with a side of fruit.

GREEN THUMB OMELET 11.95

Fresh organic 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, forest mushrooms, 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 thick-cut bacon, Black Forest ham or sausage links and a side of fruit.

PLATO TÍPICO* 8.95

Scrambled eggs, avocado, tomatoes, jalapeños, chili rojo, chili black beans and served with corn tortillas.

BREAKFAST VEGGIE 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 Benelux salad (contains bleu cheese).

BAY VIEW BURGER* 14.95

A half-pound prime beef burger rubbed with smoked black sea salt, with thick-cut bacon and Wisconsin aged sharp cheddar.

KALE, ARUGULA & QUINOA SALAD 11.95

Kale, arugula, tri-color quinoa, dried cherry berry mix, maple walnuts and goat cheese tossed in a ginger cranberry vinaigrette.

CENTRAAL SALAD 9.95

Organic spring mix, local apples, buttermilk bleu cheese and sliced almonds tossed lemon dressing. (Contains bleu cheese).

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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