



BREAKFAST MENU

LOCAL + SEASONAL. WHOLESOME + DELICIOUS.
WEEKDAYS 7 AM - 11 AM



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

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 *

STEINGOLD'S GRAVLOX 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 *

STEINGOLD'S 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, 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 | ONION | PEPPERS | PICKLED JALAPEÑO
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,
CHOICE OF TOAST

\$27

SALMON AND EGGS *

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

\$24

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.

FROM THE JUICE BAR

FRESH JUICES

- V-6

TOMATO JUICE, LEMON, CARROT, CELERY, SPINACH, PARSLEY

\$8.75
- ENERGIZER

CARROT, APPLE, BEET, CELERY

\$8.75
- THE DETOX

PINEAPPLE, KALE, SPINACH, LEMON, GINGER, GREEN APPLE

\$9.50
- GREEN MACHINE

KALE, SPINACH, CELERY, BOK CHOY, CUCUMBER, GREEN APPLE, LIME

\$9.50

BEVERAGES

SEE THE “FROM THE BAR” MENU FOR ALCOHOLIC DRINKS.

- TEA

RISHI ORGANIC; ICED OR HOT

\$3.75
- SODA

BOTTLED; COKE, DIET COKE, SPRITE

\$3.50
- BOTTOMLESS COFFEE

METROPOLIS PROJECT X

\$4.50
- SAN PELLEGRINO

BOTTLED

\$4
- COLD BREW

METROPOLIS | DRAFT

\$5.25
- BOTTLED WATER

\$3
- MILK

SKIM, 2%, SOY, ALMOND

\$4.00
- FRESH JUICE

APPLE, PINEAPPLE, CRANBERRY, TOMATO, ORANGE, GRAPEFRUIT

\$5.50

SIDES

- | | | |
|-------------------------|---------------------------|-----------------------------|
| COTTAGE CHEESE \$5 | SEASONAL BERRIES \$6 | BREAKFAST POTATOES \$4.50 |
| HARD-BOILED EGG \$2.5 | BANANA \$1 | SAUTÉED SPINACH \$5 |
| BACON \$5 | GLUTEN-FREE TOAST \$4.5 | STEAMED BROCCOLI \$5 |
| SAUSAGE \$5 | TOAST \$3.5 | STEINGOLD'S BAGEL \$4.50 |

SIGNATURE & PROTEIN SMOOTHIES

- PEANUT BUTTER HEAVEN LIGHT

PEANUT BUTTER, BANANA, ALMOND MILK VANILLA WHEY PROTEIN POWDER

*SUB CHOCOLATE WHEY PROTEIN POWDER

20oz: \$10.00 | 460 CALORIES | 37G CARBS | 24G FAT | 29G PROTEIN
- BLUE MANGO

MANGO, BANANA, COCONUT WATER, LIME JUICE, SEA MOSS, VANILLA WHEY PROTEIN POWDER, BLUE SPIRULINA

20oz: \$12.00 | 320 CALORIES | 60G CARBS | 1.5G FAT | 21G PROTEIN

- BANANA BREAD

BANANA, ROLLED OATS, PECANS, FLAXSEEDS, CACAO NIBS, CINNAMON, VANILLA WHEY PROTEIN POWDER, ALMOND MILK

20oz: \$10.00 | 480 CALORIES | 48G CARBS | 23G FAT | 24G PROTEIN
- BLUEBERRY MUFFIN

BLUEBERRIES, BANANA, CLUB-MADE GRANOLA, SOY MILK, LEMON JUICE

20oz: \$9.50 | 400 CALORIES | 70G CARBS | 8G FAT | 10G PROTEIN

- PLANT POWER

SPINACH, AVOCADO, COCONUT MILK, FLAXSEEDS, ALMOND MILK, PLANT PROTEIN POWDER

20oz: \$11.50 | 290 CALORIES | 12G CARBS | 18G FAT | 22G PROTEIN

- RELOADED

BLUEBERRIES, STRAWBERRIES, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE

24oz: \$12.50 | 490 CALORIES | 70G CARBS | 8G FAT | 38G PROTEIN

- COFFEE DATE

COFFEE, DATES, ROLLED OATS, BANANA, ALMOND BUTTER, CINNAMON, ALMOND MILK

20oz: \$8.50 | 480 CALORIES | 70G CARBS | 20G FAT | 13G PROTEIN

- PRO BLAST

BLUEBERRIES, BANANA, VANILLA FROZEN YOGURT, HONEY, VANILLA WHEY PROTIEN POWDER, SKIM MILK

20oz: \$10.50 | 440 CALORIES | 78G CARBS | 1G FAT | 30G 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 . 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.