

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

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.



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

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^{*} Turkey & Ham Club^{*}

Served 11:00 am to 4:00 pm

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