



BREAKFAST MENU

LOCAL + SEASONAL. WHOLESOME + DELICIOUS.

WEEKDAYS 7 AM - 11 AM



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

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

GRAVLAX, 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.

FROM THE JUICE BAR

FRESH JUICES

- V-6

TOMATO JUICE, LEMON, CARROT, CELERY, SPINACH, PARSLEY

\$8.75
- ENERGIZER

CARROT, APPLE, BEET, CELERY

\$8.75
- THE DETOX

PINEAPPLE, KALE, SPINACH, LEMON, GINGER, GREEN APPLE

\$9.50
- GREEN MACHINE

KALE, SPINACH, CELERY, BOK CHOY, CUCUMBER, GREEN APPLE, LIME

\$9.50

SIGNATURE & PROTEIN SMOOTHIES

- PEANUT BUTTER HEAVEN LIGHT

PEANUT BUTTER, WHEY PROTEIN, ALMOND MILK, BANANA, ICE

16oz: \$8.25 | 20oz: \$9.50
- CHOCOLATE PEANUT BUTTER HEAVEN LIGHT

PEANUT BUTTER, CHOCOLATE WHEY PROTEIN, ALMOND MILK, BANANA, ICE

16oz: \$8 | 20oz: \$9.50
- PEANUT BUTTER HEAVEN

PEANUT BUTTER, BANANA, SKIM MILK, FAT-FREE VANILLA FROZEN YOGURT

16oz: \$7.25 | 20oz: \$7.95

BEVERAGES

SEE THE “FROM THE BAR” MENU FOR ALCOHOLIC DRINKS.

- TEA

RISHI ORGANIC; ICED OR HOT

\$3.75
- SODA

BOTTLED; COKE, DIET COKE, SPRITE

\$3.50
- BOTTOMLESS COFFEE

METROPOLIS PROJECT X

\$4.50
- SAN PELLEGRINO

BOTTLED

\$4
- COLD BREW

METROPOLIS | DRAFT

\$5.25
- BOTTLED WATER

\$3
- MILK

SKIM, 2%, SOY, ALMOND

\$4.00
- FRESH JUICE

APPLE, PINEAPPLE, CRANBERRY, TOMATO, ORANGE, GRAPEFRUIT

\$5.50

- BLUEBERRY PIE

BLUEBERRIES, RASPBERRIES, GRANOLA, PINEAPPLE JUICE, FAT-FREE VANILLA FROZEN YOGURT

16oz: \$7.50 | 20oz: \$7.95
- PLANT POWER

SPINACH, AVOCADO, ALMOND MILK, PLANT-BASED PROTEIN POWDER, FLAX SEED, COCONUT CREAM

16oz: \$9.75 | 20oz: \$10.50
- RELOADED

STRAWBERRIES, BLUEBERRIES, PINEAPPLE JUICE, GRANOLA, VANILLA LEAN BODY REPLACEMENT PROTEIN

24oz: \$11.25

- POPEYE LIGHT

BANANA, SPINACH, PINEAPPLE, WHEY PROTEIN, ICE

16oz: \$8.25 | 20oz: \$10.25
- PRO BLAST LIGHT

ALMOND MILK, BLUEBERRIES, BANANA, WHEY PROTEIN

16oz: \$8 | 20oz: \$9.50

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 |

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.