

BREAKFAST FAVORITES

YOGURT WITH GRANOLA

GREEK YOGURT, CLUB-MADE GRANOLA, MACERATED BERRIES, MINT
390 CALORIES | 51G CARBS | 14G FAT | 20G PROTEIN
\$9

STEEL CUT OATS

RAISINS, BROWN SUGAR, CHOICE OF MILK
\$10

BUTTERMILK PANCAKES

THREE FLUFFY PANCAKES, WISCONSIN MAPLE SYRUP, WHIPPED BUTTER
\$13

AVOCADO TOAST

AVOCADO, ONE EGG ANY STYLE, CLUB-GROWN HERB SALAD, SPROUTED WHEAT BREAD, EVERYTHING SEASONING
\$15

SALMON TOAST


STEINGOLD'S GRAVLAX, ONE EGG ANY STYLE, HERBED CREAM CHEESE, AVOCADO, PICKLED ONION, CLUB-GROWN HERB SALAD, OLIVE OIL, SPROUTED WHEAT BREAD
\$19

SALMON GRAVLAX

STEINGOLD'S GRAVLAX AND BAGEL, RED ONION, TOMATO, CUCUMBER, CAPERS, PRESERVED LEMON, HERBED CREAM CHEESE
\$19

SOY-RIZO BURRITO

SOY CHORIZO, SCRAMBLED EGGS, POTATO, CHIHUAHUA CHEESE, CILANTRO, FLOUR TORTILLA, PICO DE GALLO, CLUB-MADE SALSA, CHOICE OF EBC HASH BROWNS OR FRESH FRUIT
\$16

 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.



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

BRUNCH MENU

LOCAL + SEASONAL.
WHOLESOME + DELICIOUS.
WEEKENDS 8 AM - 3 PM

 **DIETITIAN PICK**
WELL-BALANCED; CALORIE CONSCIOUS

 **GLUTEN FRIENDLY**

 **VEGETARIAN**

EGGS

EGG WHITE FRITTATA

OVEN-ROASTED TOMATO, SPINACH, GOAT CHEESE, AVOCADO, ARUGULA SALAD
290 CALORIES | 22G CARBS | 12G FAT | 26G PROTEIN
\$17

BUILD YOUR OWN OMELETTE

CHOICE OF FOUR INGREDIENTS:

VEGETABLES:

BROCCOLI | SPINACH | ONION | PEPPERS | PICKLED JALAPEÑO
ROASTED MUSHROOM | OVEN-ROASTED TOMATO | AVOCADO

MEAT:

BACON | HAM | SAUSAGE | CHICKEN SAUSAGE

CHEESE:

AMERICAN | CHEDDAR | CHIHUAHUA | FETA | GOAT | SWISS

\$18 | SUBSTITUTE EGG WHITES \$1.50
ADDITIONAL INGREDIENTS \$1 EACH

SALMON AND EGGS

BAKKA Frost SALMON, BREAKFAST POTATOES, TWO EGGS ANY STYLE, CHOICE OF TOAST
\$24

SMALL PLATES

CAULIFLOWER BITES

CHARRED CAULIFLOWER, CHILI CRISP, GREEN ONION, GINGER YOGURT SAUCE
\$13 240 CALORIES | 16G CARBS | 16G FAT | 13G PROTEIN

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

BUFFALO BITES

CRISPY CHICKEN TOSSED IN BUFFALO SAUCE, CARROTS, CLUB-MADE BLUE CHEESE DRESSING
1080 CALORIES | 32G CARBS | 82G FAT | 53G PROTEIN
\$14

BREAKFAST BOWLS

PROTEIN BOWL

TRI-COLOR QUINOA, BLACK BEANS, PEPPERS, ONION, KALE, CHICKEN SAUSAGE, TWO EGGS ANY STYLE
710 CALORIES | 83G CARBS | 24G FAT | 39G PROTEIN
\$18

SWEET POTATO HASH BOWL

ROASTED SWEET POTATO, BLACKENED CHICKEN, ONION, ASPARAGUS, CHIPOTLE GLAZE, TWO EGGS ANY STYLE
510 CALORIES | 42G CARBS | 22G FAT | 28G PROTEIN
\$18

BOWLS

KOREAN BEEF BOWL

SKIRT STEAK, SWEET POTATO, GINGER-SESAME CABBAGE SLAW, KIMCHI
\$26
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 BAKKA Frost SALMON, BROWN RICE, PICKLED DAIKON AND CARROTS, EDAMAME, SESAME-SOY MARINADE
\$22
750 CALORIES | 69G CARBS | 38G FAT | 36G PROTEIN

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
760 CALORIES | 74G CARBS | 44G FAT | 16G PROTEIN

GREEN GODDESS CHICKEN WRAP 
GRILLED BELL & EVANS CHICKEN BREAST, WHOLE WHEAT WRAP,
PICKLED ONIONS, AVOCADO, PEA SHOOTS, GREEN GODDESS 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

SIDES

TOAST \$3.50	SEASONAL BERRIES \$6	SPINACH \$6
GLUTEN-FREE TOAST \$4.50	BANANA \$1	COTTAGE CHEESE \$5
STEINGOLD'S BAGEL \$4.50	BREAKFAST POTATOES \$5	SIDE SALAD \$7
BACON \$5	FRENCH FRIES \$5	BROCCOLINI \$7
SAUSAGE \$5	SWEET POTATO FRIES \$6	STEAMED BROCCOLI \$5
HARD BOILED EGG \$2.50	ROASTED FINGERLING POTATOES \$7	CHARRED BROCCOLI \$6
	BAKED SWEET POTATO \$5	GRILLED ASPARAGUS \$6

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 | 14G FAT | 32G PROTEIN

DRINKS

BOTTOMLESS COFFEE \$4.50 METROPOLIS PROJECT X	SODA \$3.50 BOTTLED; COKE, DIET COKE, SPRITE
COLD BREW \$5.25 METROPOLIS DRAFT	SAN PELLEGRINO \$4 BOTTLED
TEA \$3.75 RISHI ORGANIC; ICED OR HOT	FRESH JUICE \$5.50 APPLE, PINEAPPLE, CRANBERRY, TOMATO, ORANGE, GRAPEFRUIT
MILK \$4 SKIM, 2%, SOY, ALMOND	WATER \$3 BOTTLED

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

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. THESE 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 AND RAISED WITHOUT ANTIBIOTICS ON AN ALL-VEGETARIAN,
ORGANIC DIET TO ENSURE HEALTHIER CHICKEN, RESULTING IN TENDER
AND FLAVORFUL MEAT.