The GRILL at East Bank Club

BREAKFAST MENU

LOCAL + SEASONAL. WHOLESOME + DELICIOUS.

WEEKDAYS 7 AM - 11 AM

BREAKFAST FAVORITES

YOGURT AND 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
ADD BANANA, BLUEBERRIES OR STRAWBERRIES $3

SALMON GRAVLAX *
GRAVLAX AND BAGEL, RED ONION, TOMATO, CUCUMBER, CAPERS, PRESERVED LEMON, HERBED CREAM CHEESE
$19

AVOCADO TOAST *
AVOCADO, ONE EGG ANY STYLE, EBC-GROWN HERB SALAD, EVERYTHING SEASONING, SPROUTED WHEAT BREAD
$15

SALMON TOAST *
GRAVLOX, ONE EGG ANY STYLE, HERBED CREAM CHEESE, AVOCADO, PICKLED ONION, CLUB-GROWN HERB SALAD, OLIVE OIL, SPROUTED WHEAT BREAD
$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

CLASSIC EGGS

TWO-EGG BREAKFAST *
TWO EGGS ANY STYLE WITH TOAST; CHOICE OF BACON, TURKEY BACON, SAUSAGE, OR CHICKEN SAUSAGE; CHOICE OF BREAKFAST POTATOES OR FRESH BERRIES
$15 | SUBSTITUTE EGG WHITES $1.50

EBC EGG SANDWICH *
TWO EGGS OVER EASY, BACON, CHEDDAR, ARUGULA, TOMATO, AIOLI, FRENCH ROLL
$15

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
WITH TOAST; CHOICE OF BREAKFAST POTATOES OR FRESH BERRIES; CHOICE OF FOUR INGREDIENTS:

VEGETABLES:
BROCCOLI | SPINACH | PEPPERS | PICKLED JALAPEÑO ONION | ROASTED MUSHROOMS | 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

STEAK AND EGGS *
SKIRT STEAK, BREAKFAST POTATOES, TWO EGGS ANY STYLE, TOAST
$28

SALMON AND EGGS *
SALMON, TWO EGGS ANY STYLE, BREAKFAST POTATOES, TOAST
$27

BREAKFAST BOWLS

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

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

✓ **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.

COLD-PRESSED JUICES

CITRUS SUNRISE
CARROTS, GREEN APPLE, GINGER, LEMON, ORANGE JUICE
200 CALORIES | 47G CARBS | 0.5G FAT | 3G PROTEIN
$9.00

RUBY ROOT PRESS
CARROTS, BEETS, GREEN APPLE, GINGER
190 CALORIES | 46G CARBS | 0G FAT | 2G PROTEIN
$9.00

GREEN TONIC
GREEN APPLE, BLACK KALE. CELERY, PINEAPPLE, CUCUMBER, GINGER, LEMON
200 CALORIES | 47G CARBS | 0.5G FAT | 3G PROTEIN
$9.00

PINK TROPIC
PINEAPPLE, STRAWBERRIES, BEETS, CUCUMBER, GINGER, LEMON
200 CALORIES | 50G CARBS | 1G FAT | 4G PROTEIN
$10.00

BEVERAGES
SEE THE "FROM THE BAR" MENU FOR ALCOHOLIC DRINKS.

TEA
RISHI ORGANIC; ICED OR HOT
$3.75

BOTTOMLESS COFFEE
METROPOLIS PROJECT X
$4.50

COLD BREW
METROPOLIS | DRAFT
$5.25

MILK
SKIM, 2%, SOY, ALMOND
$4.00

SODA
BOTTLED;
COKE, DIET COKE, SPRITE
$3.50

SAN PELLEGRINO
BOTTLED
$4

BOTTLED WATER
$3

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

SIDES

COTTAGE CHEESE | $5	TOAST | $3.50	SEASONAL BERRIES | $6
HARD-BOILED EGG | $2.50	BAGEL | $4.50	BANANA | $1
BREAKFAST POTATOES | $4.50	BACON | $5	SAUTÉED SPINACH | $5
GLUTEN-FREE TOAST | $4.50	SAUSAGE | $5	STEAMED BROCCOLI | $5

PROTEIN & SIGNATURE SMOOTHIES

PB HEAVEN LIGHT
PEANUT BUTTER, BANANA, ALMOND MILK, VANILLA WHEY PROTEIN POWDER
*SUB CHOCOLATE WHEY PROTEIN POWDER
460 CALORIES | 37G CARBS | 24G FAT | 29G PROTEIN
20oz: $10.00

BENCH PRESS
STRAWBERRIES, PEACH, BANANA, CRANBERRY JUICE, VANILLA WHEY PROTEIN POWDER
370 CALORIES | 51G CARBS | 2G FAT | 36G PROTEIN
24oz: $12.50

RELOADED
BLUEBERRIES, STRAWBERRIES, CLUB-MADE GRANOLA, PINEAPPLE JUICE, VANILLA WHEY PROTEIN POWDER
500 CALORIES | 67G CARBS | 9G FAT | 38G PROTEIN
24oz: $12.50

COCONUT ALMOND LIFT
BANANA, SHREDDED COCONUT, ALMOND BUTTER, HEMP SEEDS, COCOA POWDER, ALMOND MILK, CHOCOLATE WHEY PROTEIN POWDER
490 CALORIES | 41G CARBS | 18G FAT | 44G PROTEIN
20oz: $12.00

SUPER POM
CHERRIES, BLACKBERRIES, POMEGRANATE JUICE, HEMP SEEDS, ALMOND MILK, VANILLA WHEY PROTEIN POWDER
300 CALORIES | 48G CARBS | 4G FAT | 22G PROTEIN
20oz: $12.00

VITAL GREENS
GREEN APPLE, PINEAPPLE, PEACH, BANANA, SPINACH, COCONUT WATER
230 CALORIES | 57G CARBS | 0G FAT | 4G PROTEIN
20oz: $9.50

COFFEE DATE
COFFEE, DATES, ROLLED OATS, BANANA, ALMOND BUTTER, CINNAMON, ALMOND MILK
420 CALORIES | 58G CARBS | 20G FAT | 11G PROTEIN
20oz: $8.50

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.

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.

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