



THE GRILL

BREAKFAST

BREAKFAST SPECIALTIES

<p>Ⓢ BUILD YOUR OWN OMELET* 11.00 Three-egg omelet with your choice of any four ingredients Each extra ingredient 0.50 Substitute egg whites 1.50</p> <p>OMELET INGREDIENT CHOICES</p> <p><u>VEGETABLES</u> Avocado Broccoli Spinach Onion Tomato Green pepper Pickled jalapeño Fresh jalapeño Mushroom</p> <table border="0"> <tr> <td><u>CHEESE</u> American Cheddar Cream cheese Feta Goat Pepper Jack Swiss Mozzarella</td> <td><u>MEAT</u> Bacon Turkey bacon Ham Sausage Turkey sausage Chipotle chicken sausage</td> </tr> </table> <p>Ⓢ TWO EGGS* 6.25 Served with a bagel or bialy (not gluten-free) and hash brown potatoes or fresh fruit Add turkey sausage, bacon, turkey bacon or ham 3.00 Add grilled salmon 8.00 Substitute egg whites 1.00</p>	<u>CHEESE</u> American Cheddar Cream cheese Feta Goat Pepper Jack Swiss Mozzarella	<u>MEAT</u> Bacon Turkey bacon Ham Sausage Turkey sausage Chipotle chicken sausage	<p>Ⓢ VEGETABLE SKILLET* 10.00 Sautéed spinach, onion, peppers, broccoli, mushrooms, tomato and potato, served with two eggs any style Substitute egg whites 1.00</p> <p>Ⓢ EGG WHITE FRITTATA* 12.00 Egg whites, fresh spinach, scallions, avocado, mozzarella cheese and salsa scrambled together and oven-baked, served with fresh fruit</p> <p>Ⓢ SUNRISE SKILLET* 11.00 Lightly seasoned chicken, mushrooms, onion and chopped spinach, served over hash brown potatoes with two eggs any style Substitute egg whites 1.00</p> <p>SCOTCH SALMON PLATTER 13.00 Scotch salmon, sliced tomato, red onion, cucumber, capers, bagel and cream cheese</p> <p>AVOCADO TOAST 5.50 Avocado, chia seeds, goat cheese and olive oil on multigrain toast Add fried egg 1.50 Substitute egg whites 2.25 Add bacon and fried egg* 4.00 Add lox, red onion and tomato 6.00</p>
<u>CHEESE</u> American Cheddar Cream cheese Feta Goat Pepper Jack Swiss Mozzarella	<u>MEAT</u> Bacon Turkey bacon Ham Sausage Turkey sausage Chipotle chicken sausage		

SIDES

<p>Ⓢ Ⓟ HALF GRAPEFRUIT 3.00</p> <p>Ⓢ Ⓟ FRESH STRAWBERRIES Cup 4.00 Bowl 5.00</p> <p>Ⓢ Ⓟ FRESH BLUEBERRIES 6.00 Seasonal</p> <p>Ⓢ Ⓟ FRESH FRUIT CUP 5.00 Add strawberries and banana 5.00</p> <p>Ⓢ Ⓟ BANANA 1.00</p> <p>Ⓟ TOAST 2.00</p> <p>Ⓢ GLUTEN-FREE TOAST 3.00</p>	<p>BAGEL 2.00</p> <p>BIALY 2.00</p> <p>Ⓢ PLAIN CREAM CHEESE 1.25</p> <p>Ⓢ HARD-BOILED EGG 1.00</p> <p>Ⓢ TURKEY SAUSAGE 4.00</p> <p>Ⓢ BACON 4.50</p> <p>Ⓢ TURKEY BACON 4.00</p> <p>Ⓢ HAM 4.00</p> <p>Ⓢ Ⓟ HASH BROWN POTATOES 3.00</p>
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FRESH ORGANIC JUICES FROM THE JUICE BAR

Ⓢ	V-6.....	8.50
	Tomato juice, lemon, carrot, celery, spinach, parsley	
Ⓢ	GREEN CALM.....	8.50
	Spinach, celery, green pepper, bok choy, cucumber	
Ⓢ	THE WORKS.....	8.50
	Beet, spinach, parsley, carrot, celery, cucumber	
Ⓢ	THE DETOX.....	8.95
	Pineapple, kale, spinach, lemon, ginger, green apple	
Ⓢ	RECOVER-AID.....	9.00
	Beet, green apple, ginger, tart cherry juice, carrot, lemon	
Ⓢ	CELERY SIPPER.....	8.95
	Celery, cucumber, green apple, lemon, ginger	
Ⓢ	ENERGIZER.....	8.00
	Carrot, apple, beet, celery	
Ⓢ	GREEN MACHINE.....	9.00
	Kale, spinach, celery, bok choy, cucumber, green apple, lime	
Ⓢ	VEGGIE SUPREME.....	9.00
	Beet, bok choy, spinach, lemon, carrot, celery, tomato juice	
Ⓢ	CARROT JUICE.....	8.50
Ⓢ	CELERY JUICE.....	7.00

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

BEVERAGES

SOFT DRINKS..... 3.00	JUICE	CAPPUCCINO..... 3.50
Refills included	Apple, pineapple, cranberry,	ESPRESSO..... 3.25
COKE DIET COKE (CAN).... 2.75	tomato, V-8	CAFÉ LATTE..... 3.50
SAN PELLEGRINO..... 3.00	Regular..... 4.00	CAFÉ MOCHA..... 3.50
BOTTLED WATER	Large..... 4.50	COLD BREW COFFEE..... 4.50
Small..... 1.75	SUGAR-FREE LEMONADE.... 3.00	Bottled
Large..... 2.75	FRESH LEMONADE..... 3.50	MILK..... 2.75
GATORADE..... 3.00	TEA..... 2.75	Fat-free or 2%
FRESH JUICE	Iced or hot	CHOCOLATE MILK..... 2.00
Orange or grapefruit	HOT CHOCOLATE..... 2.00	Ⓢ SOY MILK..... 2.75
Regular..... 4.50	COFFEE..... 2.75	Ⓢ RICE MILK..... 2.75
Large..... 5.00	Bottomless cup, small batch artisan coffee	Ⓢ ALMOND MILK..... 3.00

Ⓢ Gluten Free Ⓢ Vegan

We use cage-free chicken and turkey that are fed a vegetarian diet and raised without antibiotics, hormones, steroids or animal byproducts.

*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.

We pay special attention to your health by selecting the freshest ingredients and offering cholesterol-free oils and low-calorie and fat-free dressings. Please understand that we are obliged to have a limited substitution policy.