



MENU



BREAKFAST

SERVED ALL DAY

PASTRIES

TWO POPOVERS	<i>served warm with whipped butter & jam</i>	6
BANANA BREAD	<i>served warm with whipped honey butter</i>	3.5
CINNAMON COFFEE CAKE		3
FRENCH BUTTER CROISSANT		3.5
DARK CHOCOLATE AND SEA SALT CROISSANT		6.5

BREAKFAST SPECIALTIES

F/I/T EGG WHITE VEGETABLE OMELET		9
<i>three egg whites, peppers, green onions, tomatoes, mushrooms, eggplant "bacon," basil, arugula / 131 cal • 173 mg sodium • 13 g protein • 9 g carbs</i>		
F/I/T AVOCADO TOAST		10
<i>avocado, sliced radishes, sunflower sprouts, lemon, multigrain toast / 397 cal • 452 mg sodium • 8 g protein • 35 g carbs</i>		
BREAKFAST BLT		9
<i>applewood-smoked bacon, arugula, sun-dried tomato aioli, sunny-side up egg, toasted sourdough or whole wheat</i>		
BUTTERMILK BISCUIT		8
<i>country sausage, scrambled egg, Wisconsin Cheddar cheese</i>		
EGG & WISCONSIN CHEDDAR CROISSANT		7
<i>Wisconsin Cheddar cheese, add bacon, ham or sausage \$2</i>		
PEPPER, SPINACH & EGG SANDWICH		7.5
<i>peppers, spinach, scrambled eggs, Gruyère cheese, tarragon aioli, toasted sourdough or whole wheat</i>		
F/I/T STEEL-CUT VANILLA OATS		6
<i>almond milk-cooked oats, vanilla, dried apricots, chia seeds, pepitas, sunflower seeds, blueberries / 232 cal • 48 mg sodium • 7 g protein • 39 g carbs</i>		
GRANOLA PARFAIT		7.5
<i>apple-cinnamon granola clusters, melon, fat-free Greek yogurt</i>		
F/I/T FRESH FRUIT BOWL		6
<i>seasonal melons, berries, tropicals / 232 cal • 17 mg sodium • 4 g protein • 58 g carbs</i>		

SMOOTHIES NO SUGAR ADDED 7

F/I/T COCOA BANANA NUT	
<i>banana, almond milk, almond butter, cocoa, flaxseed / 283 cal • 189 mg sodium • 19 g protein • 31 g carbs</i>	
F/I/T C-BLAST	
<i>peaches, strawberries, banana, orange juice, coconut water / 241 cal • 123 mg sodium • 4 g protein • 59 g carbs</i>	
F/I/T WISCONSIN BERRIES	
<i>strawberries, raspberries, cranberry juice, Greek yogurt, coconut water / 295 cal • 63 mg sodium • 18 g protein • 59 g carbs</i>	
F/I/T ON THE GREEN	
<i>grapes, kiwi, spinach, pineapple, banana, almond milk, chia seeds / 279 cal • 173 mg sodium • 7 g protein • 52 g carbs</i>	

RISHI® ORGANIC TEA 4

SEASONAL SELECTION,
SERVED HOT OR ICED

CAFÉ BEVERAGES & COFFEE

FRESH JUICES	<i>detox, carrot-pineapple, just fruit</i>	s 3.5 / M 5
SORBET SLUSH	<i>seasonal sorbet, sparkling water</i>	s 5.5 / M 7
FRENCH SODA	<i>flavored syrup, vanilla gelato, sparkling water</i>	s 5 / M 6
SOFT DRINKS	<i>Pepsi, Diet Pepsi, Sierra Mist</i>	M 3
ICED TEA	<i>black tea</i>	s 2.5 / M 3 / L 3.5
COFFEE	<i>regular, decaf or iced</i>	s 2.5 / M 3 / L 3.5
LATTE	<i>add flavor \$1</i>	s 4 / M 5 / L 6
CAPPUCCINO	<i>add flavor \$1</i>	s 4 / M 5 / L 6
CHAI LATTE	<i>black tea, milk, organic spices, lemon</i>	s 3.5 / M 4.5 / L 5
MOCHA	<i>espresso, milk, chocolate</i>	s 4.5 / M 5.5
ESPRESSO	<i>shot, fair-trade, organic, small batch roasted</i>	ONE 3 / TWO 4.5
CHOCOLATE FIZZ	<i>chocolate sauce, club soda</i>	M 4
HOT CHOCOLATE	<i>KOHLER Original Recipe Chocolates</i>	s 4 / M 6

SIDES

F/I/T FRESH FRUIT CUP	3.5
<i>seasonal melons, berries, tropicals</i>	
FAT-FREE GREEK YOGURT	4
APPLEWOOD-SMOKED BACON	4

F/I/T KOHLER F/I/T ITEM—LOW IN CALORIES, SUGAR AND SODIUM

LUNCH

11AM TO CLOSE

SOUPS

DAILY MARKET SOUP	5.5
F/I/T ORGANIC CHICKEN BROTH	6
<i>organic broth, turmeric, ginger, chives / 45 cal • 95 mg sodium • 9 g protein • 1 g carbs</i>	
CRAVERIE PAIR	12.5
<i>your choice of soup with ½ lunch specialty dish or ½ salad</i>	

LUNCH SPECIALTIES

F/I/T BUDDHA BOWL	11
<i>quinoa, black beans, brown rice, cucumber, carrots, garbanzo beans, avocado, tomato vinaigrette / 395 cal • 143 mg sodium • 13 g protein • 62 g carbs</i>	
BLACK FOREST HAM & GRUYÈRE SANDWICH	12
<i>ham, Gruyère béchamel, quince paste, grilled brioche</i>	
TURKEY, BACON & HAVARTI SANDWICH	12
<i>sliced turkey, applewood-smoked bacon, Havarti, baby arugula, tomato, avocado, tarragon aioli, toasted sourdough</i>	
TUNA MELT	12
<i>albacore tuna, Wisconsin Cheddar cheese, mayonnaise, red onion, celery, dill</i>	
SALADS	
GRILLED ORGANIC CHICKEN	12
<i>grilled organic chicken breast, quinoa, arugula, roasted pepper, apple, Gran Queso, toasted almonds, cranberry-balsamic vinaigrette</i>	
COWBOY COBB	12
<i>romaine, applewood-smoked bacon, chicken breast, black beans, corn, avocado, tomato, red onion, jalapeño deviled egg, bleu cheese dressing</i>	
F/I/T GARDEN CHOPPED	9
<i>romaine, tomato, eggplant "bacon," cucumber, radish, red onion, cranberry-balsamic vinaigrette / 300 cal • 161 mg sodium • 5 g protein • 26 g carbs</i>	
F/I/T SHAVED BRUSSELS SPROUTS SALAD	11
<i>romaine, brussels sprouts, red cabbage, capers, lemon, almonds, garlic-yogurt dressing / 390 cal • 184 mg sodium • 17 g protein • 22 g carbs</i>	

SIDES

F/I/T FRESH FRUIT CUP	3.5
<i>seasonal melons, berries, tropicals</i>	
ROSEMARY SEA SALT KETTLE CHIPS	2.5
POWER GRAIN CUP	4
<i>quinoa, black beans, brown rice, onion, toasted almonds, tomato vinaigrette</i>	
CRAVERIE JR SERVED WITH A SIDE OF FRUIT	7.5

WISCONSIN GRILLED CHEESE

PEANUT BUTTER & JELLY ON BANANA
BREAD

WISCONSIN MAC 'N' CHEESE

WINES, BEERS & BRANDIES

KOHLER ORIGINAL RECIPE CHOCOLATES BRANDY 2 OZ	10
SEASONAL BEER AND WINE SELECTION	

GELATO, SORBET AND SUNDAES

SIGNATURE FLAVORS	s 4 / M 5 / L 6
TERRAPIN SUNDAE	s 6 / L 9
<i>caramel gelato topped with Original Buttery Terrapin pieces, pecans & chocolate sauce</i>	
VANILLA & ESPRESSO SUNDAE	s 6 / L 9
<i>vanilla gelato drizzled with espresso, topped with chocolate sauce & toasted almonds</i>	
ADD-ONS WAFFLE CONE	1
CHOCOLATE-DIPPED WAFFLE CONE	1.5
1 OZ OF KOHLER DARK CHOCOLATE BRANDY OR CHOCOLATE MINT BRANDY	5

DESSERTS

5 LAYER CHOCOLATE CAKE	6.50
<i>chocolate cake and mousseline, topped with a dark chocolate ganache</i>	
FRENCH MACARONS	2
CHOCOLATE-DIPPED COOKIE SANDWICH	6
<i>filled with peanut butter and caramel</i>	