



HEALTHY STARTS

YOGURT AND GRANOLA  - 7.50

greek yogurt, bear naked granola,  
fresh berries, vanilla bean

ACAI BOWL   - 9.00

bananas, coconut, chia seeds, kiwi,  
berries, slivered almonds  
add protein powder - 2.75

STEEL CUT OATS - 7.50

vanilla, almond milk, blueberry compote,  
almond slivers  
add protein powder - 2.75

MORNINGS

|                                                                                                                     |              |
|---------------------------------------------------------------------------------------------------------------------|--------------|
| <b>BUTTERMILK PANCAKES</b> .....                                                                                    | <b>8.00</b>  |
| whipped butter, maple syrup                                                                                         |              |
| add banana, blueberries.....                                                                                        | <b>9.00</b>  |
| <b>SMOKED SALMON PLATTER*</b> .....                                                                                 | <b>13.00</b> |
| smoked salmon, red onions, cucumbers, capers, tomato, herb cream cheese, choice of bagel                            |              |
| <b>AVOCADO TOAST*</b> .....                                                                                         | <b>9.00</b>  |
| smashed avocado, toasted multi grain bread, olive oil, lemon juice, fried egg, everything seasoning                 |              |
| <b>2 EGG BREAKFAST*</b> .....                                                                                       | <b>7.50</b>  |
| cooked any style, EBC potatoes and toast                                                                            |              |
| add bacon, turkey bacon, ham, sausage.....                                                                          | <b>3.00</b>  |
| substitute egg whites .....                                                                                         | <b>1.50</b>  |
| <b>HUEVOS RANCHEROS*</b> .....                                                                                      | <b>11.00</b> |
| 2 eggs, black beans, spanish rice, flour tortilla , house salsa, guacamole                                          |              |
| <b>EGG WHITE FRITATA*</b>  ..... | <b>12.00</b> |
| egg whites, kale, quinoa, avocado, goat cheese                                                                      |              |

OMELETTES

|                                                                                                                                      |              |
|--------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>BUILD YOUR OWN OMELETTE*</b> .....                                                                                                | <b>12.00</b> |
| Three-egg omelette with your choice of any four ingredients                                                                          |              |
| Each extra ingredient .....                                                                                                          | <b>0.50</b>  |
| <b>OMELETTE INGREDIENT CHOICES</b>                                                                                                   |              |
| <b>VEGETABLES</b> avocado   broccoli   spinach   onion   tomato  green pepper   pickled jalapeño   fresh jalapeño   roasted mushroom |              |
| <b>CHEESE</b> american   cheddar   cream cheese   feta   goat   chihuahua   swiss   mozzarella                                       |              |
| <b>MEAT</b> bacon   turkey bacon   ham   sausage                                                                                     |              |
| <b>TUSCAN OMELETTE*</b>  .....                    | <b>13.00</b> |
| sun dried tomatoes, roasted mushrooms, goat cheese, basil, olive oil                                                                 |              |
| <b>SOUTHWEST OMELETTE*</b>  .....                 | <b>13.00</b> |
| ham, cheddar cheese, tomato, green peppers, onions, jalapeños, cilantro                                                              |              |
| <b>WISCONSIN OMELETTE*</b>  .....                 | <b>13.00</b> |
| cheddar spread, bacon, caramelized onions, sour cream, scallions                                                                     |              |

EBC SPECIALTIES

|                                                                                                                                            |              |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>KOREAN BEEF BOWL*</b> .....                                                                                                             | <b>19.00</b> |
| skirt steak, soy, garlic, ginger, cabbage, cilantro, scallions, roasted sweet potato, sesame seeds                                         |              |
| <b>GRAIN BOWL</b> .....                                                                                                                    | <b>14.00</b> |
| quinoa, farro, black barley, green beans, kale, tomatoes, cranberries, hemp seeds, feta, lemon vinaigrette                                 |              |
| add grilled chicken.....                                                                                                                   | <b>5.00</b>  |
| add seared salmon .....                                                                                                                    | <b>12.00</b> |
| <b>GRILLED CHICKEN NOODLE BOWL (SERVED CHILLED)</b> .....                                                                                  | <b>15.00</b> |
| shiritake noodles, bean sprouts, pickled carrots, daikon radish, romaine, cucumber, mint, cilantro, scallions, sweet & sour sauce, peanuts |              |
| substitute seared salmon .....                                                                                                             | <b>5.00</b>  |
| <b>SALMON POKE BOWL*</b> .....                                                                                                             | <b>16.00</b> |
| raw bakkafroast salmon, sesame, soy, scallions, brown rice, cucumber, edamame, pickled carrot, daikon radish, avocado                      |              |
| <b>SEARED BAKKAFROST SALMON*</b> .....                                                                                                     | <b>20.00</b> |
| steamed broccoli, brown rice, tartar sauce                                                                                                 |              |

# SANDWICHES & BURGERS

served with choice of french fries, sweet potato fries, side salad, or fruit cup

|                                                                             |                         |                                                            |                         |
|-----------------------------------------------------------------------------|-------------------------|------------------------------------------------------------|-------------------------|
| <b>AVOCADO BLT</b> .....                                                    | <b>12<sup>.00</sup></b> | <b>BURGER*</b> .....                                       | <b>14<sup>.00</sup></b> |
| applewood smoked bacon, avocado, lettuce, tomato, mayo, 9-grain toast       |                         | lettuce, tomato, onion, pickle, brioche bun                |                         |
| <b>GRILLED CHEESE</b> .....                                                 | <b>10<sup>.00</sup></b> | <b>IMPOSSIBLE BURGER</b> .....                             | <b>15<sup>.00</sup></b> |
| sharp cheddar spread, american cheese, sourdough bread                      |                         | lettuce, tomato, onion, pickle, brioche bun                |                         |
| <b>TURKEY AVOCADO CLUB</b> .....                                            | <b>14<sup>.00</sup></b> | <b>TURKEY BURGER</b> .....                                 | <b>12<sup>.00</sup></b> |
| shaved turkey, crispy bacon, sliced avocado, tomato, lettuce, 9-grain toast |                         | lettuce, tomato, onion, pickle, brioche bun                |                         |
| <b>LOBSTER ROLL</b> .....                                                   | <b>21<sup>.00</sup></b> | <b>TUNA SALAD SANDWICH</b> .....                           | <b>13<sup>.00</sup></b> |
| clarified butter, old bay, mayo, lemon juice                                |                         | tuna salad, tomatoes, lettuce, pickle, toasted wheat bread |                         |

|                            |                                                                                                                  |                         |
|----------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------|
| S<br>A<br>L<br>A<br>D<br>S | <b>THAI CHICKEN</b> .....                                                                                        | <b>12<sup>.00</sup></b> |
|                            | kale, napa cabbage, red bell peppers, pickled veggies, scallions, sesame seeds, almond dressing                  |                         |
|                            | <b>BLACKENED CHICKEN FIESTA SALAD</b> .....                                                                      | <b>12<sup>.00</sup></b> |
|                            | romaine lettuce, arcadian mix, avocado, roasted corn, pico de gallo, chihuahua cheese, cilantro lime dressing    |                         |
|                            | <b>COBB SALAD*</b> 🍷 .....                                                                                       | <b>13<sup>.00</sup></b> |
|                            | romaine lettuce, grilled chicken breast, bacon, tomatoes, avocado, blue cheese, boiled egg, red wine vinaigrette |                         |
|                            | <b>KALE CAESAR</b> .....                                                                                         | <b>10<sup>.00</sup></b> |
|                            | green kale, romaine lettuce, shaved parmesan, toasted bread crumbs, caesar dressing                              |                         |
|                            | add grilled chicken .....                                                                                        | <b>5<sup>.00</sup></b>  |
|                            | add seared salmon .....                                                                                          | <b>12<sup>.00</sup></b> |

## SIDES

|                                  |                        |                                    |                        |                                    |                        |
|----------------------------------|------------------------|------------------------------------|------------------------|------------------------------------|------------------------|
| <b>HALF GRAPEFRUIT</b> 🍷 .....   | <b>3<sup>.00</sup></b> | <b>PLAIN CREAM CHEESE</b> 🍷 .....  | <b>1<sup>.25</sup></b> | <b>EBC POTATOES</b> 🍷 .....        | <b>3<sup>.00</sup></b> |
| <b>FRESH BERRIES</b> 🍷 .....     | <b>4<sup>.00</sup></b> | <b>HERBED CREAM CHEESE</b> 🍷 ..... | <b>1<sup>.25</sup></b> | <b>STEAMED SPINACH</b> 🍷🍷 .....    | <b>4<sup>.00</sup></b> |
| <b>SEASONAL FRUIT</b> 🍷 .....    | <b>4<sup>.00</sup></b> | <b>COTTAGE CHEESE</b> 🍷 .....      | <b>3<sup>.00</sup></b> | <b>STEAMED BROCCOLI</b> 🍷🍷 .....   | <b>4<sup>.00</sup></b> |
| <b>BANANA</b> 🍷 .....            | <b>1<sup>.00</sup></b> | <b>HARD-BOILED EGG</b> 🍷 .....     | <b>1<sup>.00</sup></b> | <b>GREEN BEANS</b> 🍷🍷 .....        | <b>4<sup>.00</sup></b> |
| <b>TOAST</b> 🍷 .....             | <b>2<sup>.00</sup></b> | <b>BACON</b> 🍷 .....               | <b>4<sup>.50</sup></b> | <b>BAKED SWEET POTATO</b> 🍷🍷 ..... | <b>4<sup>.00</sup></b> |
| <b>GLUTEN-FREE TOAST</b> 🍷 ..... | <b>3<sup>.00</sup></b> | <b>TURKEY BACON</b> 🍷 .....        | <b>4<sup>.00</sup></b> | <b>FRENCH FRIES</b> 🍷 .....        | <b>4<sup>.00</sup></b> |
| <b>BAGEL</b> .....               | <b>2<sup>.00</sup></b> | <b>SAUSAGE</b> .....               | <b>4<sup>.00</sup></b> | <b>SWEET POTATO FRIES</b> 🍷 .....  | <b>4<sup>.00</sup></b> |
| <b>BIALY</b> .....               | <b>2<sup>.00</sup></b> | <b>HAM</b> 🍷 .....                 | <b>4<sup>.00</sup></b> | <b>SIDE SALAD</b> 🍷🍷 .....         | <b>4<sup>.00</sup></b> |



## BEVERAGES

|                                                               |                                                         |                                           |                        |
|---------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------|------------------------|
| <b>SOFT DRINKS</b> .....                                      | <b>3<sup>.00</sup></b>                                  | <b>TEA</b> (iced or hot) .....            | <b>2<sup>.75</sup></b> |
| <b>COKE   DIET COKE</b> (can) .....                           | <b>2<sup>.75</sup></b>                                  | <b>HOT CHOCOLATE</b> .....                | <b>2<sup>.00</sup></b> |
| <b>SAN PELLEGRINO</b> .....                                   | <b>3<sup>.00</sup></b>                                  | <b>BOTTOMLESS COFFEE</b> .....            | <b>2<sup>.95</sup></b> |
| <b>BOTTLED WATER</b> .....                                    | SM/ <b>1<sup>.75</sup></b> • LG/ <b>2<sup>.75</sup></b> | <b>CAPPUCCINO</b> .....                   | <b>3<sup>.50</sup></b> |
| <b>GATORADE</b> .....                                         | <b>3<sup>.00</sup></b>                                  | <b>ESPRESSO</b> .....                     | <b>3<sup>.25</sup></b> |
| <b>FRESH JUICE</b> (orange or grapefruit) .....               | SM/ <b>4<sup>.50</sup></b> • LG/ <b>5<sup>.00</sup></b> | <b>CAFÉ LATTE</b> .....                   | <b>3<sup>.50</sup></b> |
| <b>SUGAR FREE LEMONADE</b> .....                              | <b>3<sup>.00</sup></b>                                  | <b>COLD BREW COFFEE</b> (bottled) .....   | <b>4<sup>.50</sup></b> |
| <b>FRESH LEMONADE</b> .....                                   | <b>3<sup>.50</sup></b>                                  | <b>MILK</b> (fat-free or 2%) .....        | <b>2<sup>.75</sup></b> |
| <b>JUICE</b> (apple, pineapple, cranberry, tomato, V-8) ..... | SM/ <b>4<sup>.00</sup></b> • LG/ <b>4<sup>.50</sup></b> | <b>SOY MILK &amp; ALMOND MILK</b> 🍷 ..... | <b>2<sup>.75</sup></b> |

## FROM THE BAR

### BEER

|                                       |                        |
|---------------------------------------|------------------------|
| <b>BLUE MOON</b> .....                | <b>8<sup>.00</sup></b> |
| <b>MODELO ESPECIAL</b> .....          | <b>8<sup>.00</sup></b> |
| <b>LAGUNITAS INDIA PALE ALE</b> ..... | <b>8<sup>.00</sup></b> |
| <b>HALF ACRE, DAISY CUTTER</b> .....  | <b>7<sup>.00</sup></b> |
| <b>CORONA</b> .....                   | <b>7<sup>.00</sup></b> |
| <b>STIEGL PILS</b> .....              | <b>9<sup>.00</sup></b> |
| <b>MICHELOB ULTRA</b> .....           | <b>6<sup>.00</sup></b> |
| <b>KROMBACHER PILS N/A</b> .....      | <b>7<sup>.00</sup></b> |
| <b>TRULY HARD SELTZER</b> .....       | <b>7<sup>.00</sup></b> |

### WINE

|                                                   |                                            |
|---------------------------------------------------|--------------------------------------------|
| <b>CANARD-DUCHENE BRUT CHAMPAGNE</b> .....        | <b>18<sup>.00</sup> • 36<sup>.00</sup></b> |
| <b>CRAGGY RANGE SAUVIGNON BLANC</b> .....         | <b>11<sup>.00</sup> • 44<sup>.00</sup></b> |
| <b>SCARPETTA PINOT GRIGIO</b> .....               | <b>10<sup>.00</sup> • 36<sup>.00</sup></b> |
| <b>DECOY CHARDONNAY</b> .....                     | <b>13<sup>.00</sup> • 52<sup>.00</sup></b> |
| <b>DOURTHE 'LA GRANDE CUVÉE' ROSE</b> .....       | <b>12<sup>.00</sup> • 48<sup>.00</sup></b> |
| <b>ROUTESTOCK PINOT NOIR</b> .....                | <b>15<sup>.00</sup> • 60<sup>.00</sup></b> |
| <b>OBERON CABERNET SAUVIGNON</b> .....            | <b>13<sup>.00</sup> • 52<sup>.00</sup></b> |
| <b>ALTA VISTA MALBEC</b> .....                    | <b>12<sup>.00</sup> • 48<sup>.00</sup></b> |
| <b>STAG'S LEAP CELLARS CHARDONNAY</b> .....       | <b>48<sup>.00</sup></b>                    |
| <b>HARTFORD COURT PINOT NOIR</b> .....            | <b>60<sup>.00</sup></b>                    |
| <b>BUEHLER VINEYARDS CABERNET SAUVIGNON</b> ..... | <b>58<sup>.00</sup></b>                    |

🍷 VEGAN    🍷 GLUTEN FREE

*\*The Illinois Department of Public Health advises that eating raw or under-cooked meat, poultry, eggs or seafood imposes a health risk to everyone, but especially to the elderly, young children under age four, pregnant women, and other highly susceptible individuals with compromised immune systems.*