



# LUNCH + DINNER

LOCAL + SEASONAL. WHOLESOME + DELICIOUS.

## WEEKDAYS 11 AM - 9 PM



ASK YOUR SERVER ABOUT  
OUR WEEKLY SPECIALS,  
OR SCAN THE QR CODE.

## SMALL PLATES

### CAULIFLOWER BITES ✓

CHARRED CAULIFLOWER, CHILI CRISP, GREEN ONION,  
GINGER YOGURT SAUCE

**\$13**

240 CALORIES | 16G CARBS | 16G FAT | 13G PROTEIN

### BUFFALO BITES

CRISPY CHICKEN TOSSED IN BUFFALO SAUCE,  
CARROTS, CLUB-MADE BLUE CHEESE DRESSING

**\$14**

### CHIMICHURRI SHRIMP ✓

ROASTED RED PEPPER CHIMICHURRI SAUCE,  
HERB SALAD

350 CALORIES | 5G CARBS | 25G FAT | 30G PROTEIN

**\$15**

### CLUB-MADE FOCACCIA

WHIPPED HERB RICOTTA

1120 CALORIES | 140G CARBS | 43G FAT | 32G PROTEIN

**\$9**

### HUMMUS

CUCUMBER, ROASTED PEPPERS, DILL, PEPITAS,  
POMEGRANATE, OLIVE OIL, NAAN

1040 CALORIES | 79G CARBS | 70G FAT | 30G PROTEIN

**\$12**

## SOUPS

### TURKEY CHILI ✓

AN EBC CLASSIC, SERVED WITH RED ONIONS AND CHEDDAR CHEESE

**\$8 BOWL** 350 CALORIES | 39G CARBS | 14G FAT | 20G PROTEIN

**\$5 CUP** 260 CALORIES | 22G CARBS | 13G FAT | 15G PROTEIN

### CHICKEN SOUP

NOODLES WITH ROTISSERIE CHICKEN, CELERY, CARROT

**\$6 BOWL | \$4 CUP**

CUP WITH NOODLES: 170 CALORIES | 23G CARBS | 4.5G FAT | 10G PROTEIN

BOWL WITH NOODLES: 250 CALORIES | 37G CARBS | 22G FAT | 14G PROTEIN

CUP WITH MATZO: 310 CALORIES | 19G CARBS | 14G FAT | 26G PROTEIN

BOWL WITH MATZO: 470 CALORIES | 34G CARBS | 22G FAT | 32G PROTEIN

### SEASONAL SOUP

CHEF'S INSPIRATION

**\$6 BOWL | \$4 CUP**

## HANDHELDS

CHOICE OF SIDE:

FRENCH FRIES, SWEET POTATO FRIES, SIDE SALAD OR FRESH BERRIES

### EBC BURGER \*

TWO FOUR OUNCE LINZ BEEF PATTIES, EBC SAUCE,  
LETTUCE, TOMATO, ONION

CHEESE: AMERICAN, SWISS, PEPPER JACK

ALTERNATIVES: TURKEY BURGER, BLACK BEAN BURGER,  
CHICKEN BREAST

**\$19**

1120 CALORIES | 65G CARBS | 74G FAT | 59G PROTEIN

### TURKEY CLUB

CLUB-ROASTED TURKEY, APPLEWOOD BACON, AVOCADO,  
LETTUCE, TOMATO, MAYO, SPROUTED WHEAT BREAD

**\$17**

1120 CALORIES | 65G CARBS | 74G FAT | 50G PROTEIN

### LEMON CHICKEN PITA ✓

BELL & EVANS CHICKEN THIGH, TZATZIKI, LETTUCE,  
TOMATO, CUCUMBER

**\$17**

620 CALORIES | 65G CARBS | 19G FAT | 49G PROTEIN

### MEDITERRANEAN WRAP ✓

QUINOA, CHICK PEAS, ARUGULA, TOMATO, CUCUMBER,  
HUMMUS, PICKLED ONIONS, HERBS

**\$16**

680 CALORIES | 70G CARBS | 38G FAT | 15G PROTEIN

### GREEN GODDESS CHICKEN WRAP ✓

GREEN GODDESS CHICKEN SALAD, WHOLE WHEAT WRAP,  
TOMATO, PICKLED ONIONS, AVOCADO, PEASHOOTS,  
GREENGODDESS DRESSING

**\$17**

670 CALORIES | 64G CARBS | 29G FAT | 49G PROTEIN

### TURKEY MEATBALL SUB

CLUB-MADE TURKEY MEATBALLS, ARRABIATTA SAUCE,  
GRILLED BROCCOLINI, HERBED RICOTTA

**\$16**

870 CALORIES | 90G CARBS | 36G FAT | 42G PROTEIN

### REUBEN

MANNY'S CORNED BEEF, SAURKRAUT, SWISS,  
SEEDED RYE, THOUSAND ISLAND

**\$18**

1310 CALORIES | 60G CARBS | 106G FAT | 60G PROTEIN

### CHICKEN QUESADILLA

SPICY CHICKEN, CHIHUAHUA CHEESE, FLOUR TOTRILLA,  
CLUB-MADE SALSA AND GUACAMOLE

**\$17**

1100 CALORIES | 69G CARBS | 69G FAT | 50G PROTEIN

## SALADS

ADD PROTEIN TO ANY SALAD: SHRIMP \$15 | CHICKEN \$9 | STEAK \$17 | SALMON \$13

### HARVEST SALAD ✓

SWEET POTATO, BEETS, QUINOA, KALE, CABBAGE, APPLE, DRIED CHERRIES, PEPITAS,  
GREEN ONION, CILANTRO, APPLE-MAPLE VINAIGRETTE

**\$17**

470 CALORIES | 63G CARBS | 22G FAT | 10G PROTEIN

### TOSSED COBB SALAD

CHOPPED ROMAINE, TOMATO, AVOCADO, BACON, EGG, TURKEY, BLUE CHEESE, RANCH DRESSING

**\$19**

1020 CALORIES | 21G CARBS | 72G FAT | 78G PROTEIN

### GREEK SALMON SALAD \* ✓

PAN-ROASTED BAKKAFROST SALMON, ROMAINE, MIXED GREENS, CUCUMBER, TOMATO, OLIVES,  
PEPPERS, FETA CHEESE, LEMON-HERB VINAIGRETTE

**\$26**

740 CALORIES | 12G CARBS | 65G FAT | 28G PROTEIN

### CHICKEN FIESTA SALAD ✓

MIXED GREENS, BLACKENED BELL & EVANS CHICKEN, ROASTED CORN,  
CHIHUAHUA CHEESE, PICO DE GALLO, AVOCADO, CILANTRO-LIME VINAIGRETTE

**\$18**

770 CALORIES | 29G CARBS | 51G FAT | 51G PROTEIN

### CAESAR SALAD

ROMAINE, CRISPY POTATO, PARMESAN CHEESE, CAESAR DRESSING

**\$15**

520 CALORIES | 20G CARBS | 32G FAT | 20G PROTEIN

### ROASTED VEGGIE SALAD ✓

BABY CARROTS, BROCCOLINI, CAULIFLOWER, GREEN GODDESS DRESSING,  
MARCONA ALMONDS

**\$15**

470 CALORIES | 30G CARBS | 36G FAT | 11G PROTEIN

## BOWLS

### KOREAN BEEF BOWL \* ✓

SKIRT STEAK, SWEET POTATO, GINGER SESAME CABBAGE SLAW, KIMCHI

**\$26**

INFO: 540 CALORIES | 43G CARBS | 20G FAT | 47G PROTEIN

### SUPERFOOD BOWL ✓

GRILLED BELL & EVANS CHICKEN BREAST, SWEET POTATO, QUINOA,  
KALE SLAW, CRAISINS, ALMONDS, GINGER LIME VINAIGRETTE

**\$20**

710 CALORIES | 69G CARBS | 38G FAT | 43G PROTEIN

### SALMON POKE \* ✓

RAW BAKKAFROST SALMON, BROWN RICE, PICKLED DAIKON AND  
CARROTS, EDAMAME, SESAME SOY MARINADE

**\$22**

750 CALORIES | 69G CARBS | 38G FAT | 36G PROTEIN



### DIETITIAN PICK

WELL-BALANCED; CALORIE CONSCIOUS



### GLUTEN FRIENDLY



### VEGETARIAN



These items are served raw, undercooked  
or cooked-to-order. Consuming raw or  
undercooked meats, poultry, seafood,  
shellfish or eggs may increase your  
risk of foodborne illness.

MAINS

BAKKAFROST SALMON \*✓🌱  
PAN-ROASTED SALMON, WARM SPINACH SALAD, ROMESCO SAUCE  
\$27  
680 CALORIES | 28G CARBS | 47G FAT | 34G PROTEIN

NEW YORK STRIP STEAK \*🌱  
GRILLED LINZ HERITAGE ANGUS 12OZ NY STRIP, ROASTED RED PEPPER CHIMICHURRI, ASPARAGUS  
\$39  
1070 CALORIES | 12G CARBS | 71G FAT | 95G PROTEIN

ROAST HALF CHICKEN 🌱  
BROCCOLINI, MITAKE MUSHROOMS  
\$27  
900 CALORIES | 11G CARBS | 61G FAT | 67G PROTEIN

FAJITAS  
POBLANOS, PEPPERS, ONIONS, FLOUR TORTILLA, CILANTRO LIME RICE, GUACAMOLE, PICO DE GALLO

STEAK FAJITAS | \$28  
1230 CALORIES | 12G CARBS | 57G FAT | 66G PROTEIN

CHICKEN FAJITAS | \$22  
1150 CALORIES | 121G CARBS | 35G FAT | 68G PROTEIN

SHRIMP FAJITAS | \$26  
960 CALORIES | 121G CARBS | 35G FAT | 48G PROTEIN

ALL DAY  
BREAKFAST

SWEET POTATO HASH BOWL \*✓🌱  
ROASTED SWEET POTATO, BLACKED BELL & EVANS CHICKEN, ASPARAGUS, ONION, CHIPOTLE GLAZE, TWO EGGS ANY STYLE  
690 CALORIES | 50G CARBS | 35G FAT | 43G PROTEIN  
\$18

BUILD YOUR OWN OMELETTE  
WITH TOAST, BREAKFAST POTATOES OR FRESH BERRIES;  
CHOICE OF FOUR INGREDIENTS:  
VEGETABLES:  
BROCCOLI | SPINACH | ONION | PEPPERS | PICKLED JALAPEÑO  
ROASTED MUSHROOM | OVEN-ROASTED TOMATO  
MEAT:  
BACON | HAM | SAUSAGE, CHICKEN SAUSAGE  
CHEESE:  
AMERICAN | CHEDDAR | CHIHUAHUA | FETA | GOAT | SWISS  
\$18 | SUBSTITUTE EGG WHITES• \$1.50  
ADDITIONAL INGREDIENTS \$1 EACH

SIDES

- ROASTED FINGERLING POTATOS | \$7
- BROCCOLINI | \$7
- SWEET POTATO FRIES | \$6
- SIDE SALAD | \$7
- SEASONAL BERRIES | \$6
- GRILLED ASPARAGUS | \$8
- FRENCH FRIES | \$5
- SPINACH | \$6
- BAKED SWEET POTATO | \$5

DRINKS

BOTTOMLESS COFFEE  
\$4.50  
METROPOLIS PROJECT X

COLD BREW  
\$5.25  
METROPOLIS | DRAFT

TEA  
\$3.75  
RISHI ORGANIC; ICED OR HOT

MILK  
\$4.00  
SKIM, 2%, SOY, ALMOND

FRESH JUICE  
\$5.50  
APPLE, PINEAPPLE, CRANBERRY, TOMATO  
ORANGE, GRAPEFRUIT

WATER  
\$3  
BOTTLED  
SODA  
\$3.50  
BOTTLED; COKE, DIET COKE, SPRITE

SAN PELLEGRINO  
\$4.50  
BOTTLED

SPECIALTY  
COCKTAILS

BOTTLED  
BEER

- AMSTEL LIGHT \$8
- CORONA \$7
- MICHELOB ULTRA \$7
- MILLER LITE \$7
- NEWCASTLE BROWN ALE \$8
- PERONI \$8
- HIGH NOON CAN \$8
- SAM ADAMS JUST THE HAZE N/A \$8

DRAFT  
BEER

- 3 FLOYD’S ZOMBIE DUST \$8
- ALLAGASH WHITE \$8
- KONA BIG WAVE \$8
- HALF ACRE BODEM \$8
- MAPLEWOOD SON OF JUICE \$8
- STELLA ARTOIS \$8

SPA WATER  
VODKA, CUCUMBER, COCONUT WATER, AGAVE, LIME  
\$15  
POMEGRANATE MARGARITA  
TEQUILA, COINTREAU, POMEGRANATE, AGAVE, LIME, SALT  
\$15  
EBC BLOODY MARY  
VODKA, TOMATO JUICE, SPICES, GARNISH  
\$14

WINE  
RED

- NORTON MALBEC  
GLASS \$12 / BOTTLE \$36
- OBERON CABERNET SAUVIGNON  
GLASS \$16.50 / BOTTLE \$60
- ROUTESTOCK PINOT NOIR  
GLASS \$15 / BOTTLE \$55
- ROSÉ  
ROSÉ AIX  
GLASS \$11 / BOTTLE \$27
- WHISPERING ANGEL  
GLASS \$15 / BOTTLE \$55

EBC OLD FASHIONED  
BOURBON, ORANGE BITTERS, AROMATIC BITTERS  
\$16  
SPICED PEAR MARTINI  
GIN, SPICED PEAR, AGAVE, LEMON  
\$15  
ESPRESSO MARTINI  
VODKA, COLD BREW LIQUEUR, NITRO COLD BREW  
\$16

WHITE

- KETTMEIR PINOT GRIGIO  
GLASS \$14 / BOTTLE \$50
- CALERA CHARDONNAY  
GLASS \$14 / BOTTLE \$50
- SAINT CLAIR FAMILY ESTATE SAUVIGNON BLANC  
GLASS \$14 / BOTTLE \$50
- CLOUDY BAY SAUVIGNON BLANC  
GLASS \$16 / BOTTLE \$65
- GIESEN SAUVIGNON BLANC 0%  
GLASS \$12 / BOTTLE \$42
- SPARKLING  
SCARPETTA PROSECCO  
GLASS \$11 / BOTTLE \$42

OUR INGREDIENTS

WE METICULOUSLY SOURCE ONLY THE FINEST INGREDIENTS AND FRESHEST PRODUCE OF THE HIGHEST QUALITY FROM TRUSTED PURVEYORS.

MEATS BY LINZ

WE PROUDLY SERVE ONLY THE FINEST USDA RESERVE SOURCED FROM LINZ HERITAGE ANGUS . THE BLACK ANGUS CUTS ARE SOURCED USING THE FINEST GENETICS, THE BEST FEED, AND FOUR GENERATIONS OF LINZ AGING.

CEDAR RIDGE FARMS EGGS

CEDAR RIDGE FARMS IN ELGIN, IOWA, HUMANELY RAISES ANTIBIOTIC-FREE AND HORMONE-FREE CHICKENS ON A VEGETARIAN DIET. THEIR HAND-PICKED EGGS ARE EXTREMELY FLAVORFUL AND VIBRANT.

BAKKAFROST SALMON

BAKKAFROST IS THE LEADING PRODUCER OF TOP QUALITY SALMON FROM THE FAROE ISLANDS, WHERE THE COOL AND STEADY SEA TEMPERATURES OF THE NORTH ATLANTIC CURRENT PROVIDES PERFECT CONDITIONS FOR RAISING HEALTHY AND ROBUST ATLANTIC SALMON

BELL & EVANS CHICKEN

THIS CHICKEN IS RAISED FOLLOWING HUMANE ANIMAL WELFARE PRACTICES WITHOUT ANTIBIOTICS ON AN ALL-VEGETARIAN, ORGANIC DIET TO ENSURE HEALTHIER CHICKEN, RESULTING IN TENDER AND FLAVORFUL MEAT.