



THE GRILL

HEALTHY STARTS HERE

- Breakfast -

HEALTHY STARTS

YOGURT AND GRANOLA ☺ - 7.50

greek yogurt, bear naked granola,
fresh berries, vanilla bean

ACAI BOWL ☺☺ - 9.00

bananas, coconut, chia seeds, kiwi,
berries, slivered almonds
add protein powder - 2.75

STEEL CUT OATS - 7.50

vanilla, almond milk, blueberry
compote, almond slivers
add protein powder - 2.75

BREAKFAST SPECIALTIES

BUTTERMILK PANCAKES 8.00

whipped butter, maple syrup

add banana, blueberries 9.00

SMOKED SALMON PLATTER* 13.00

smoked salmon, red onions, cucumbers, capers, tomato, herb cream cheese, choice of bagel

AVOCADO TOAST* 9.00

smashed avocado, toasted multi grain bread, olive oil, lemon juice, fried egg, everything seasoning

2 EGG BREAKFAST* 7.50

cooked any style, EBC potatoes and toast

add bacon, turkey bacon, ham, sausage 3.00

substitute egg whites 1.50

HUEVOS RANCHEROS* 11.00

2 eggs, black beans, spanish rice, flour tortillas, house salsa, guacamole

EGG WHITE FRITATA* ☺ 12.00

egg whites, kale, quinoa, avocado, goat cheese

OMELETTES

BUILD YOUR OWN OMELETTE* 12.00

Three-egg omelette with your choice of any four ingredients

Each extra ingredient 0.50

OMELETTE INGREDIENT CHOICES

VEGETABLES avocado | broccoli | spinach | onion | tomato | green pepper | pickled jalapeño
fresh jalapeño | roasted mushroom

CHEESE american | cheddar | cream cheese | feta | goat | chihuahua | swiss | mozzarella

MEAT bacon | turkey bacon | ham | sausage

TUSCAN OMELETTE* ☺ 13.00

sun dried tomatoes, roasted mushrooms, goat cheese, basil, olive oil

SOUTHWEST OMELETTE* ☺ 13.00

ham, cheddar cheese, tomato, green peppers, onions, jalapeños, cilantro

WISCONSIN OMELETTE ☺* 13.00

cheddar spread, bacon, caramelized onions, sour cream, scallions

SIDES

HALF GRAPEFRUIT (V)	3.00	GLUTEN-FREE TOAST (G)	3.00	HARD-BOILED EGG (G)	1.00
FRESH BERRIES (V)	4.00	BAGEL	2.00	BACON (G)	4.50
SEASONAL FRUIT (V)	4.00	BIALY	2.00	TURKEY BACON (G)	4.00
BANANA (V)	1.00	PLAIN CREAM CHEESE (G)	1.25	HAM (G)	4.00
TOAST (V)	2.00	HERBED CREAM CHEESE (G)	1.25	EBC POTATOES (G)	3.00

FRESH ORGANIC JUICES FROM THE JUICE BAR

V-6 (V)	8.75	CELERY SIPPER (V)	9.25
tomato juice, lemon, carrot, celery, spinach, parsley		celery, cucumber, green apple, lemon, ginger	
GREEN CALM (V)	8.75	ENERGIZER (V)	8.25
spinach, celery, green pepper, bok choy, cucumber		carrot, apple, beet, celery	
THE WORKS (V)	9.25	GREEN MACHINE (V)	9.25
beet, spinach, parsley, carrot, celery, cucumber		kale, spinach, celery, bok choy, cucumber, green apple, lime	
DETOX (V)	9.25	VEGGIE SUPREME (V)	9.25
pineapple, kale, spinach, lemon, ginger, green apple		beet, bok choy, spinach, lemon, carrot, celery, tomato juice	
RECOVER-AID (V)	9.25	CARROT JUICE (V)	8.75
beet, green apple, ginger, tart cherry juice, carrot, lemon		CELERY JUICE (V)	7.25

ASK YOUR SERVER TO SEE OUR MENU
OF SMOOTHIES FROM THE JUICE BAR.

BEVERAGES

SOFT DRINKS	3.00	TEA (iced or hot)	2.75
COKE DIET COKE (can)	2.75	HOT CHOCOLATE	2.25
SAN PELLEGRINO	3.00	BOTTOMLESS COFFEE	2.95
BOTTLED WATER	2.75	CAPPUCCINO	3.75
GATORADE	3.00	ESPRESSO	3.50
FRESH JUICE (orange or grapefruit)	5.00	CAFÉ LATTE	3.50
FRESH LEMONADE	3.50	COLD BREW COFFEE (bottled)	4.50
JUICE (apple, pineapple, cranberry, tomato, V-8)	4.50	MILK (fat-free or 2%)	2.75
		SOY MILK & ALMOND MILK (V)	2.75

(V) VEGAN (G) GLUTEN FREE

*The Illinois Department of Public Health advises that eating raw or under-cooked meat, poultry, eggs or seafood imposes a health risk to everyone, but especially to the elderly, young children under age four, pregnant women, and other highly susceptible individuals with compromised immune systems.