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## BREAKFAST TACOS Two per order

**Egg:**\* scrambled egg, cheddar, potato, green onion, salsa verde 8.00 Add: Beef short rib 2.00

Vegetarian: Spicy farro grain, dates, hazelnut, cotija, salsa verde 9.00

### STEEL-CUT OATMEAL VG

Almond milk, dried blueberries, honey 7.50

### AVOCADO TOAST

Avocado salad, cotija, grilled ciabatta, two free-range eggs 9.00

## STRAWBERRY GRANOLA VG

Oats, almonds, pecans, sunflower seeds, pepitas, Greek yogurt 7.50

## EGG SANDWICH\*

Herbed eggs, tomato, cheddar, spicy aioli, toasted English muffin 6.75

Add: Bacon 1.00 Avocado 1.00

# **BLUEBERRY-BUTTERMILK PANCAKES**

Whipped butter, warm maple syrup 9.50

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Add: Plant-based protein powder 1.50 Spirulina 2.00

### ALOHA VG / V

Coconut water, mango, banana, bee pollen, granola, blueberries, peanut butter, local honey 9.00

### ACAI vg / v

Acai berries, coconut, almonds, blueberries, mango, spinach, banana, strawberries, granola 9.50

# CHOCOLATE VG / V

Almond milk, avocado, banana, chia seeds, raw cacao, granola, cacao nibs, almond butter, local honey 9.00

#### Served 7:00 am to 11:00 am

Proudly serving **Big Shoulders Coffee**, named Illinois' Best Coffee by Food & Wine magazine (2019).

\* These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



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# ASIAN CHICKEN SALAD\*

Napa cabbage, carrot, roasted chicken, green onion, cashews, sesame vinaigrette 13.50

# SPITFIRE CHICKEN, SPINACH & KALE SALAD\*

Fuji apple, candied walnut, cashews, chopped egg, apple-Dijon vinaigrette 13.50

# WATERMELON RADISH, TUNA, SUGAR SNAP PEA SALAD\*

Yellowfin tuna, togarashi spice, sesame, fresh mint, soy-ginger vinaigrette 15.00

# **ROAST TURKEY & HAM CLUB\***

Bacon, lettuce, tomato, herbed aioli, shaved ham, shaved turkey, Swiss cheese, fried egg, hand-cut fries 13.50

# CHICKEN SALAD SANDWICH\*

Spitfire roasted chicken, red grapes, almonds, wheatberry bread, rosemary-sea salt kettle chips 12.50

### TERIYAKI QUINOA BOWL VG

Spinach, bok choy, shiitake mushrooms, brown rice, avocado, toasted sesame 12.75

# SPAGHETTI SQUASH CASSEROLE VG

Fresh mozzarella, crushed tomato sauce, zucchini, caramelized onion 11.00

Add: Chicken sausage\* 4.00

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#### Soup, side salad, or half-sandwich 12.75

## SOUP

### SALAD

Roasted Tomato VG

Vegan Carrot & Avocado **vg / v** 

# Cauliflower Couscous VG / V

Sun-Dried Tomato & Orzo VG

Chopped Romaine

# SANDWICH

Grilled Cheese VG Chicken Salad<sup>\*</sup> Turkey & Ham Club<sup>\*</sup>

#### Served 11:00 am to 4:00 pm

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