



THE GRILL

LUNCH & DINNER

APPETIZERS

EBC CHICKEN QUESADILLAS10.00
Spicy chicken and jalapeño Jack cheese in flour tortillas with sour cream and salsa

CHICKEN POTSTICKERS... 4 pcs. 11.00 | 6 pcs. 15.00
Steamed-then-grilled, served with soy-ginger dipping sauce

ⓧ **VEGETABLE MINISTRONE**

Cup3.50 Bowl..... 5.00

TURKEY CHILI

Cup4.00 Bowl..... 7.00

SPICY BONELESS CHICKEN BITES10.00
Cajun-fried and finished with Louisiana hot sauce, served with blue cheese dressing

Ⓢ **GRILLED CHICKEN TENDERS**.....10.00
Herb-marinated and served with honey-mustard sauce

CHICKEN WITH NOODLES

Cup3.50 Bowl..... 5.00

CHICKEN WITH RICE

Cup3.50 Bowl..... 5.00

SALADS

ASIAN CHICKEN SALAD12.00
Grilled marinated chicken breast, romaine and Arcadian lettuce, shredded carrots, scallions, pea pods, peppers, almonds, Asian dressing, garnished with fried wontons and fried noodles

BLACKENED CHICKEN FIESTA SALAD12.00
Chopped romaine and Arcadian lettuce with blackened chicken, avocado, corn tortilla bits, jalapeño Jack cheese and corn salsa, with cilantro-lime dressing

DRESSINGS

ⓧ Asian | Ⓢ ⓧ House Mustard Vinaigrette | Ⓢ Blue Cheese | Ⓢ Ranch | Ⓢ Cilantro Lime | Ⓢ ⓧ Lemon Vinaigrette
Italian (fat-free) | Ranch (fat-free) | Ⓢ Herb Vinaigrette | Ⓢ Honey Dijon (low-fat)

Ⓢ **COBB SALAD**.....10.75
Chopped romaine and Arcadian lettuce, shredded carrots, peppers, mixed cheeses, avocado and hard-boiled egg
Add grilled chicken.....2.00
Add grilled salmon*.....8.00

CHIPOTLE SHRIMP & LIME SALAD15.00
Chipotle lime-grilled shrimp, Arcadian greens, roasted corn, roasted red pepper, jicama, jalapeño Jack cheese, diced tomato, cilantro-lime dressing

SANDWICHES & WRAPS

TURKEY CLUB.....13.00
Turkey breast, bacon, lettuce, tomato and light mayonnaise on nine-grain toast, served with cole slaw, French fries, sweet potato fries or fresh fruit

SALMON CLUB*15.00
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

AVOCADO BLT11.00
Applewood-smoked bacon, avocado, tomato and lettuce on nine-grain toast, served with cole slaw, French fries, sweet potato fries or fresh fruit

CHICKEN SANDWICH12.00
Grilled chicken breast, lettuce, tomato and onion on a toasted roll, served with cole slaw, French fries, sweet potato fries or fresh fruit

TUNA SALAD SANDWICH12.00
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

BLACKENED CHICKEN WRAP10.50
Blackened chicken, corn salsa, jalapeño Jack cheese and shredded lettuce in a tomato tortilla, served with sweet potato fries

STEAK BURGER*.....13.00
Steak burger, served with French fries, sweet potato fries or fresh fruit

BEYOND BURGER.....14.00
Grilled plant-based Beyond Burger patty; served with French fries or fresh fruit

TURKEY BURGER.....11.00
Our Club-made turkey burger on nine-grain bread, served with fresh fruit

CLUB SPECIALTIES

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

SIDES

☉ ♻️ SPINACH 5.00	☉ ♻️ BAKED SWEET POTATO .. 4.00	☉ ♻️ FRESH FRUIT CUP 5.00
☉ ♻️ STEAMED BROCCOLI 4.00	♻️ FRENCH FRIES 4.00	Add strawberries and banana.. 3.00
☉ ♻️ GREEN BEANS 4.00	♻️ SWEET POTATO FRIES 4.25	

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

WINE

JUSTIN SAUVIGNON BLANC 11.00 30.00
FERRARI CARANO CHARDONNAY 11.00 30.00
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
J LOHR SEVEN HILLS CABERNET SAUVIGNON 12.00 32.00
KILLKA MALBEC 11.00 30.00

COCKTAILS

BLOODY MARY 12.00	JOHN DAILY 12.00
MIMOSA 11.00	MARGARITA 11.00
RUM PUNCH 12.00	MAI TAI 12.00
APEROL SPRITZ 12.00	MAKERS + GINGER 12.00

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.