

## **Starters**

**Heartland's Signature Soup** – Hearty soup served with organic honey-grain bread. Ask about today's selection.

**Thai Lemongrass Turkey Meatballs** - Four lemongrass turkey meatballs made with coconut, cilantro, fresh lime, & ginger. Comes with a sweet soy dipping sauce.

**Flatbread Sampler** - A sampling of two popular flatbreads to share: Veggie & Sausage.

**Drunken Mussels** – Steamed Atlantic mussels finished in cream, Ouzo, & fresh herbs. Served with organic honey grain baguette.

## **Salads**

~Dressings: **Raspberry Vinaigrette** or **Creamy Feta & Herb**~  
All full salads are served with fresh baked organic honey-grain bread

**Organic Mixed Greens Salad**- Fresh artisan greens with grated carrots, beets, & toasted seeds.

**Roasted Walnut & Apple Salad** – Fresh artisan greens, crisp Granny Smith apple, roasted candied walnuts, sundried cranberries, & sweet pickled red onion.

**Classic Caesar Salad**- Crisp romaine tossed in Heartland's signature Caesar dressing with grated parmesan, & house made croutons.

**Roasted Beet & Feta Salad** – Fresh artisan greens with roasted purple beets, crumbled feta with dill, & sweet pickled red onion.

**Soup & Salad Combo** – A hearty bowl of soup with fresh baked honey-grain bread & choice of either Caesar salad or artisan greens.

**Add to any salad:**

**Crispy pecan-coated chicken breast**  
**Atlantic salmon fillet with fresh herb butter**

# **Flatbreads**

**All flatbreads are made with whole wheat flour  
& baked in a hot stone oven.**

**Veggie & Cheese** – Tomato-basil pesto sauce, spinach, sautéed mushrooms, crumbled feta, roasted red peppers, & our signature cheese blend.

**Jack Flat** – Smoky Jack Daniels BBQ sauce, crispy bacon, caramelized onions, & our signature cheese blend.

**Sicilian Sausage** – Tomato-basil pesto sauce, Spolumbo's Italian sausage, caramelized onions, sautéed mushrooms, & our signature cheese blend.

**Tennessee Chicken** – Smoky Jack Daniels BBQ sauce, roasted chicken breast, diced red onion, ribbons of fresh spinach, diced tomato, & our signature cheese blend.

# **Sandwiches**

**Choice of: Roasted baby Yukon gold potatoes, Caesar salad  
Cup of soup, Organic mixed greens**

**~Dressings: Raspberry Vinaigrette or Creamy Feta & Herb~**

**Chicken Clubhouse Sandwich** - Herb roasted chicken breast layered with smoky bacon, crisp lettuce, sliced Roma tomato, cheddar cheese, & roasted garlic aioli on foccacia pan bread.

**Jack's Pulled Pork Sandwich** - Tender slow roasted pulled pork marinated in Heartland's signature Jack Daniels BBQ sauce, topped with crisp coleslaw on a grilled honey-grain bun.

**Chicken & Brie Sandwich** - Herb roasted chicken breast with fresh spinach, crisp Granny Smith apple, creamed French brie with roasted garlic aioli, & house made date preserves on foccacia pan bread.

**Breakfast Sandwich** – A fried egg, smoky bacon, our signature cheese blend, Roma tomato, lettuce, & herbed roasted garlic aioli, on toasted organic honey-grain bread.

**Organic Gluten Free bread substitute for sandwiches**

# Burgers

**Choice of: Roasted baby Yukon gold potatoes, Caesar salad  
Cup of soup, Organic mixed greens**

**~Dressings: Raspberry Vinaigrette or Creamy Feta & Herb~**

**Choose two of the following toppings for any burger:**

 **Caramelized Onions**    **Tomato-Peach Chutney**    **Crisp Bacon**  
 **Sautéed Mushrooms**    **Roasted Red Peppers**  
 **Cheddar**    **Sweet Pickled Onions**

**Heartland's Beef Burger** – A ½ pound house-made Alberta beef patty, sliced Roma tomato, lettuce, red onion, & roasted garlic aioli, on a grilled organic honey-grain bun.

**Veggie Burger** - Heartland's signature veggie patty with lettuce, sliced Roma tomato, & roasted garlic aioli, on a grilled organic honey-grain bun.

**Bison Meatloaf Burger** - A slice of bacon-wrapped, mushroom-stuffed, bison meatloaf with roasted garlic aioli, & lettuce, served on a grilled organic honey-grain bun.

# Light Entrees

**Choice of: Roasted baby Yukon gold potatoes, Caesar salad  
or Organic mixed greens**

**~Dressings: Raspberry Vinaigrette or Creamy Feta & Herb~**

**Heartland Frittata** - Oven baked with spinach, feta, red peppers, sautéed onion, & our signature cheese blend, on a bed of seasoned potatoes. Topped with fresh tomatoes & served with organic honey-grain bread.

**Guinness Stew** –Slow roasted tender beef in a rich Guinness broth with baby Yukon gold potatoes, carrots, peas, & turnip, with a wedge of warm sundried-tomato cornbread.

**Mac & Cheese** - A Heartland favorite for years! Pasta combined with a rich & creamy aged cheddar cheese sauce, then oven baked with additional cheese, & topped with fresh Roma tomatoes.

**18% gratuity applied to parties of 8 or more.**