

LUNCH

Served from 11am until close



Appetizers

Bruschetta

Fresh bread toasted with olive oil and topped with diced tomatoes, garlic, fresh herbs and parmesan cheese. Served with olive oil and balsamic vinegar for dipping. 8.00

Chicken Wings

Meaty wings covered in buffalo, BBQ, cranberry balsamic or sweet chili sauce served with ranch dressing and vegetable sticks. 6 wings 8.00 12 wings 14.00

GLC Chips and Dips

Corn tortilla chips served with fresh salsa and sriracha cheese sauce. 6.50

Baked Artichoke Dip

Creamy artichoke dip straight out of the oven with tortilla chips for dipping. 8.00

Soft Pretzels & Dip

Soft and chewy house made pretzel sticks served with two sides - GLC cheese sauce and a blended cream cheese, corned beef and pickle dip. 7.25

Basket of French Fries

A pile of our famous battered French fries. 3.00



Sandwiches

All sandwiches served with pub chips and a pickle. Substitute a house salad or our famous battered French Fries for 1.50
Gluten free bread available upon request. V.V.=Vegetarian Version

Cuban Sandwich

Tender pulled pork, thin shaved ham, Swiss cheese, Dijon mustard and refrigerator pickles on a French roll. 9.00

Turkey Avocado Club

House roasted, thick sliced turkey breast, guacamole, fresh mozzarella, roasted red pepper, lettuce and thick cut pepper bacon on white, wheat or rye bread. 8.00

V.V. Substitute sauteed mushrooms & olive relish for turkey & bacon

The Works Burger 7.50

The Works Chicken 7.75

Spice it up with up to four of the following: cheddar-jack, mozzarella, bleu, Swiss, bacon, ham, fried egg, lettuce, tomato, onion, mushrooms, roasted red pepper, roasted garlic, jalapenos, guacamole, buffalo sauce, BBQ sauce, mayo, peanut butter

V.V. Substitute a house made black bean, tempeh and rice veggie patty

1/3 LB. Cheeseburger

Juicy burger served on a sesame seed bun. 6.50

B.L.T.

Thick cut pepper bacon, tomatoes, lettuce and mayo on ciabatta bread. 6.50

Walleye B.L.T.

Crisp fried walleye brings a Minnesota twist to this classic served on a ciabatta roll with homemade tartar. 10.50

Philly Cheesesteak

Sautéed beef, onions, red peppers and mushrooms dripping with GLC cheese sauce on a French roll. 8.50

Fish Tacos

Two flour tortillas stuffed with pollock, tartar sauce, cheddar jack cheese, cabbage and homemade salsa served with tortilla chips. 8.00

Pork Tacos

Two flour tortillas filled with pulled pork, cheddar jack cheese, and homemade pineapple salsa served with tortilla chips. 8.00

Reuben

Corned beef, Swiss cheese, sauerkraut and Thousand Island dressing on rye bread. 7.25

V.V. Substitute tempeh for corned beef

Southern-Style Rachel

House roasted, thick sliced turkey breast, Swiss cheese, coleslaw and Thousand Island dressing on rye bread. 7.25

Triple Decker Hot Ham & Cheese

A delectable triple-decker with melted Swiss, cheddar-jack and ham on wheat bread with a toasted parmesan crust. Served with a side of pomegranate molasses applesauce for dipping. 8.50

Pulled Pork and Apple Sandwich

Braised pulled pork on a ciabatta roll topped with roasted apples, Swiss cheese and BBQ sauce. 7.50



Beverages

See our Drink Menu for a selection of beer, wine and spirits

Juices 1.75

Apple
Orange
Tomato
Cranberry

Milk 1.75

Soda 1.50 (Free Refills)

Pepsi
Diet Pepsi
Sierra Mist
Mountain Dew
Mug Root Beer
Iced Tea
Lemonade

Tea 1.25

Coffee 1.25



Salads, Soups & Miscellany

All salads served with a side of homemade bread. Add chicken breast to any salad for 2.00.

House Salad

Spring greens with choice of dressing: Creamy Sweet Basil, Roasted Garlic Bleu Cheese or Cranberry Balsamic Vinaigrette. 3.00

Spiced Walnut and Cranberry Salad

Mixed lettuces served with toasted spiced walnuts, sweetened cranberries and Amableu cheese with cranberry balsamic vinaigrette. 8.00

Avocado Vinaigrette Salad

Red peppers, red onions, black beans, water chestnuts, crushed tortilla chips and a hint of sriracha over mixed lettuces with tangy avocado vinaigrette. 8.00

Soup of the Day

See the specials board or ask your server for today's selection. Cup: 2.75 Bowl: 4.25

Tomato Basil Bisque

A house made blend of tomatoes, fresh basil and cream. Cup: 2.50 Bowl: 4.00

Bacon Mac & Cheese

Pasta shells mixed with our creamy GLC cheese sauce and bacon, baked with a parmesan bread crumb crust. 7.00

Wild Rice Hotdish

Vegetables parched with wild rice, cooked slow in vegetable stock and finished with mushrooms in a parmesan cream sauce. 8.50

Noodle Bowl

Bowl filled with bright flavor and springy, chewy noodles in vegetable or meat broth. See the specials board or ask your server for today's selection. 7.00

Half Sandwich with Soup

Pair today's sandwich selection with a cup of any soup. 7.00

DINNER

Served from 5 pm until close

Mains

Beef Tenderloin Medallions

Seared beef tenderloin medallions served medium with plum-pepper demi-glaze, chevre cheese and caramelized onion mashed baby red potatoes. 26.00

Beef Short Ribs

Braised beef short ribs with zinfandel demi pan sauce, whole grain mustard spaetzle and aromatic root vegetables. 17.00

GLC Meatloaf

Seasoned beef meatloaf with roasted shallot demi-glaze and mashed baby reds. 14.00

Duck Confit

Half-duck confit with plum sauce, currant-apricot chutney and apple-fennel mashed baby reds. 26.00

Pork Tenderloin Medallions

Prosciutto wrapped pork tenderloin medallions with tomatillo sauce, Chinese five-spice apples, walnuts and jasmine rice. 16.00

Fresh Atlantic Salmon

Gorgonzola and walnut crusted fresh Atlantic salmon with roasted red pepper sauce and jasmine rice. 17.00

Canadian Walleye

Almond tempura battered walleye with lemon aioli and risotto verde. 21.00

Fish and Chips

Flaky haddock hand breaded in crispy breadcrumbs served with French fries, tartar sauce, lemon and malt vinegar. 13.00

Drunken Chicken Pasta

Brandy-marinated chicken breast, prosciutto, snow peas and bowtie pasta tossed in a brandy mushroom cream sauce. 15.00

Butternut Squash Ravioli

Ravioli filled with sweet butternut squash in a white wine garlic sauce tossed with fresh tomatoes, broccoli, snow peas, mushrooms and basil pesto. 15.00

Daily specials available at
www.thegoodlifecafepr.com

Craving The Good Life but short on time?

Call ahead and we'll have your favorite meal ready for take out!

218.237.4212

220 Main Ave S, Park Rapids, MN

