

FIRED UP SELECTIONS

Artisan Avocado Toast*

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

Vegan Breakfast Burrito

red quinoa, just egg, spinach, savory vegan chorizo, avocado, and nutritional yeast wrapped in a whole-wheat tortilla
V 500 . 56 . 29 . 20 . 14 . 728

Huevos Rancheros*

two poached eggs perched atop warm corn tortillas layered with a bold pasilla chile sauce, a hearty bean ragout, and creamy avocado
GF 474 . 60 . 30 . 16 . 16 . 534

Whole Wheat Pancakes

a stack of fluffy whole-wheat pancakes served with fresh blueberries, served with crispy turkey bacon and a rich local maple syrup
493 . 54 . 30 . 16 . 7 . 749

Crepe of the Day

chef's feature creation of sweet or savory seasonal ingredients, inspired by French culinary tradition
subject to change

French Omelet*

personalize with a choice of whole egg, egg white, or vegan egg, choice of Swiss or cheddar cheese; add spinach, mushrooms, onions, peppers, or tomato; served with breakfast potatoes, side salad, and choice of toast
492 . 55 . 30 . 18 . 7 . 712

All-American Breakfast*

a classic morning plate featuring two eggs cooked to your liking, savory chicken sausage, golden breakfast potatoes, and a fresh side salad served with your choice of artisan toast
479 . 52 . 31 . 16 . 6 . 606

Smoked Salmon Eggs Benedict*

two poached eggs stacked on a toasted potato roll with smoked salmon and sautéed spinach finished with our signature hollandaise sauce and served with a side of breakfast potatoes
431 . 45 . 29 . 15 . 5 . 630

Granola Acai Bowl

a nourishing blend of acai, fruit, and tofu topped with fresh raspberries and strawberries, house-made granola, and super seeds
GF . V 483 . 58 . 30 . 20 . 16 . 34

APPETIZING ADDITIONS

Organic Steel-Cut Oatmeal

a hearty bowl of organic steel-cut oats with toasted almonds, dried cranberries, and a local maple syrup
GF . V 174 . 27 . 5 . 5 . 4 . 8

Greek Yogurt & Granola Parfait

a delightful creamy yogurt, layered with crunchy granola and lightly toasted coconut flakes topped with a vibrant mix of fresh berries
GF 133 . 16 . 8 . 5 . 3 . 37

Breakfast Side Salad

a mix of peppery arugula, fresh herbs, and crisp cucumber, lightly dressed in a creamy champagne vinaigrette, topped with crunchy bagel chips
97 . 15 . 4 . 3 . 3 . 193

Smoked Salmon

GF 71 . tr . 12 . 3 . tr . 183

Turkey Bacon

GF 91 . 6 . 14 . 2 . tr . 638

Two Eggs Any Style*

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

Chicken Sausage Link

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

Sliced Avocado

GF . V 160 . 9 . 2 . 15 . 7 . 7

BREAKFAST



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 ANYONE 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.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



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

J'ENWEY TEA

Organic & Direct Trade

ICED TEA

black | lychee green | hibiscus berry peach

HOT TEA

Herbal Tea Sachets, Naturally Caffeine-Free

calming chamomile | cherry berry | lemon lover immunity blend

Green Tea Sachets

jasmine silver needle | vanilla peach

Black Tea Sachets

lady blue earl grey | English breakfast | Moroccan mint

BEVERAGES

