

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

Pappardelle Bolognese 24

braised pork, beef shank, classic bolognese sauce

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

4 JUST TOP IT

- ◆ cabernet mushroom demi
- ◆ Argentina peppers, onions, chimichurri
- ◆ bleu cheese crumbles with house made steak sauce

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

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.



v2.0 updated June 24, 2023

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



INSULA
restaurant

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 Assyrian 15

lamb ragu, goat cheese, pomegranate molasses

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

Muffaletta 16

mortadella, capicola, salami, ham, provolone
spicy pickled vegetables, ciabatta

Reuben 15

house-braised corned beef, sauerkraut, swiss,
thousand island, rye

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

Disputed Island* 15

burger, pulled pork, Korean BBQ, kimchi, pickled jalapeno

Patty Melt* 15

swiss, cheddar, smack sauce, grilled onions, rye

Forager Non-burger 15

smoked sweet potato, wild rice,
mushrooms, avocado, swiss

Mushroom & Swiss* 15

mushroom, swiss, house-made steak sauce

Provoleta Burger* 16

loads of provolone, chimichurri, arugula

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