**Breakfast**  7 am - 11:30 am

**Breads and Spreads**
- **Toast and Butters**
  Sprouted wheat toast served with sweet honey clove butter and whipped herb butter.  4.50
- **Toast and Jams**
  Rustic orchard toast topped with whipped mascarpone cheese and apple, thyme, cranberry compote.  5.75
- **Cornmeal toast**
  Sprouted wheat toast served with sweet honey clove butter and whipped herb butter.  4.50

**Yogurt, Granola and Grains**
- **Yogurt**
  Maple pot de crème with blueberry compote, toasted walnuts, sweet butter whipped cream with a maple waffle crisp.  6.75
- **Toast and Butters**
  Rustic orchard toast topped with whipped ricotta cheese and orange, sage jam with honeycomb and pistachio.  5.75

**Quiche**
- Veggie quiche with side salad.  7.75
- Lorraine quiche with side salad.  7.75

**Sandwiches**
- Grilled chocolate swirl brioche with chocolate hazelnut spread, chocolate chips, cocoa sugar with orange zest whipped cream.  7.50
- Smoked salmon with a dill labneh, caper berries, tomato, red onion on pumpernickel.  7.75

**Soup**
- Carrot, sweet potato with pistachio pesto and rye crumbles.  5.75

**Salads**
- **SPINACH AND SHOOTS**
  Baby spinach, peas shoots, radish, sweet onion, English peas, with tarragon vinaigrette.  8.25
- **CLUB OF HEARTS**
  Crisp leaf lettuce, roast turkey galantine, artichoke hearts, pork jerky, pickled tomatoes, shaved ricotta salata with roasted tomato dressing.  8.75
- **THE GOLDEN HALO**
  Kale, golden lentils, quinoa, golden raisins, red pepper, Persian cucumber, pepita with fennel vinaigrette.  8.50
- **CHICKPEA CHICKEN COUSCOUS SALAD**
  Chicken, couscous, currents, chickpeas, arugula and pomegranate with cardamom dressing.  8.75

**Lunch 11:30 am - Close**

**Sandwiches**
- **FRESH HARVEST**
  Butter lettuce, spinach, cucumber, carrots, red cabbage, radish, red onion, fennel, tomato, dill hummus on multigrain.  7.50
- **ROSEMARY HAM AND EMMENTAL**
  With fig apple spread and arugula with champagne vinaigrette.  8.25
- **ROAST BEEF AND RACLETTE CHEESE**
  With horseradish mushroom cream and arugula on sourdough.  8.75
- **IMPORTED MOZZARELLA**
  Fresh burrata, roasted peppers, olive tapenade, red onion, pistachio pesto and spinach on focaccia.  8.50
- **GRILLED PEANUT AND JAM SANDWICH**
  Chunky peanut butter with mixed berry jam on challah.  6.25

**Beverages**

**Grail coffee or decaf**  2.50
**Grail special brew**  2.75
**Iced Grail coffee**  2.75
**Cold brew tap**  4.25
**Iced mocha**  4.25
**Chai latte, or iced london fog**  4.25
**Tea, iced tea**  2.25
**Pot of tea**  5.00
**Whipped cheese**  2.50
**Grilled chocolate swirl brioche sandwich with chocolate hazelnut spread.**

**Rustic orchard toast topped with whipped mascarpone cheese and compote.**

**Cheese Board**

**CRUDITÉ BOARD**
- Hummus, lavash, olives, veggies, nuts, toast.  12.
**CHEESE BOARD**
- 4 cheeses, jam, honey, dried fruit, nuts, toast and crackers.  14.

**Papillote**
- **HERBED MAHI MAHI**
  With quinoa, mushroom duxelles with seasonal vegetables.  13.
- **MEDITERRANEAN COUSCOUS**
  With lentils, curants and garden vegetable.  11.
- **ZA‘ATAR TOFU**
  With chickpeas and seasonal vegetables.  12.

**Dessert**
- **SWEET SEASONAL FRUIT**
  Whipped cheese and crisp  8.
- **DESSERT DU JOUR**
  8.

**Kids menu**

**Breakfast**
- Toast and sweet clove butter  2.50
- Rustic orchard toast topped with whipped mascarpone cheese and compote.  3.25
- Grilled chocolate swirl brioche sandwich with chocolate hazelnut spread.  3.25

**Lunch**
- Grilled peanut and jam sandwich on challah.  3.50
- Imported mozzarella on focaccia.  4.50
- Rosemary ham and emmental cheese on ciabatta.  4.25
- Roast beef & raclette cheese on sourdough.  4.75
- Fresh Harvest Salad.  3.25

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