

ENTREES

served with soup or house salad

Wild Rice Chicken Pot Pie 19

chicken, wild rice, carrot, celery, onion, peas, truffle gruyere bechamel

Paella Risotto* 24

chorizo, peppered bacon, chicken, ragu, mussels, shrimp, Arborio rice

Fried Chicken 17

half chicken, mashers and gravy

◆ make it Tennessee **hot 2**

Featured Pasta Plate market price

STEAKS & CHOPS

served with choice of soup or salad and side option ◆ see sides below

Steak Frites* 28

bacon-wrapped top sirloin, frites, béarnaise

New York Strip Steak* 34

Ribeye* 38

with sage horseradish cream

Ykers Acres Pork Chop*

One bone 24 | Two bone 32

with balsamic glaze, mashed sweet potato

FISH

served with choice of soup or salad and side option ◆ see sides below

Canadian Walleye* 27

picatta or corn meal dredged with lemon caper aioli

Superior Fresh Salmon* 28

with black soy ginger maple glaze

Seasonal Fresh Catch market price

SIDES

complete your steak, chop or fish dinner!

Additional sides 6

- ◆ Minnesota Wild Rice with mushroom and spring onions
- ◆ bourbon maple sweet pot smash with walnuts
- ◆ brussels with sesame soy kewpie
- ◆ hand-cut fries
- ◆ loaded baked potato (available after 4pm) with cheddar, green onions, bacon and crème fraîche

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

Please alert our staff to any food allergies so we can make appropriate accommodations.



INSULA
restaurant

At Insula, our goal is to responsibly serve the community —while investing in local products and providing service excellence— in an inviting atmosphere.



APPETIZERS

Hand Cut Fries 7

served with béarnaise sauce

Sweet Potato Fry Basket 8

served with garlic aioli

Flatbread Chicken Pesto 15

chicken, pesto, red onion, kalamata olives, tomato, goat cheese

Flatbread Margherita 14

tomato, basil, mozzarella, marinara, balsamic

Flatbread Prosciutto Pineapple 15

Prosciutto, pineapple pico, mozzarella, arugula, housemade Bourbon BBQ

Fried Smelt & Fries 15

served with lemon caper aioli

Pulled Pork Wonton Tacos 10

pork carnitas, slaw, lime, crème fraîche

Baked Goat Cheese 11

with chargrilled crostini

Truffle Mac n' Cheese 13

noodles, cheese, bread crumbs
add bacon 3.5

Sun-dried Tomato Hummus Plate 12

olive tapenade, seasonal vegetables, flatbread

DRINKS

Coke products 3

Lift Bridge (Stillwater, MN) root beer 4

raspberry lemonade 4

iced tea 3

orange, tomato, cranberry juice 4

2% milk | almond milk 3.5

coffee 2.25

hot tea 2.25

hot chocolate, hot apple cider 4

SANDWICHES

with house-made chips, dill pickles
gluten-free bread or bun 2
substitute hand-cut fries or sweet potato fries 2

Insula Club 14
toasted triple decker with turkey, ham, bacon,
swiss, cheddar, lettuce, tomato, pickle, garlic mayo

Chicken Breast Sandwich 16
choice of fried or grilled
lettuce, tomato, onion, garlic aioli
◆ make it Tennessee *hot* with slaw and pickles 2

Walleye Sandwich* 18
cornmeal dredged, lettuce, tomato, lemon caper aioli

Pesto Turkey Melt 15
turkey, pesto, tomato, provolone
on cranberry wild rice bread
◆ add bacon 3

Reuben 15
house-braised corned beef, sauerkraut, swiss,
thousand island, rye
◆ substitute turkey Rachel

Banh Mi 14
pulled pork, salami, cucumber, cilantro,
asian mayo, pickled carrots

Chicken & Waffles 17
fried chicken, greens, bacon,
maple cream cheese, pure maple syrup

Daily Market Sandwich & Soup 11
(not available after 4pm)

Daily Half Sandwich & Soup 9
(not available after 4pm)

BOWLS

Chicken Tikka Masala Bowl 17
chicken, chickpea curry, red onions,
cucumbers, tomato, edamame, grains,
black beans, greens, yogurt mint dressing

Southwest Steak Bowl* 17
steak, street corn pico, avocado, tomato, edamame,
grains, black beans, greens, Cotija cheese,
corn tortilla crisps, chipotle ranch

Adobo Tempeh Bowl 17
tempeh, edamame, pickled carrots, tomato, avocado,
onions, grains, black beans, greens, lime

BURGERS

with house made chips, dill pickles
gluten free bread or bun 2
substitute hand cut fries or sweet potato fries 2
Beyond Burger substitute 2 | add bacon 3.5
substitute vegan cheese 1

Old Fashioned* 13
with onion sauteed into burger, lettuce, tomato
◆ add cheese 1

Bison Burger* 16
choke cherry-mushroom-onion-bacon chutney,
provolone, arugula

Hawaiian* 15
pulled pork, Prosciutto, pineapple pico, chili lime sauce

Patty Melt* 15
swiss, cheddar, smack sauce, grilled onions, rye

Forager Non-burger 15
smoked sweet potato, wild rice,
mushrooms, avocado, swiss

Taj Mahal* 15
mozzarella, Asian slaw, curry mayo

American Dream* 15
American cheese, bacon, grilled onions, "smack" sauce, bun

Insula is proud to partner with local providers:
Ykers Acres | Carlton, MN
Red Lake Nation Foods | Red Lake, MN
Superior Fresh | Hixton, WI
North American Bison | New Rockford, ND
Brain Storm Bakery | Ely, MN
Revol | Owatonna, MN

GREENS

dressings: balsamic or lemon vinaigrette
bleu cheese | french | sesame soy kewpie
chipotle ranch | yogurt mint

Niçoise* 17
spring greens, pickled beets, green beans,
egg, tomato, olives, potato, Ahi tuna steak

Blueberry Spinach Salad 15
blueberries, spinach, cucumbers,
edamame, goat cheese, walnuts

Caesar 9
◆ add chicken 8 | salmon* 10 | top sirloin* 10
or adobo tempeh 5

Cobb 16
chicken, egg, bacon lardon, onion, avocado,
tomato, cucumber, bleu cheese

