

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

* 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.
WHOLESMORE + 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

MEZZE

HUMMUS, WHIPPED FETA, EGGPLANT, OLIVES, PITA

860 CALORIES | 70G CARBS | 55G FAT | 23G PROTEIN

\$13

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, GUACAMOLE, SALSA

950 CALORIES | 68G CARBS | 53G FAT | 48G PROTEIN

\$14

CLUB-MADE FOCACCIA

WHIPPED HERB RICOTTA

1120 CALORIES | 140G CARBS | 43G 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

BOWL 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

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

SALADS

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

FALL PANZANELLA

GRILLED FOCACCIA, MIXED GREENS, ARUGULA, WINTER SQUASH, CRANBERRIES, PECANS, MAPLE-DIJON VINAIGRETTE
770 CALORIES | 72G CARBS | 50G FAT | 9G PROTEIN
\$12

TOSSSED 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

ROASTED VEGETABLE WRAP

ZUCCHINI, EGGPLANT, ROASTED PEPPER, HUMMUS, TOMATO JAM, FETA, MINT, WHEAT WRAP
480 CALORIES | 62G CARBS | 19G FAT | 18G PROTEIN
\$14

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

THE DIP

SHAVED BEEF, SWISS CHEESE, GIARDINIERA AIOLI, BEEF JUS, BAGUETTE
1330 CALORIES | 44G CARBS | 104G FAT | 52G PROTEIN
\$25

LEMON CHICKEN PITA

GRILLED CHICKEN THIGH, LETTUCE, TOMATO, ONION, CUCUMBER, TZATZIKI, PITA
620 CALORIES | 66G CARBS | 19G FAT | 41G 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

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, SUNOMONO, 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

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.

OUR INGREDIENTS

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