



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
\$27

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
460 CALORIES | 37G CARBS |
24G FAT | 29G PROTEIN

\$9.00

GREEN TONIC

GREEN APPLE, BLACK KALE,
CELERY, PINEAPPLE, CUCUMBER,
GINGER, LEMON
460 CALORIES | 37G CARBS |
24G FAT | 29G PROTEIN

\$9.00

RUBY ROOT PRESS

CARROTS, BEETS, GREEN
APPLE, GINGER
460 CALORIES | 37G CARBS |
24G FAT | 29G PROTEIN

\$9.00

PINK TROPIC

PINEAPPLE, STRAWBERRIES,
BEETS, CUCUMBER, GINGER,
LEMON
460 CALORIES | 37G CARBS |
24G FAT | 29G 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.

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

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