## 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 $474 \cdot 60 \cdot 30 \cdot 16 \cdot 16 \cdot 534$

## 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 $150 \cdot \operatorname{tr} \cdot 12 \cdot 10 \cdot \operatorname{tr} \cdot 140$

Chicken Sausage Link
GF 55.1.7.3.tr. 180

Smoked Salmon
GF 71.tr . 12 . 3.tr . 183

## HOMEMADEBREADS

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 mgtr = trace (less than 1 gram)
See over 500 recipes
GF = Gluten-Free (no wheat, rye, or barley) V = Vegan (contains no animal product. May contain honey.) 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


## RISHITEA

## Organic \& Direct Trade

## ICED TEA <br> 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

