

# 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 \*

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

## SALMON GRAVLAX \*

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



# BRUNCH MENU

LOCAL + SEASONAL.  
WHOLESOME + DELICIOUS.

WEEKENDS 8 AM - 3 PM

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

 **GLUTEN FRIENDLY**

 **VEGETARIAN**

# 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

# 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

HASH BROWNS AND CHOICE OF FOUR INGREDIENTS:

### VEGETABLES:

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

### MEAT:

BACON | HAM | SAUSAGE | CHICKEN SAUSAGE | TURKEY BACON

### CHEESE:

AMERICAN | CHEDDAR | CHIHUAHUA | FETA | GOAT | SWISS

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

## SALMON AND EGGS \*

SALMON, HASH BROWNS, TWO EGGS ANY STYLE,  
CHOICE OF TOAST  
\$27

# APPETIZERS

## CRISPY BRUSSELS SPROUTS

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

## 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, SOUR CREAM,  
SALSA  
950 CALORIES | 68G CARBS | 53G FAT | 48G PROTEIN  
\$14

## CLUB-MADE FOCACCIA

HUMMUS, OLIVE OIL  
1200 CALORIES | 147G CARBS | 50G FAT | 32G PROTEIN  
\$7

# 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

## CHEF'S SOUP

CHEF'S INSPIRATION  
\$6 BOWL | \$4 CUP

\* 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.

# 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

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

\$19

## WAGYU STEAK BURGER

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

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

\$25

## CRISPY CHICKEN

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

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

\$17

## TURKEY BLT

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

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

\$17

## ULTIMATE BLT

BROWN SUGAR NUESKE'S BACON, HEIRLOOM TOMATO, BABY ICEBERG LETTUCE, AIOLI, SPROUTED WHEAT BREAD

1070 CALORIES | 78G CARBS | 70G FAT | 38G PROTEIN

\$19

## GREEN GODDESS CHICKEN WRAP ✓

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

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

\$17

## TUNA MELT

HERBED ALBACORE TUNA SALAD, SWISS CHEESE, RYE BREAD

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

\$16

## FALAFEL SANDWICH

CLUB-MADE FALAFEL, SMOKY EGGPLANT, TOMATO, PICKLED ONION, ARUGULA, ROASTED GARLIC, RED SCHUG SAUCE

700 CALORIES | 90G CARBS | 29G FAT | 24G PROTEIN

\$16

## LEMON CHICKEN PITA ✓

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

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

\$17

# SALADS

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

## ITALIAN CHOPPED SALAD

ICEBERG LETTUCE, CABBAGE, TOMATO, RED ONION, CHICK PEAS, PROVOLONE, SALAMI, HAM, BANANA PEPPER, ROASTED GARLIC VINAIGRETTE

980 CALORIES | 40G CARBS | 69G FAT | 52G PROTEIN

\$18

## CAPRESE SALAD

HEIRLOOM TOMATO, BURRATA, ARUGULA, BASIL VINAIGRETTE, AGED BALSAMIC, CLUB-MADE FOCACCIA

1120 CALORIES | 57G CARBS | 89G FAT | 32G PROTEIN

\$17

## TOSSED COBB SALAD

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

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

\$18

## GREEK SALMON SALAD

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

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

\$24

## CHICKEN FIESTA SALAD ✓

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

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

\$18

## CAESAR SALAD

ROMAINE, CRISPY POTATO, PARMESAN CHEESE, CAESAR DRESSING

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

\$12

## SESAME CHICKEN SALAD ✓

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

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

\$17

# SIDES

TOAST | \$3.50

GLUTEN-FREE TOAST | \$4.50

BAGEL | \$4.50

BACON | \$5

SAUSAGE | \$5

HARD BOILED EGG | \$2.50

SEASONAL BERRIES | \$6

BANANA | \$1

HASH BROWNS | \$5

FRENCH FRIES | \$6

SWEET POTATO FRIES | \$6

BAKED SWEET POTATO | \$5

CRISPY POTATOES | \$6

SPINACH | \$6

BRUSSELS SPROUTS | \$6

BROCCOLI | \$6

COTTAGE CHEESE | \$5

EBC SLAW | \$4

BROWN RICE | \$6

FOUR-CHEESE MAC | \$6

# BOWLS

## MEDITERRANEAN BOWL

FALAFEL, QUINOA TABBOULEH, KALE, SMOKY EGGPLANT, RED SCHUG SAUCE, GARLIC SAUCE, HUMMUS, PITA

1000 CALORIES | 126G CARBS | 43G FAT | 32G PROTEIN

\$19

## KOREAN BEEF BOWL \* ✓

SWEET POTATO KIMCHI FRIED RICE, CARROT, DAIKON

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

\$27

## SUPERFOOD BOWL ✓

SWEET POTATO, QUINOA, KALE SLAW, CRANBERRY, ALMOND, GINGER-LIME VINAIGRETTE

WITH CHICKEN: 710 CALORIES | 69G CARBS | 38G FAT | 43G PROTEIN

GRILLED CHICKEN \$20 | TOFU \$19

## POKE BOWL ✓

SPICY AHI TUNA, SAMBAL AIOLI, BROWN RICE, EDAMAME, SUNMONO, WAKAME, AVOCADO, CARROTS, DAIKON

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

\$22

## MISO-GLAZED SALMON ✓

BROWN RICE, KALE, CUCUMBER, PICKLED ONION, AVOCADO, FURIKAKE

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

\$22

# OUR INGREDIENTS

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

# DRINKS

## BOTTOMLESS COFFEE

\$4.50

METROPOLIS PROJECT X

## COLD BREW

\$5.25

METROPOLIS | DRAFT

## TEA

\$3.75

RISHI ORGANIC; ICED OR HOT

## MILK

\$4

SKIM, 2%, SOY, ALMOND

## SODA

\$3.50

COKE, DIET COKE, SPRITE

## SAN PELLEGRINO

\$4

BOTTLED

## JUICE

\$5.50

APPLE, PINEAPPLE, CRANBERRY, TOMATO, ORANGE, GRAPEFRUIT

## WATER

\$3

BOTTLED

## 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.

## 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.

## BELL & EVANS CHICKEN

THIS CHICKEN IS HUMANELY RAISED WITHOUT ANTIBIOTICS AND FED AN ALL-VEGETARIAN, ORGANIC DIET, RESULTING IN TENDER, FLAVORFUL MEAT.