

# MEMBER'S GRILL FOOD GUIDE

# **BREAKFAST MENU**

#### **ALLERGY INFORMATION**

Each food item in this guide includes allergy information (example below). If the item has an ingredient that is a common food allergy, such as gluten, it will be indicated with a **RED FONT**. If not, the allergy will be shown in a light gray color. The 13 allergens identified in this guide include: shellfish, seafood, pork, meat, gluten, soy, egg, dairy, peanuts, tree nuts, sesame, garlic, onion, alcohol, and citrus. According to the FDA, 90% of food allergy reactions are caused by eight foods: gluten, soy, dairy, fish, shellfish, eggs, peanuts, and tree nuts. In this guide, "Meat" consists of both Chicken or Beef products.

The same color-coding method is used for vegan items, which are identified for all the food we sell by "Y" (yes) or "N" (no) in corresponding dark and light text colors. Vegan diets include no animal products whatsoever, including cheese, milk, yogurt, butter, eggs, animal-derived gelatin, etc. The example allergy notification below shows that the hypothetical food item includes dairy and sesame, is not vegan, but of course, vegetarian.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

Vegan: Y | N

Executive Chef: Graeme Blair Executive Sous Chef: Aric Matteson Chef De Cuisine: Markus Hagan Sous Chef: Ashley Manzo

## **OVERNIGHT OATS** \$12



Snow Rolled Oats mixed with Chia Seeds, Oat Milk, Honey, Tahitian Vanilla Extract & Salt. Topped with Seasonal Berries, Toasted Coconut Shavings, Almond Slivers and *Honey Whisps.* 

**HONEY WHISPS:** whipped Manuka Honey

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts [almonds can be eliminated] | Sesame | Garlic | Onion | Alcohol | Citrus

Vegan: Y | N

# STEEL CUT IRISH OATMEAL \$12



Steel Cut Irish Oatmeal cooked with water. Served with candied walnuts, brown sugar and golden raisins all on the side.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts [walnuts can be eliminated] | Sesame | Garlic | Onion | Alcohol | Citrus

# **AVOCADO TOAST \$12**



Thick Cut Sourdough topped with Smashed Avocados, Heirloom Cherry Tomatoes, *Pickled Vegetables,* Cotija, *Spiced Pepitas* with *Frisee garnish.* 

**PICKLED VEGETABLES:** Radish tossed in rice wine vinegar. **SPICED PEPITAS:** toasted and salted pepitas, egg whites, smoked paprika, chili powder, granulated garlic, onion powder.

**FRISEE GARNISH:** Frisee and red onions tossed in rice wine vinegar.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts

Tree Nuts | Sesame | Garlic & Onion [pepitas can be eliminated] | Alcohol | Citrus

**Vegan:** Y N [cotija cheese & pepitas can be eliminated]

# 6-PACK SCRAMBLE \$14



6 Egg Whites tossed with Spinach and Chicken Sausage on a bed of *Tomatillo Salsa*. Topped with sliced avocado and *Pickled Baby Bell Peppers* and Queso Fresco.

**TOMATILLO SALSA:** tomatillo, fire-roasted jalapeños, salt & water **PICKLED BABY BELL PEPPERS:** red and yellow baby bell peppers tossed in rice wine vinegar

Allergy: Shellfish | Seafood | Pork | Meat [sausage can be eliminated] | Gluten | Soy | Egg Dairy [cheese can be eliminated] | Peanuts | Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

# **OPEN-FACED BAGEL & LOX \$16**



Choice of Bagel topped with Cream Cheese, Capers, Pickled Red Onion, Heirloom Tomato, Cambridge House Smoked Salmon, Fresh Dill & **Za'atar Seasoning**.

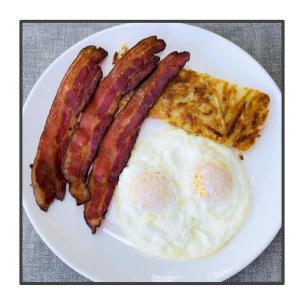
Choice of Toasted Bagel: Everything or Plain

**ZA'ATAR SEASONING:** a Middle Eastern spice blend of oregano, thyme, marjoram, sumac and toasted sesame seeds

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts | Sesame [Za'atar can be eliminated] | Garlic | Onion | Alcohol | Citrus

Vegan: Y | N

# **NBCC BREAKFAST \$14**



2 Eggs, cooked any style. Served with a choice of protein:

- Bacon
- Breakfast sausage
- Chicken apple sausage
- Ham

Choice of side:

- Hash browns
- Fresh seasonal fruit
- Cottage cheese

Choice of toast (see Side Options)

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus
[all allergy restrictions are dependent on the Member/Guest's choices

# HAND CRAFTED OMELET \$14



- 3 Eggs with or without yolks, scrambled with a choice of any:
  - Bacon

- Spinach
- Breakfast sausage
- Mushrooms
- Chicken apple sausage
- Jack & Cheddar

- Ham

- Bell peppers

- Onions

- Tomatoes

#### Choice of side:

- Hash browns
- Fresh seasonal fruit
- Cottage cheese.

Choice of toast (see Side Options)

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts

Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

[all allergy restrictions are dependent on the Member/Guest's choices

Vegan: Y | N

# **DOS QUESO ENCHILADAS \$15**



Two corn tortillas filled with Oaxaca and Cotija cheese, Roasted Poblano & Bell Peppers, Spanish Onions, then covered with **Spicy Red Sauce**. Topped with Sunny Eggs and **Escabeche** with a drizzle of sour cream.

**SPICY RED SAUCE:** Chipotle, Guajillo, Ancho, Ghost, Morita peppers with onion, tomato, garlic, oregano, toasted cumin seed

**ESCABECHE:** pickled carrots, onions & peppers tossed in a Champagne vinegar

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

# **MIGUEL'S BREAKFAST BURRITO \$14**



Large flour tortilla filled with bacon, sausage, shredded cheddar and jack cheeses, *Enchilada Sauce*, scrambled eggs, hash browns, onions, tomatoes and bell peppers.

Served with a small side of *Pico de Gallo* topped with avocado garnish.

**ENCHILADA SAUCE:** Chipotle, Guajillo, Ancho, Ghost, Morita peppers with onion, tomato, garlic, oregano, toasted cumin seed.

**PICO DE GALLO:** tomatoes, onions, garlic, jalapeños (without seeds), lemon & salt.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy [cheeses can be eliminated] | Peanuts | Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

Vegan: Y | N

# **HUEVOS RANCHEROS \$15**



Two layers of refried black beans, crispy corn tortillas topped with 2 eggs Over Easy then covered in *Ranchero Sauce*, sprinkled with cheddar and jack cheese. Drizzled with sour cream and topped with *Pico de Gallo*, cilantro and avocado slices.

**RANCHERO SAUCE:** water, dried red chile peppers, cider vinegar, olive oil, garlic, cumin, salt and pepper, chicken stock **PICO DE GALLO:** tomatoes, onions, garlic, jalapeños (without

seeds), lemon & salt.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts

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# **EGGS IN PURGATORY \$15**



Bilbao Chorizo & **Tomato Ragout** topped with Baked Eggs, Manchego Cheese & Served with 2 slices of Grilled Baguette.

**TOMATO RAGOUT:** Bilbao Spanish Chorizo, onion, celery, garlic, tomatoes, oregano, smoked paprika, sherry vinegar

Allergy: Shellfish | Seafood | Pork | Meat | Gluten [baguette can be eliminated] | Soy | Egg
Dairy [cheese can be eliminated] | Peanuts | Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

Vegan: Y N

# **CLASSIC BENEDICT \$15**



English muffin topped with slices of ham, Poached Eggs, and *Hollandaise* finished with paprika. Served with a choice of Hash Browns or Seasonal Fresh Fruit or Cottage Cheese.

**HOLLANDAISE:** egg yolks, butter, lemon juice, a dash of Tabasco and a dash of Worcestshire sauce, salt.

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts

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# **BARBACOA BENEDICT \$16**



Cotija & Scallion Buttermilk Biscuit topped with *Barbacoa*, Poached Eggs, and Aji Amarillo Hollandaise finished with chives. Served with a choice of Hash Browns or Seasonal Fresh Fruit or Cottage Cheese.

COTIJA & SCALLION BUTTERMILK BISCUIT: buttermilk, butter, flour, salt, baking soda, baking powder, sugar, cotija & scallion

BARBACOA: beef braised in beef stock and enchilada sauce [Chipotle, Guajillo, Ancho, Ghost, Morita peppers with onion, tomato, garlic, oregano, toasted cumin seed] AJI AMARILLO HOLLANDAISE: Peruvian Yellow Chili Pepper mixed with egg yolks, butter, lemon juice, a dash of Tabasco and a dash of Worcestshire sauce, salt

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

Y | N Vegan:

# **BUTTERMILK PANCAKES \$12 | \$8 | \$4**



#### **BUTTERMILK BATTER** served as a Choice of:

- Full Stack 3 pancakes
- Short Stack 2 pancakes
- Side of Pancake 1 pancake

Mixed in add on options for an additional \$2:

- Blueberries
- Bananas
- Blackberries
- Chocolate chips

BUTTERMILK BATTER: eggs, flour, buttermilk, salt

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Vegan:

# **LIEGE WAFFLES \$14**



Brioche Dough topped with *Brandied Peach Compote*, Toasted Almonds, *Whipped Mascarpone Chantilly* and Pearl Sugar.

**BRANDIED PEACH COMPOTE:** brandy, peaches, brown sugar, maple syrup, cinnamon, butter, salt, almond extract.

**WHIPPED MASCARPONE CHANTILLY:** Mascarpone cheese, heavy cream, vanilla extract and powdered sugar

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts [almonds can be eliminated] | Sesame | Garlic | Onion | Alcohol | Citrus

Vegan: Y | N

# **LEMON RICOTTA FRENCH TOAST \$14**



3 Slices of Brioche bread dipped in an **Egg Batter** and cooked on a flat top and layered with **Lemon Ricotta Mix** then topped with powdered sugar and strawberries.

**EGG BATTER:** eggs, heavy cream, vanilla extract and brown sugar.

**LEMON RICOTTA MIX:** ricotta cheese, lemon juice and powdered sugar

Allergy: Shellfish | Seafood | Pork | Meat | Gluten | Soy | Egg | Dairy | Peanuts
Tree Nuts | Sesame | Garlic | Onion | Alcohol | Citrus

#### **SIDE DISHES OPTIONS**



#### **TOAST** options are:

White - Multi-GrainWheat - Gluten Free

- Sourdough - Bagel (Everything or Plain)

RyeEnglish MuffinSquawOne (1) pancake

All bread options are 2 slices, toasted, buttered and cut in half to plate up 4 pieces. Jam options

Bagel is sliced in half, toasted and served with cream cheese on the side. English Muffin is sliced in half, toasted and buttered.



#### **SEASONAL FRUIT** is a cup of fruit consisting of:

Honeydew
 Cantaloupe
 Watermelon
 Pineapple
 Raspberries
 Blackberries
 Blueberries
 Strawberries



### **COTTAGE CHEESE**



**HASH BROWNS** cooked on flat top with butter.