WHERE OUR FOOD COMES FROM

We proudly serve handmade tortillas featuring organic corn from Mexico.

Our goal is to serve you seasonal sustainably raised vegetables, meat & poultry from local artisanal farms, & fish from sustainable fisheries.

VEGETABLES, BEANS The majority come from small local farms:
• Nichols Farm (Marengo, IL)
• Spence Farm (Fairbury, IL)
• Three Sisters Garden (Kankakee, IL)
• Mighty Vine (Rochelle, IL)
• Snug Haven (Belleville, WI)
• City Farm (Chicago)
• Bayless Garden (Chicago)
• Iron Creek (La Porte, IN)

FRUIT The majority comes from farms in Southwestern Michigan:
• Klug Farm (St. Joseph, MI)
• Seedling Farm (South Haven, MI)

PORK, CHICKEN, RABBIT, DUCK, TURKEY
Antibiotic-free and pasture-raised by Gunthorp Farms (La Grange, IN)

GOAT Pasture raised from the Kilgus brothers at Pleasant Meadows Farm (Fairbury, IL)

BEEF Antibiotic-free Prime and Choice Creekstone Natural Black Angus

FISH, SHELLFISH Following the Monterey Bay Aquarium’s Seafood Watch guidelines, we source only from sustainable fisheries, often buying directly from fishing families through Sea to Table.

CORN Non-GMO, heirloom corn for our hand-made tortillas comes from Oaxaca, Mexico, grown on family farms and made into masa for us by El Popocatepetl (Chicago)

MILK & CREAM Organic, non-homogenized, grass-fed and batch pasteurized: Kalona SuperNatural (Kalona, IA)

CHEESE
• Raw milk Jack and Colby from Jersey cows: Samuel Stoltzfus’ Meadow Valley (Middlebury, IN)
• Farmstead goat cheeses, Prairie Fruits Farm (Champaign, IL)
• Cheddar, Cedar Grove, (Avoca, WI)

EGGS are from Little Farm on the Prairie (Saunemin, IL)

OLIVE OIL is Baja Precious from northern Baja
**Desserts**

**TORTE DE ELOTE**
Buttery moist corn cake (made from fresh local field corn), blueberry-plum salsa, fresh cheese ice cream. 10

**DÚO DE FLANES**
A duo of caramel custards: one classic Mexican vanilla flan, one coffee flan with sour cherry compote & coca-cascabel chile crumble. 8.25

**SOPA DE FRUTAS**
Jamaica frozen yogurt, a variety of local melons, Moscato d’Asti “broth” with rooftop lemon verbena. 10

**FRONTERA’S CHOCOLATE PECAN PIE**
with Kahlúa whipped cream. 8.50

**COCONUT PEARLS**
Coconut pearls, herby local peach salsa (with a touch of habanero), local blackberry sorbet. 10

**DOS, TRES, CUATRO CAKE**
Dos candied nuts, tres leches, cuatro chocolates (chocolate-infused tres leches cake, house-ground chocolate ice cream, chocolate cookies, hot fudge), candied almonds & pecans. 9

**HOMEMADE ICE CREAMS**
Choose your ice cream: Mexican vanilla bean (with white rum) or Mexican chocolate. Choose your topping: homemade cajeta (goat milk caramel) or bittersweet hot fudge. 8

**Coffee, Tea, House-Ground Mexican Chocolate**

**LA PERLA DE OAXACA FROM INTELLIGENTSIA COFFEE**
Direct Trade Mexican beans that deliver a full mouth feel and a deep rich sweetness with notes of raisins, pear and candied oranges. 2.50

**PRESS POT “COFFEE WITH A CAUSE”**
100% organic Direct Trade beans from Colombia. “Tres Santos” is a custom-built blend from small farms in the Cauca region. These lots combined are complex and exhibit flavors of baked orange, vanilla and red grape. 4.75

**RISHI ORGANIC TEA**
Matcha-Genmaicha Green, Iron Goddess of Mercy Oolong, Tropical Oolong, English Breakfast, Vanilla Mint Pu-erh, Chamomile Medley, or Mango Ginger with Turmeric. 4.75

**ESPRESSO/CAPPUCCINO**
Made from Intelligentsia Black Cat espresso. Single: 3, Double: 4, Cappuccino (double): 4.50

**FROTHY MEXICAN HOT CHOCOLATE**
House-ground Mexican chocolate steamed with hot milk. 5

**CHOCOLATE CAPPUCINO**
Intelligentsia Black Cat espresso and house-ground chocolate steamed with hot milk. 5.50

**CAFÉ DE OLLA**
Sweet coffee, spiced, fruity. 3.75

**Dessert Wine & Port**

- 2018 Vietti, Moscato D’Asti, Piedmont, Italy 11 gl / 43 750ml btl
- 2014 Brooks Estate, LH Riesling, Tethys, Eola-Amity Hills, Willamette Valley, Oregon 18gl / 54 375ml btl
- NV Niepoort 10-yr Tawny Port, Douro Valley, Portugal 15
- NV Niepoort, 20-yr Tawny Port, Douro Valley, Portugal 25
- Warre’s, 2004 LBV Port, Douro Valley, Portugal 12
- Quinta Do Noval, 2012 LBV Port, Douro Valley, Portugal 10

**FrOnTerA gRILL**
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**Stuffs**
Rick & Deann Bayless - proprietors
Richard James - chef de cuisine
Lisa Despres - sous chef
Leslie LaRue Lamont - general manager
Lanie Bayless Sullivan - spirits director
Jill Gubesch - wine director
Ashley Tranquill - sommelier
Tiana Washington - manager
Wesam Arafa - manager