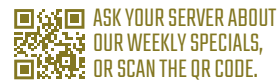




LUNCH + DINNER

LOCAL + SEASONAL.
WHOLESOME + DELICIOUS.
WEEKDAYS 11 AM - 9 PM



SALADS

ADD PROTEIN TO ANY SALAD: SHRIMP \$9 | CHICKEN \$6 | STEAK \$15 | SALMON \$12

FALL PANZANELLA

GRILLED FOCACCIA, MIXED GREENS, ARUGULA, WINTER SQUASH, CRANBERRIES, PECANS, MAPLE-DIJON VINAIGRETTE
\$12

770 CALORIES | 72G CARBS | 50G FAT | 9G PROTEIN

TOSSED COBB SALAD

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

\$18

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

GREEK SALMON SALAD

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

\$24

720 CALORIES | 12G CARBS | 61G FAT | 35G PROTEIN

CHICKEN FIESTA SALAD

MIXED GREENS, BLACKENED 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

\$12

630 CALORIES | 28G CARBS | 45G FAT | 18G PROTEIN

SESAME CHICKEN SALAD

NAPPA CABBAGE, MIXED GREENS, RADICCHIO, GRILLED CHICKEN, MANDARIN ORANGE, CASHEWS, CILANTRO, SCALLION, CRISPY WONTON, PICKLED GINGER, GINGER VINAIGRETTE

\$17

660 CALORIES | 30G CARBS | 41G FAT | 43G PROTEIN

APPETIZERS

CRISPY BRUSSELS SPROUTS

SWEET CHILI, LIME, APPLE, CILANTRO
360 CALORIES | 53G CARBS | 15G FAT | 8G PROTEIN

\$8

CLUB-MADE FOCACCIA

WHIPPED HERB RICOTTA
1120 CALORIES | 140G CARBS | 43G FAT | 32G PROTEIN

\$7

MEZZE

HUMMUS, WHIPPED FETA, EGGPLANT, OLIVES, PITA
860 CALORIES | 70G CARBS | 55G FAT | 23G PROTEIN

\$13

BUFFALO TENDERS

CRISPY CHICKEN TOSSED IN BUFFALO SAUCE, CARROTS, CLUB-MADE BLUE CHEESE DRESSING
1080 CALORIES | 32G CARBS | 82G FAT | 53G PROTEIN

\$14

QUESADILLA

CHICKEN, CHIHUAHUA CHEESE, GUACAMOLE, SALSA
950 CALORIES | 68G CARBS | 53G FAT | 48G PROTEIN

\$14

SOUPS

TURKEY CHILI

SERVED WITH RED ONIONS, CHEDDAR CHEESE, SOUR CREAM

\$8 BOWL

350 CALORIES | 39G CARBS | 14G FAT | 20G PROTEIN

\$5 CUP

260 CALORIES | 22G CARBS | 13G FAT | 15G PROTEIN

CHICKEN SOUP

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

CHEF'S SOUP

CHEF'S INSPIRATION

\$6 BOWL | \$4 CUP

SUSHI & BOWLS

SPICY TUNA ROLL

AHI TUNA, SAMBAL AIOLI, CUCUMBER

\$10

310 CALORIES | 43G CARBS | 8G FAT | 17G PROTEIN

SPICY SALMON ROLL

SALMON, SAMBAL AIOLI, CUCUMBER

\$10

380 CALORIES | 44G CARBS | 17G FAT | 14G PROTEIN

CALIFORNIA ROLL

SNOW CRAB SALAD, AVOCADO, CUCUMBER

\$12

400 CALORIES | 46G CARBS | 16G FAT | 16G PROTEIN

SALMON ROLL

SALMON, AVOCADO

\$10

410 CALORIES | 45G CARBS | 18G FAT | 16G PROTEIN

CRISPY SHRIMP ROLL

CRISPY SHRIMP, SAMBAL AIOLI, CUCUMBER

\$9.50

390 CALORIES | 56G CARBS | 14G FAT | 8G PROTEIN

SHRIMP BOWL

SHRIMP, VEGETABLE LO MEIN, BOK CHOY

\$19

630 CALORIES | 75G CARBS | 16G FAT | 45G PROTEIN

KOREAN BEEF BOWL

SKIRT STEAK, SWEET POTATO KIMICHI FRIED RICE

\$27

690 CALORIES | 29G CARBS | 39G FAT | 54G PROTEIN

POKE BOWL

SPICY AHI TUNA, BROWN RICE, EDAMAME, DAIKON, SUNOMONO, WAKAME, AVOCADO, CARROT

\$22

690 CALORIES | 73G CARBS | 26G FAT | 37G PROTEIN

MISO-GLAZED SALMON BOWL

SALMON, BROWN RICE, CUCUMBER, RED ONION, AVOCADO, FURIKAKE

\$24

690 CALORIES | 59G CARBS | 33G FAT | 42G PROTEIN

SUPER FOOD BOWL

SWEET POTATO, QUINOA, KALE SLAW, CRANBERRY, ALMONDS, GINGER LIME VINAIGRETTE

GRILLED CHICKEN | \$20

710 CALORIES | 62G CARBS | 38G FAT | 34G PROTEIN

SESAME TOFU | \$19

HANDHELDS

CHOICE OF SIDE: FRENCH FRIES, SWEET POTATO FRIES, SIDE SALAD OR FRESH BERRIES

EBC BURGER

TWO ANGUS PATTIES, AMERICAN CHEESE, PICKLES, DIJON AIOLI, BRIOCHE BUN

\$19

1080 CALORIES | 38G CARBS | 75G FAT | 58G PROTEIN

WAGYU STEAK BURGER

8oz WAGYU PATTY, LETTUCE, TOMATO, ONION, COMTE CHEESE, BRIOCHE BUN

\$25

1070 CALORIES | 40G CARBS | 76G FAT | 55G PROTEIN

CRISPY CHICKEN

SWEET & SPICY SOY, PICKLES, RED ONION, HERB SALAD, BAGUETTE

\$17

740 CALORIES | 84G CARBS | 30G FAT | 35G PROTEIN

TURKEY BLT

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

\$17

880 CALORIES | 53G CARBS | 56G FAT | 38G PROTEIN

ROASTED VEGETABLE WRAP

ZUCCHINI, EGGPLANT, ROASTED PEPPER, HUMMUS, TOMATO JAM, FETA, MINT, WHEAT WRAP

\$14

480 CALORIES | 62G CARBS | 19G FAT | 18G PROTEIN

GREEN GODDESS CHICKEN WRAP

GREEN GODDESS CHICKEN SALAD, TOMATO, PICKLED ONION, AVOCADO, PEASHOOTS, GREEN GODDESS DRESSING, WHEAT WRAP

\$17

650 CALORIES | 59G CARBS | 29G FAT | 40G PROTEIN

TUNA MELT

HERBED ALBACORE TUNA SALAD, SWISS CHEESE, RYE BREAD

\$16

830 CALORIES | 53G CARBS | 55G FAT | 51G PROTEIN

THE DIP

SHAVED BEEF, SWISS CHEESE, GIARDINIERA AIOLI, BEEF JUS, BAGUETTE

\$25

1330 CALORIES | 44G CARBS | 104G FAT | 52G PROTEIN

LEMON CHICKEN PITA

CHICKEN THIGH, TZATZIKI, LETTUCE, TOMATO, CUCUMBER, PITA

\$17

620 CALORIES | 66G CARBS | 19G FAT | 41G PROTEIN



A LA CARTE

CHOICE OF TWO SIDES

BAKKAFROST SALMON *
\$24

SKIRT STEAK *
\$26

GRILLED CHICKEN BREAST
\$18

SESAME TOFU STEAK
\$17

PAN-ROASTED SHRIMP
\$21

MAINS

BBQ RIBS

1/2 RACK DRY RUB, CHIPOTLE BBQ GLAZE,
FOUR-CHEESE MAC, ELOTE SALAD

\$24
1670 CALORIES | 106G CARBS | 104G FAT | 70G PROTEIN

FAJITAS

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

STEAK * | \$28
1240 CALORIES | 131G CARBS | 52G FAT | 71G PROTEIN

CHICKEN | \$22
1190 CALORIES | 132G CARBS | 44G FAT | 70G PROTEIN

SHRIMP | \$26
990 CALORIES | 132G CARBS | 33G FAT | 50G PROTEIN

BLACKENED SALMON * | \$26
1250 CALORIES | 129G CARBS | 62G FAT | 53G PROTEIN

ALL DAY BREAKFAST

SWEET POTATO HASH BOWL *✓☯

ROASTED SWEET POTATO, BLACKENED CHICKEN, ASPARAGUS, ONION,
CHIPOTLE GLAZE, TWO EGGS ANY STYLE

690 CALORIES | 50G CARBS | 35G FAT | 43G PROTEIN
\$18

STEAK AND EGGS *

SKIRT STEAK, BREAKFAST POTATOES, TWO EGGS ANY STYLE

720 CALORIES | 24G CARBS | 47G FAT | 49G PROTEIN
\$27

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

SPECIALTY COCKTAILS

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

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

SIDES

BRUSSELS SPROUTS | \$6

BROCCOLI | \$6

SPINACH | \$6

BABY CARROTS | \$6

EBC SLAW | \$4

ELOTE SALAD | \$6

BROWN RICE | \$6

CILANTRO LIME RICE | \$6

CRISPY POTATOES | \$6

SWEET POTATO | \$6

SWEET POTATO FRIES | \$6

FRENCH FRIES | \$6

FOUR-CHEESE MAC | \$6

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
CAN; COKE, DIET COKE, SPRITE

SAN PELLEGRINO | \$4.50
BOTTLED

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.