



THE GRILL

HEALTHY STARTS HERE

- Brunch -

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

MORNINGS

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 tortilla , house salsa, guacamole	
EGG WHITE FRITATA* 	12.00
egg whites, kale, quinoa, avocado, goat cheese	

SOUPS

TURKEY CHILI.....	CUP 4.00 • BOWL 6.00	SEASONAL SOUP	CUP 4.00 • BOWL 6.00
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BUILD YOUR OWN OMELETTE*

Three-egg omelette with your choice of any four ingredients
Each extra ingredient

12.00

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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*

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

13.00

SOUTHWEST OMELETTE*

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

13.00

WISCONSIN OMELETTE*

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

13.00

EBC SPECIALTIES

KOREAN BEEF BOWL*	21.00
new york strip steak, soy, garlic, ginger, cabbage, cilantro, scallions, roasted sweet potato, sesame seeds	
SUPERFOOD BOWL	15.00
grilled chicken breast, roasted sweet potato, kale slaw, quinoa, dried cranberries, sliced almonds, ginger lime vinaigrette	
CAJUN SHRIMP BOWL.....	18.00
blackened shrimp, roasted corn, brown rice, pico de gallo, pickled red onions	
SALMON POKE BOWL*	16.00
raw bakkafrost salmon, sesame, soy, scallions, brown rice, cucumber, edamame, pickled carrot, daikon radish, avocado	
SEARED BAKKAFROST SALMON*.....	20.00
steamed broccoli, brown rice, tartar sauce	

SANDWICHES & BURGERS

served with choice of french fries, sweet potato fries, side salad, or fruit cup

AVOCADO BLT.....	12.00
applewood smoked bacon, avocado, lettuce, tomato, mayo, 9-grain toast	
GRILLED CHEESE	10.00
sharp cheddar spread, american cheese, sourdough bread	
TURKEY AVOCADO CLUB	14.00
house roasted turkey, crispy bacon, avocado spread, tomato, lettuce	
LOBSTER ROLL	23.00
clarified butter, old bay, mayo, lemon juice	

BURGER*	14.00
lettuce, tomato, onion, pickle, brioche bun	
IMPOSSIBLE BURGER.....	15.00
lettuce, tomato, onion, pickle, brioche bun	
TURKEY BURGER.....	12.00
lettuce, tomato, onion, pickle, brioche bun	
TUNA SALAD SANDWICH.....	13.00
tuna salad, tomatoes, radish sprouts, sliced pickles, 9-grain toast	

SALADS

THAI CHICKEN	14.00
kale, napa cabbage, red bell peppers, pickled veggies, scallions, sesame seeds, almond dressing	
BLACKENED CHICKEN FIESTA SALAD	14.00
romaine lettuce, arcadian mix, avocado, roasted corn, pico de gallo, chihuahua cheese, cilantro lime dressing	
COBB SALAD* ⓘ	15.00
romaine lettuce, grilled chicken breast, bacon, tomatoes, avocado, blue cheese, boiled egg, red wine vinaigrette	
CHICKEN CAESAR	14.00
romaine lettuce, grilled chicken breast, cherry tomatoes, garlic croutons, parmesan, caesar dressing	

SIDES

HALF GRAPEFRUIT ⓘ	3.00
FRESH BERRIES ⓘ	4.00
SEASONAL FRUIT ⓘ	4.00
BANANA ⓘ	1.00
TOAST ⓘ	2.00
GLUTEN-FREE TOAST ⓘ	3.00
BAGEL.....	2.00
BIALY	2.00

PLAIN CREAM CHEESE ⓘ	1.25
HERBED CREAM CHEESE ⓘ	1.25
COTTAGE CHEESE ⓘ	3.00
HARD-BOILED EGG ⓘ	1.00
BACON ⓘ	4.50
TURKEY BACON ⓘ	4.00
SAUSAGE	4.00
HAM ⓘ	4.00

EBC POTATOES ⓘ	3.00
STEAMED SPINACH ⓘ ⓘ	4.00
STEAMED BROCCOLI ⓘ ⓘ	4.00
CURRY COUSCOUS	5.00
BAKED SWEET POTATO ⓘ ⓘ	4.00
FRENCH FRIES ⓘ	4.00
SWEET POTATO FRIES ⓘ	4.00
SIDE SALAD ⓘ ⓘ	4.00

BEVERAGES

SOFT DRINKS.....	3.00
COKE DIET COKE (can)	2.75
SAN PELLEGRINO	3.00
BOTTLED WATER.....	2.75
GATORADE	3.00
FRESH JUICE (orange or grapefruit)	5.00
FRESH LEMONADE.....	3.50
JUICE (apple, pineapple, cranberry, tomato, V-8).....	4.50
TEA (iced or hot)	2.75

HOT CHOCOLATE	2.00
BOTTOMLESS COFFEE	2.95
CAPPUCCINO	3.50
ESPRESSO	3.25
CAFÉ LATTE	3.50
COLD BREW COFFEE (bottled)	4.50
MILK (fat-free or 2%)	2.75
SOY MILK & ALMOND MILK ⓘ	2.75

FROM THE BAR

DRAUGHT

BLUE MOON	8.00
LAGUNITAS INDIA PALE ALE	8.00
HALF ACRE, DAISY CUTTER	7.00
SEASONAL DRAUGHT	7.00

BOTTLED

CORONA.....	7.00
BUDWEISER ZERO.....	7.00
MICHELOB ULTRA.....	8.00
TRULY HARD SELTZER	7.00
STELLA ARTOIS CIDER.....	8.00

WINE

CANARD-DUCHENE BRUT CHAMPAGNE	18.00 • 36.00
TENUTA SANT'ANNA PROSECCO.....	11.00 • 44.00
CRAGGY RANGE SAUVIGNON BLANC	11.00 • 44.00
SCARPETTA PINOT GRIGIO	10.00 • 40.00
DECoy CHARDONNAY	13.00 • 52.00
DOURTHE 'LA GRANDE CUVEE' ROSE	12.00 • 48.00
ROUTE STOCK PINOT NOIR	15.00 • 60.00
ALTA VISTA MALBEC.....	12.00 • 48.00
OBERON CABERNET SAUVIGNON.....	13.00 • 52.00

ⓘ VEGAN Ⓜ GLUTEN FREE

* Items cooked to order. Consuming raw or undercooked animal products may increase your risk of food borne illness.