

6:30 - 10 AM

FIRED UP SELECTIONS

All-American Breakfast*

two eggs any style, chicken sausage breakfast potatoes, side salad choice of toast

479 . 52 . 31 . 16 . 6 . 606

Smoked Salmon Tartine

hard-boiled egg, shaved red onion, caper berries toasted challah, fines herbes cream cheese

476 . 40 . 30 . 20 . 5 . 716

SPRING FAVORITE

Savory Crepe

grilled chicken thighs, creamy spinach cheddar cheese

500 . 44 . 34 . 19 . 7 . 729

Eggs Benedict*

two poached eggs, potato roll, turkey bacon sautéed spinach, hollandaise sauce, breakfast potatoes

437 . 44 . 30 . 15 . 6 . 699

Whole-Wheat Pancakes

fresh blueberries, turkey bacon, local maple syrup

493 . 54 . 30 . 16 . 7 . 749

French Omelet*

whole egg, egg white, or vegan egg, Swiss or cheddar cheese, choice of spinach, mushrooms, onions, peppers tomato, breakfast potatoes, side salad, choice of toast

492 . 55 . 30 . 18 . 7 . 712

Artisan Avocado Toast*

over easy eggs, house-made guacamole, pickled shallots super seeds, Swiss cheese, artisan whole-wheat toast 468 . 41 . 30 . 20 . 7 . 737

Huevos Rancheros

poached eggs, avocado, chili sauce, bean ragout corn tortilla GF 474 . 60 . 30 . 16 . 16 . 534

Granola Acai Bowl

fresh raspberries and strawberries house-made granola, tofu, super seeds GF . V 483 . 58 . 30 . 20 . 16 . 34

APPETIZING ADDITIONS

SPRING FAVORITE -

Organic Steel-Cut Oatmeal

toasted almonds, cranberries local maple syrup

GF. V 174.27.5.5.4.8

Breakfast Side Salad

arugula, cucumber, fresh herbs creamy champagne vinaigrette, crisp bagel chips

97 . 15 . 4 . 3 . 3 . 193

Two Eggs Any Style*

GF 150 . tr . 12 . 10 . tr . 140

Chicken Sausage Link

GF 55 . 1 . 7 . 3 . tr . 180

Smoked Salmon

GF 71.tr.12.3.tr.183

HOMEMADE BREADS

artisan cranberry-pecan | artisan whole-wheat | whole-wheat challah | artisan gluten-free bread

SPREADS

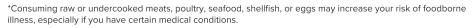
low-fat cream cheese | almond butter | peanut butter delight | fruit preserves

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.)





See over 500 recipes on our Nourish blog.

VANILLA KEFIR

6 oz. serving

kefir is a creamy, yogurt-like beverage with live probiotic cultures, the good-for-you bacteria that support healthy digestive and immune systems

GF 120 . 20 . 9 . 2 . 3 . 95

JUICES

6 oz. serving

Fresh-Squeezed Orange Juice

GF. V 83.21.2.tr.5.tr

Tart Cherry Juice

GF. V 83.20.tr.tr.tr.tr

Pomegranate Juice

GF.V 98.27.tr.tr.tr.tr

Fresh Vegetable Juice

carrot, kale, ginger (single or blended)

GF.V

CAFFÉ UMBRIA COFFEE

Delicately sourced from around the world and domestically roasted in Chicago, IL, with Italian heritage.

- Bizzarri medium-dark roast drip coffee
- Gusto Crema medium roast espresso
- Mezzanotte decaf drip coffee
- cold brew coffee

MILKS

whole | skim | half & half | unsweetened almond | oat

RISHI TEA

Organic & Direct Trade

ICED TEA

golden triangle black | green tea citrus | Patagonia super berry

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

chamomile medley | turmeric ginger | lavender mint

Green Tea Sachets

jasmine

Black Tea Sachets

Earl Grey | English breakfast

BEVERAGES