

# 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



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

# BRUNCH MENU

LOCAL + SEASONAL.  
WHOLESOME + DELICIOUS.

WEEKENDS 8 AM - 3 PM



DIETITIAN PICK

WELL-BALANCED; CALORIE CONSCIOUS



GLUTEN FRIENDLY



VEGETARIAN

# 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  
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

## 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, SUNMOND, 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

# 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

## 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

# OUR INGREDIENTS ▶

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

## 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-VEGE-TARIAN, ORGANIC DIET, RESULTING IN TENDER, FLAVORFUL MEAT.