

## Starters

### 6PC WINGS

Choice of Buffalo or House-Made BBQ

7

### BAKED GOAT CHEESE **vg**

Goat Cheese & Spicy Tomato Sauce  
with Wheat Bread

8

### GUACAMOLE & CHIPS **vg**

House-Made, served with Tortilla Chips

9

### SOUP OF THE DAY

Varies Daily - see server

5

### TURKEY CHILI

Cheddar, Onion, Sour Cream, Jalapeno

5

## Entrees

### GRILL CHICKEN & KALE PASTA

Sweet Potato, Broccoli, Toasted Brioche,  
Herb Parmesan Cheese

13

### BEEF SHORT RIBS

Kale, Maitake Mushrooms, Tri-Color  
Quinoa, over Butternut Squash Puree

14

### SAUTEED SALMON

Brussels Sprouts, Kale, Roasted Yukon Gold  
Potatoes & Roasted Red Pepper Sauce

14

## Sandwiches

### HERB CHICKEN SANDWICH

Provolone Cheese, Red Pepper Jam, Sriracha Aioli,  
on Multi Grain Bread with Herb Parmesan Fries

11

### VEGETARIAN FALAFEL WRAP **vg**

Goat Cheese, Arugula, Roasted Red Pepper  
Jam in a Spinach Tortilla with a Side Salad

11

### HARVEST BURGER

House-Made B&B Pickles, Cheddar Cheese,  
Spicy Ranch on a Brioche Bun with  
Herb Parmesan Fries

12

### BEEF SHORT RIB WRAP

Onions, Swiss Cheese, Romaine,  
Banana Pepper Jam, Sriracha Aioli, in a  
Wheat Tortilla with Herb Parmesan Fries

13

### TURKEY PANINI

Roasted Turkey Breast, Black-Peppered Bacon, Arugula,  
Cheddar, Onions, Sriracha Honey Mustard on  
Multi-Grain Bread with Herb Parmesan fries

12

### SALMON BURGER

Pickled Red Onion, Roasted Tomato, Butter Lettuce,  
Spicy Remoulade and Avocado on a Brioche Bun  
with Jicama Slaw

12

## Bowls

### TURKEY CLUB SALAD

Black-Peppered Bacon, Roasted Tomato, Radish,  
Avocado, Jicama, Butter Lettuce, Wheat Crisp  
& Sweet-Lime Vinaigrette

13

### KALE BOWL

Herb Chicken, Parmesan Cheese, Apple,  
Radish, Mint, Almonds, Tri-Color Quinoa,  
Wheat Crisp & Lemon Apple Vinaigrette

12

### AL PASTOR BOWL

Al Pastor Pork, Black Beans, Brown Rice,  
Grilled Pineapple Salsa, Radish, Onion,  
Romaine, Avocado, Cilantro

11

### GRILL BOWL **v vg gf**

Tofu, Squash, Red Pepper, Broccoli, Freekeh,  
Radish, Eggplant & Red Pepper Vinaigrette

11

### HARVEST BOWL

Salmon, Tri-Color Quinoa, Broccoli,  
Avocado, Sweet Potato, Pickled Eggplant,  
Radish over Artisan Greens & Dill Vinaigrette

14

**vg** Vegetarian **v** Vegan **gf** Gluten Free

**Consumer Advisory: Consumption of raw  
or under-cooked meat, poultry, eggs, or  
seafood may increase the risk of illness.**



## Breakfast

### EGGS ANY STYLE

2 Organic Eggs, Black-Peppered Bacon  
Sweet Potato-Kale Hash and Multi-Grain Toast

7

### EGG WHITE OMELET **vg**

Broccoli, Spinach, Onions, Mushrooms  
& Feta Cheese with a Sweet Potato Side

7

### PANCAKES

Blueberry Compote and Confit Lemon  
served with Black-Peppered Bacon & a side  
of Cottage Cheese and Maple Syrup

10

### TOFU & EGG BOWL **vg**

Brown Rice, Tri-Color Quinoa, Broccoli,  
Kale, topped with a Sunny-Side Up Egg

9

### BREAKFAST BOWL

Brown Rice, Black Beans, Avocado, Roasted Tomato,  
Romaine, Al Pastor Pork, topped with a Sunny-Side Up  
Egg, & a side of Cilantro-Lime Vinaigrette

10

### OATMEAL **vg**

Banana, Berries, Toasted Walnuts, Agave

8

### BREAKFAST SALMON BURGER

Salmon Cake over Wheat Bread, Spicy Remoulade,  
Butter Lettuce, Roasted Tomato, Avocado  
& a Sunny-Side Up Egg

10

### FRIED EGG SANDWICH

Bacon, Cheddar Cheese, Sriracha Aioli  
on Brioche Bun, Fruit Salad

9

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## Kids Menu

*Includes a choice of Broccoli,  
Apple Sauce or French Fries*

### CHICKEN TENDERS

3 Breaded Chicken Tenders,  
served with BBQ or Ranch

8

### HERB GRILLED CHICKEN **gf**

Sliced Chicken served  
with BBQ or Honey Mustard

6

### MINI BEEF SLIDERS

2 Sliders served with or without Cheese

7

### MAC & CHEESE

Cheddar Cheese with Elbow Macaroni

6

### PITA PIZZA

Cheese or Pepperoni

7

### GRILLED CHEESE **vg**

Cheddar, Provolone on Wheat Bread

6

### TWIN MINI DOGS

Two Vienna All Beef Hot Dogs

6

### SPAGHETTI **vg**

Marinara Sauce & Parmesan Cheese

6

*Additional Gluten Free Options Available*

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**Eat • Drink • Live**

## Hours

### Monday - Friday

Breakfast 7:00 am - 11:30am

### Saturday - Sunday

Breakfast 8:00 am - 11:30am

### Monday - Saturday

Lunch/Dinner 11:30 am - 8:00pm

### Sunday

Lunch/Dinner 11:30 am - 6:00pm

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