



LUNCH + DINNER

LOCAL + SEASONAL.
WHOLESOME + DELICIOUS.
WEEKDAYS 11 AM - 9 PM

SALADS

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

ITALIAN CHOPPED SALAD

ICEBERG LETTUCE, CABBAGE, TOMATO, RED ONION, CHICK PEAS, PROVOLONE, SALAMI, HAM, BANANA PEPPER, ROASTED GARLIC VINAIGRETTE
980 CALORIES | 40G CARBS | 69G FAT | 52G PROTEIN
\$18

CAPRESE SALAD

HEIRLOOM TOMATO, BURATTA, ARUGULA, BASIL VINAIGRETTE, AGED BALSAMIC, CLUB-MADE FOCACCIA
1120 CALORIES | 57G CARBS | 89G FAT | 32G PROTEIN
\$17

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

APPETIZERS

CRISPY BRUSSELS SPROUTS

SWEET CHILI, LIME, APPLE, CILANTRO
360 CALORIES | 53G CARBS | 15G FAT | 8G PROTEIN
\$9

CLUB-MADE FOCACCIA

HUMMUS, OLIVE OIL
1200 CALORIES | 147G CARBS | 50G FAT | 32G PROTEIN
\$7

CHICKEN POTSTICKERS

SESAME-GINGER SAUCE
410 CALORIES | 49G CARBS | 16G FAT | 13G 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, SOUR CREAM, SALSA
950 CALORIES | 68G CARBS | 53G FAT | 48G PROTEIN
\$14

SOUPS

TURKEY CHILI

SERVED WITH RED ONIONS, CHEDDAR CHEESE, SOUR CREAM
\$8 BOWL
350 CALORIES | 39G CARBS | 14G FAT | 20G PROTEIN
\$5 CUP
260 CALORIES | 22G CARBS | 13G FAT | 15G PROTEIN

CHICKEN SOUP

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 | 22G FAT | 32G PROTEIN

CHEF'S SOUP

CHEF'S INSPIRATION
\$6 BOWL | \$4 CUP

SUSHI & BOWLS

SPICY TUNA ROLL *

AHI TUNA, SAMBAL AIOLI, CUCUMBER
310 CALORIES | 43G CARBS | 8G FAT | 17G PROTEIN
\$10

SALMON ROLL *

SALMON, AVOCADO
410 CALORIES | 45G CARBS | 18G FAT | 16G PROTEIN
\$12

CRISPY SHRIMP ROLL

CRISPY SHRIMP, SAMBAL AIOLI, CUCUMBER
390 CALORIES | 56G CARBS | 14G FAT | 8G PROTEIN
\$12

MEDITERRANEAN BOWL

FALAFEL, QUINOA TABBOULEH, KALE, SMOKY EGGPLANT, RED SCHUG SAUCE, GARLIC SAUCE, HUMMUS, PITA
1000 CALORIES | 126G CARBS | 43G FAT | 32G PROTEIN
\$16

SHRIMP BOWL

SHRIMP, VEGETABLE LO MEIN, BOK CHOY
630 CALORIES | 75G CARBS | 16G FAT | 45G PROTEIN
\$19

KOREAN BEEF BOWL *

SKIRT STEAK, SWEET POTATO KIMCHI FRIED RICE, CARROT, DAIKON
690 CALORIES | 29G CARBS | 39G FAT | 54G PROTEIN
\$27

POKE BOWL *

SPICY AHI TUNA, SAMBAL AIOLI, BROWN RICE, EDAMAME, SUNOMOONO, WAKAME, AVOCADO, CARROTS, DAIKON
690 CALORIES | 73G CARBS | 26G FAT | 37G PROTEIN
\$22

MISO-GLAZED SALMON BOWL *

SALMON, BROWN RICE, CUCUMBER, RED ONION, AVOCADO, FURIKAKE
690 CALORIES | 59G CARBS | 33G FAT | 42G PROTEIN
\$24

SUPERFOOD BOWL *

SWEET POTATO, QUINOA, KALE SLAW, CRANBERRY, ALMONDS, GINGER-LIME VINAIGRETTE
WITH CHICKEN: 710 CALORIES | 62G CARBS | 38G FAT | 34G PROTEIN

GRILLED CHICKEN | \$20
SESAME TOFU | \$19

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

ULTIMATE BLT

BROWN SUGAR NUESKE'S BACON, HEIRLOOM TOMATO, BABY ICEBERG LETTUCE, AIOLI, SPROUTED WHEAT BREAD
1070 CALORIES | 78G CARBS | 70G FAT | 38G PROTEIN
\$19

GREEN GODDESS CHICKEN WRAP

GREEN GODDESS CHICKEN SALAD, TOMATO, PICKLED ONION, AVOCADO, PEASHOOTS, 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

FALAFEL SANDWICH

CLUB-MADE FALAFEL, SMOKY EGGPLANT, PICKLED ONION, ARUGULA, ROASTED GARLIC, RED SCHUG SAUCE
700 CALORIES | 90G CARBS | 29G FAT | 24G PROTEIN
\$16

LEMON CHICKEN PITA

GRILLED CHICKEN THIGH, LETTUCE, TOMATO, ONION, CUCUMBER, TZATZIKI, PITA
620 CALORIES | 66G CARBS | 19G FAT | 41G PROTEIN
\$17

DIETITIAN PICK
WELL-BALANCED; CALORIE CONSCIOUS

VEGETARIAN

GLUTEN FRIENDLY

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.

A LA CARTE

CHOICE OF TWO SIDES

BAKKAFROST SALMON *
\$24

SKIRT STEAK *
\$26

GRILLED CHICKEN BREAST
\$18

SESAME TOFU STEAK
\$17

PAN-ROASTED SHRIMP
\$21

FAJITAS

POBLANOS, PEPPERS, ONIONS, FLOUR TORTILLA, CILANTRO LIME RICE, GUACAMOLE, PICO DE GALLO

STEAK *
1240 CALORIES | 131G CARBS | 52G FAT | 71G PROTEIN
\$28

CHICKEN
1190 CALORIES | 132G CARBS | 44G FAT | 70G PROTEIN
\$22

SHRIMP
990 CALORIES | 132G CARBS | 33G FAT | 50G PROTEIN
\$23

BREAKFAST ALL DAY

SWEET POTATO HASH BOWL *✓
ROASTED SWEET POTATO, BLACKENED CHICKEN, ASPARAGUS, ONION, CHIPOTLE GLAZE, TWO EGGS ANY STYLE
690 CALORIES | 50G CARBS | 35G FAT | 43G PROTEIN
\$18

STEAK AND EGGS *✘
SKIRT STEAK, BREAKFAST POTATOES, TWO EGGS ANY STYLE
720 CALORIES | 24G CARBS | 47G FAT | 49G PROTEIN
\$27

BUILD YOUR OWN OMELETTE ✘
WITH TOAST, CRISPY POTATOES OR FRESH BERRIES; CHOICE OF FOUR INGREDIENTS:
VEGETABLES: BROCCOLI | SPINACH | ONION | PEPPERS | PICKLED JALAPEÑO | ROASTED MUSHROOM | 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

SIDES

BRUSSELS SPROUTS | \$6

BROCCOLI | \$6

SPINACH | \$6

BABY CARROTS | \$6

BROWN RICE | \$6

CILANTRO LIME RICE | \$6

CRISPY POTATOES | \$6

SWEET POTATO | \$6

SWEET POTATO FRIES | \$6

FRENCH FRIES | \$6

FOUR-CHEESE MAC | \$6

DRINKS

BOTTOMLESS COFFEE | \$4.50
METROPOLIS PROJECT X

COLD BREW | \$5.25
METROPOLIS | DRAFT

TEA | \$3.75
RISHI ORGANIC; ICED OR HOT

MILK | \$4.00
SKIM, 2%, SOY, ALMOND

FRESH JUICE | \$5.50
APPLE, PINEAPPLE, CRANBERRY, TOMATO, ORANGE, GRAPEFRUIT

WATER | \$3
BOTTLED

SODA | \$3.50
CAN; COKE, DIET COKE, SPRITE

SAN PELLEGRINO | \$4.50
BOTTLED

SPECIALTY COCKTAILS

SPA WATER
VODKA, CUCUMBER, COCONUT WATER, AGAVE, LIME
\$15

POMEGRANATE MARGARITA
TEQUILA, COINTREAU, POMEGRANATE, AGAVE, LIME, SALT
\$15

EBC BLOODY MARY
VODKA, TOMATO JUICE, SPICES, GARNISH
\$14

EBC OLD FASHIONED
BOURBON, ORANGE BITTERS, AROMATIC BITTERS
\$16

SPICED PEAR MARTINI
GIN, SPICED PEAR, AGAVE, LEMON
\$15

ESPRESSO MARTINI
VODKA, COLD BREW LIQUEUR, NITRO COLD BREW
\$16

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.