



THE GRILL

BRUNCH

BRUNCH 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> <p><u>CHEESE</u> American Cheddar Cream cheese Feta Goat Pepper Jack Swiss Mozzarella</p> <p><u>MEAT</u> Bacon Turkey bacon Ham Sausage Turkey sausage Chipotle chicken sausage Scotch salmon (3.00)</p> <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> <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> <p>BUTTERMILK PANCAKES 6.50 Add blueberries, strawberries or banana 2.50</p> <p>© FRUIT & YOGURT PARFAIT 8.00 Low-fat vanilla yogurt, strawberries, blueberries and Club-made gluten-free granola</p>
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BRUNCH SIDES

<p>© (V) HALF GRAPEFRUIT 3.00</p> <p>© (V) FRESH STRAWBERRIES</p> <p>Cup 4.00 Bowl 5.00</p> <p>© (V) FRESH BLUEBERRIES 6.00 Seasonal</p> <p>© (V) FRESH FRUIT CUP 5.00 Add strawberries and banana 5.00</p> <p>© (V) BANANA 1.00</p> <p>(V) 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>© COTTAGE CHEESE 2.00</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>© (V) HASH BROWN POTATOES 3.00</p>
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SIDES

© (V) SPINACH 5.00	© (V) STEAMED BROCCOLI 4.00	(V) FRENCH FRIES 4.00
© (V) FRESH FRUIT CUP 5.00	© (V) GREEN BEANS 4.00	(V) SWEET POTATO FRIES 4.25



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CLUB SPECIALTIES

☉ BAKKAFROST SALMON*	20.00
Grilled, steamed or baked, served with steamed broccoli, brown rice and tartar sauce	
CHICKEN FAJITAS	16.00
Marinated strips of chicken, served with flour tortillas, guacamole, salsa, sour cream and Spanish rice	
SOUTHWEST BOWL	14.00
Blackened chicken breast, black beans, Spanish rice, avocado, sautéed peppers, jalapeño Jack cheese, slivered almonds	

SALADS

ASIAN CHICKEN SALAD	12.00	☉ COBB SALAD	10.75
Grilled marinated chicken breast, romaine and Arcadian lettuce, shredded carrots, scallions, pea pods, peppers, almonds, Asian dressing, garnished with fried wontons and fried noodles		Chopped romaine and Arcadian lettuce, shredded carrots, peppers, mixed cheeses, avocado and hard-boiled egg	
BLACKENED CHICKEN FIESTA SALAD	12.00	Add grilled chicken	2.00
Chopped romaine and Arcadian lettuce with blackened chicken, avocado, corn tortilla bits, jalapeño Jack cheese and corn salsa, with cilantro-lime dressing		Add grilled salmon*	8.00
DRESSINGS		CHIPOTLE SHRIMP & LIME SALAD	15.00
☑ Asian ☉☑ House Mustard Vinaigrette ☉ Blue Cheese ☉ Ranch ☉ Cilantro Lime ☉☑ Lemon Vinaigrette		Chipotle lime-grilled shrimp, Arcadian greens, roasted corn, roasted red pepper, jicama, jalapeño Jack cheese, diced tomato, cilantro-lime dressing	
Italian (fat-free) Ranch (fat-free) ☉ Herb Vinaigrette ☉ Honey Dijon (low-fat)			

SANDWICHES & WRAPS

TURKEY CLUB	13.00	TUNA SALAD SANDWICH	12.00
Turkey breast, bacon, lettuce, tomato and light mayonnaise on nine-grain toast, served with cole slaw, French fries, sweet potato fries or fresh fruit		Club-made tuna salad with lettuce and tomato on your choice of bread, served with cole slaw, French fries, sweet potato fries or fresh fruit	
SALMON CLUB*	15.00	BLACKENED CHICKEN WRAP	10.50
Grilled salmon, bacon, spinach, tomato, avocado and dill mayo on a ciabatta roll, served with cole slaw, French fries, sweet potato fries or fresh fruit		Blackened chicken, corn salsa, jalapeño Jack cheese and shredded lettuce in a tomato tortilla, served with sweet potato fries	
AVOCADO BLT	11.00	STEAK BURGER*	13.00
Applewood-smoked bacon, avocado, tomato and lettuce on nine-grain toast, served with cole slaw, French fries, sweet potato fries or fresh fruit		Steak burger, served with French fries, sweet potato fries or fresh fruit	
CHICKEN SANDWICH	12.00	BEYONDBURGER	14.00
Grilled chicken breast, lettuce, tomato and onion on a toasted roll, served with cole slaw, French fries, sweet potato fries or fresh fruit		Grilled plant-based Beyond Burger patty; served with French fries or fresh fruit	
BAHN MI CHICKEN SANDWICH	13.00	TURKEY BURGER	11.00
Roasted chicken, sriracha-soy mayonnaise, pickled carrots and cucumber, cilantro, jalapeno peppers on a Ciabatta roll served with cole slaw, French fries, sweet potato fries or fresh fruit		Our Club-made turkey burger on nine-grain bread, served with fresh fruit	



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BEVERAGES

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

FROM THE BAR

BEER

REVOLUTION BREWING ANTI-HERO.....7.00
MODELO ESPECIAL.....7.00
LAGUNITAS INDIA PALE ALE.....7.00
HALF ACRE DAISY CUTTER PALE ALE.....7.00
MILLER LITE.....5.00
BUDWEISER.....5.00
BUD LIGHT.....5.00
MICHELOB ULTRA.....5.00

COCKTAILS

BLOODY MARY.....12.00
MIMOSA.....11.00

WINE

JUSTIN SAUVIGNON BLANC 11.00 30.00
LOUIS LATOUR ARDÈCHE CHARDONNAY 10.00 22.00
PLACIDO PINOT GRIGIO 8.00 20.00
GÉRARD BERTRAND CÔTES DE ROSES ROSÉ 11.00 34.00
SMITH & PERRY PINOT NOIR 10.00 30.00
SHANNON RIDGE ZINFANDEL 9.00 22.00
JLOHR SEVEN HILLS CABERNET SAUVIGNON 12.00 32.00
KILLKA MALBEC 11.00 30.00

JOHN DAILY.....12.00
MARGARITA.....11.00

*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.