

Ceres Cafe

141 W Jackson Blvd Chicago Board of Trade Building Lobby 60604-2992 · +13124273443 · Updated:
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MORNING BEVERAGES 5

Orange Or Grapefruit Juice **\$1.60**

Fresh Squeezed

AVAILABLE OPTIONS

9 Oz.: \$2.35

14 Oz.: \$3.20

Tomato Or V-8 Juice

AVAILABLE OPTIONS

5 Oz.: \$1.15

9 Oz.: \$1.80

14 Oz.: \$2.60

Coffee, Tea, Hot Chocolate Or Soft Drink

\$2.05

Milk

regular, skim or chocolate

AVAILABLE OPTIONS

Med.: \$1.60

Lge.: \$2.25

FRUITS 6

Half Grapefruit **\$1.85**

Melon Or Pineapple **\$2.30**

Fresh Fruit Cup

AVAILABLE OPTIONS

Sm.: \$2.50

Lge.: \$4.25

Strawberries **\$2.65**

Blueberries **\$3.65**

Bananas And Milk **\$1.65**

CERES BREAKFAST SPECIALS 7

One Egg Special **\$7.55**

one egg any style, three strips of bacon or three sausage links or two sausage patties or 1/2 order ham, fresh fruit or
homemade hash brown potatoes, toast and coffee, milk, tea or hot chocolate

Two Egg Special

Two eggs any style, three strips of bacon or three sausage links or two sausage patties or 1/2 order ham, fresh fruit or
homemade hash brown potatoes, toast and coffee, milk, tea or hot chocolate

Steak And Eggs Special

\$11.25

two eggs any style, 8 oz.bottom cut sirloin steak or chicken breast, fresh fruit or homemade hash brown potatoes, toast and coffee, milk, tea or hot chocolate

Pancake Special

\$7.85

three pancakes, three strips of bacon or three sausage links or two sausage patties and coffee, milk, tea or hot chocolate

Breakfast Burrito

AVAILABLE OPTIONS

three tortilla shells filled with scrambled eggs, cheddar cheese, sausage, green peppers, onions, tomato and hash browns. served with guacamole, sour cream and salsa

(1): \$4.05

(2): \$6.45

(3): \$8.75

Mexican Breakfast

\$8.35

chilaquiles: scrambled eggs, salsa, green onions, crumbled corn tortillas, cheddar cheese and spicy chorizo or grilled chicken

Smoked Scottish Salmon Plate

\$10.25

lox, bagel, cream cheese, tomato, raw onion

EGGS 5

One Egg

\$4.25

with homemade hash brown potatoes or fresh fruit, toast and jelly

Two Eggs

\$5.10

with homemade hash brown potatoes or fresh fruit, toast and jelly

Eggs Benedict

AVAILABLE OPTIONS

with two eggs & hash browns

\$8.35

With One Egg: \$6.25

Corned Beef Hash

AVAILABLE OPTIONS

with two eggs, toast & jelly

\$7.95

With One Egg: \$6.95

Corned Beef Hash Platter

AVAILABLE OPTIONS

no eggs or toast

\$5.15

side dish of corned beef hash: \$3.95

THREE EGG OMELETTES 5

Denver

\$8.65

ham, cheese, green pepper, onion, mushroom, tomato

Vegetable Omelette

\$7.55

green pepper, onion, tomato, broccoli, mushroom

Ham, Bacon Or Sausage

\$7.55

Cheese

\$6.35

american

Plain	\$1.05
additional ingredients: \$1.80 - chopped ham, bacon or sausage. cheese (\$0.90) - cheddar, mozzarella, swiss or feta (american \$0.75). fresh vegetable (\$0.95 ea.) - broccoli or spinach. \$0.55 (ea.) - mushroom, onion, pepper or tomato. Chili - \$1.05	

PANCAKES AND FRENCH TOAST 5

Pancakes With Fresh Fruit	\$6.45
Banana Pancakes	\$5.95
French Toast	\$5.45
extra thick	
Buttermilk Or Silver Dollar Pancakes	\$5.45
Oat Bran Pancakes	\$5.95

BAKERY 10

Sweet Roll Or Coffee Cake	\$2.05
Homemade Doughnut	\$0.95
Homemade Muffins	\$2.15
blueberry, banana nut or bran	
Cinnamon Or Pecan Roll	\$2.45
Bagel & Cream Cheese	\$2.45
or homemade low fat cream cheese	
Croissant	\$1.45
Biscuit	\$0.85
English Muffin Or Raisin Toast	\$1.85
Toast, Bagel Or Kaiser Roll	\$1.35
jelly and butter	
Cereal With Milk	\$2.95
add fruit to your cereal: 1/2 banana \$0.65, 1/2 order strawberries \$1.35, 1/2 order blueberries \$1.75	

SIDE ORDERS 13

Egg (1) A La Carte	\$1.20
Extra Egg	\$0.80
Bacon Or Turkey Bacon (3 Strips)	\$2.25
Sausage Links (3)	\$2.25

Sausage Patties Or Turkey Sausage Patties (2)	\$2.25
Chorizo Sausage (6 Oz.)	\$2.45
Corned Beef Hash (side Dish)	\$3.95
Breakfast Steak	\$6.95
8 oz. bottom cut sirloin steak	
Ham Steak	AVAILABLE OPTIONS
	2 1/4 Oz.: \$2.45
	4 1/2 Oz.: \$4.45
Chicken Breast (5 Oz.)	\$4.95
Homemade Hash Brown Potatoes	\$2.25
Yogurt	\$1.75
dannon or yoplait	
Greek Yogurt	\$2.95

APPETIZERS 12

Soup Du Jour	AVAILABLE OPTIONS
	Cup: \$2.95
	Bowl: \$4.45
Homemade Chili	AVAILABLE OPTIONS
	Cup: \$3.95
	Bowl: \$5.95
Stuffed Baked Potato	AVAILABLE OPTIONS
Topped with your choice of cheddar or mozzarella cheese, fresh vegetables and bacon bits	
	\$5.45
	Chili: \$0.75
Jumbo Shrimp Cocktail	\$11.25
Four extra large shrimp, cocktail sauce	
Two French Fried Jumbo Shrimp	\$6.45
Tortilla Chips	\$5.15
With guacamole and salsa. (Served after 2 p.m.)	
Turkey Burger Bites	\$6.55
Four mini turkey cheeseburgers with lettuce, tomato and onions. (Served after 2 p.m.)	
Burger Bites	\$6.55
Four mini cheeseburgers with lettuce, tomato and onions. (Served after 2 p.m.)	
Buffalo Or BBQ Wings	\$11.15
15 spicy wings served with blue cheese and celery sticks. (Served after 2 p.m.)	

Baked Artichoke Dip **\$7.55**

Served with chips. (Served after 2 p.m.)

Buffalo Chicken Rolls **\$4.05**

Three egg rolls filled with chicken breast, cheese & spicy buffalo sauce rolled in a spiced wrapper & fried until crisp.
(Served after 2 p.m.)

Tex Mex Egg Rolls **\$4.05**

Three crispy wafers filled with spiced chicken, corn, black beans, onions, peppers & cheese. (Served after 2 p.m.)

SALADS 11

Southwest Salad **\$9.95**

A combination of romaine and iceberg lettuces, sliced chicken breast, chihuahua cheese, tortilla strips, cilantro, corn, diced tomatoes and black beans with a spicy peanut- cilantro dressing

Chopped Salad **\$9.95**

Broiled chicken breast, iceberg, mesclun and romaine lettuce, tomatoes, avocados, red and green onions, bacon and feta cheese with sweet and spicy balsamic dressing

Buffalo Chicken Salad **\$9.95**

Romaine and iceburg lettuce, diced buffalo chicken breast, celery, red peppers, tomatoes and carrots topped with crumbled bleu, cheddar or chihuahua cheese with your choice of dressing

Asian Salad **\$9.95**

Chopped romaine and iceberg lettuce, grilled chicken breast, snow peas, red peppers, carrots, cucumbers, scallions, rice stick noodles and almonds with ginger soy vinaigrette

Caesar Salad

AVAILABLE OPTIONS

Romaine lettuce, parmesan cheese, croutons & caesar dressing

\$8.05

Grilled Chicken or Skirt Steak Caesar Salad:

\$10.25

Spinach Italiano **\$9.95**

Fresh spinach, orzo pasta, sliced chicken breast, tomatoes, capers, pine nuts, black olives, sun-dried tomatoes and shaved parmesan with lemon vinaigrette

Chicken Breast Salad **\$9.75**

Tuesday, Thursday and Friday only. Panko crusted or Grilled chicken breast on top of romaine and field greens with shredded mango, carrot, apple and dried cranberries tossed in our lemon vinaigrette

Julienne Salad **\$9.75**

Turkey, Swiss or American cheese, ham or roast beef, hard boiled egg

Greek Salad

AVAILABLE OPTIONS

Anchovies, feta cheese, hard boiled egg, Greek olives and oregano

\$9.75

Jr. Greek Salad: \$7.35

California Fruit Plate **\$9.75**

An assortment of fresh fruit served with cottage cheese or sherbet

Chef's Salad Plate**\$6.05**

Tossed salad with choice of dressing

SANDWICHES 26**Beef Burger****\$7.55**

we grind & patty our own

Cheeseburger**\$7.85**

American Cheese. with Cheddar, Mozzarella, Swiss, Bleu Cheese or Feta cheese - \$8.05

Turkey Burger**\$7.55**

we grind and patty our own

Bacon Cheeseburger**\$9.15****Patty Melt****\$8.10****Skirt Steak Sandwich****\$8.15**

Marinated in soy dijon

Char Broiled Chicken Breast Sandwich**\$8.75**

Marinated in olive oil, lemon and herbs

Club House**\$9.65**

Triple Decker

Chicken Breast BLT**\$9.65****Bacon, Lettuce And Tomato Club****\$9.15****Bacon, Lettuce And Tomato****\$6.85****Grilled Cheese****AVAILABLE OPTIONS**

\$4.85

With Three Strips Of Bacon: \$6.65

Open Face**\$8.15**

Melted cheddar cheese, bacon and tomato, with French fries

Hungry Hunter**\$8.85**

Roast beef on hard roll with au jus

Bar-b-que Beef**\$10.25**

With French fries or mashed potatoes and gravy

Hot Roast Beef**\$10.25**

With mashed potatoes and gravy or French fries

Hot Roast Turkey**\$10.25**

With mashed potatoes and gravy or French fries

Tuna Melt**\$8.65**

Tuna Salad	\$8.15
Corned Beef	\$8.35
Reuben	\$9.45
Roast Beef	\$8.35
Sliced Roast Turkey Breast	\$8.35
Baked Ham	\$8.35
Ham And Cheese (plain Or Grilled)	\$8.65
Choice of American or Swiss cheese	
Liver Sausage	\$6.65

CLASSICS 3

Pan Fried Filet Of Halibut Sandwich	\$13.75
Friday only	
Fried Filet Of Sole Sandwich	\$8.45
Served Tuesday, Wednesday and Friday only	
Traders Favorite	\$9.45
Roast beef on a hard roll, sautéed onions and green peppers, covered with melted mozzarella, au jus	

HOUSE SUGGESTIONS 6

Pan Seared Tacos	AVAILABLE OPTIONS
Filled with Tilapia OR Skirt Steak, pico de gallo, citrus cole slaw, guacamole and cilantro lime rice (no potato or vegetable or salad)	Tilapia: \$9.45 Skirt Steak: \$10.65
French Fried Jumbo Shrimp (6)	\$16.25
Roast Sirloin Of Beef, Au Jus	\$9.85
Pepper Steak	\$10.25
Slices of beef, green peppers, onions, tomato, in a wine sauce, served on rice. (No potato or vegetable)	
Grilled Chicken Tostada	\$10.95
Pepper jack cheese, pico de gallo, avocado slices and jicama slaw	
Lemon Chicken Breast	\$10.95
Sautéed in olive oil	

CHAR-BROILED ENTREES 5

Grilled Marinated Skirt Steak	\$10.15
Six ounce steak marinated in soy dijon	

Bottom Cut Sirloin Steak	\$7.65
Eight ounce	
Chopped Steak	\$10.95
Ten ounce freshly ground steak served with sautéed onions	
Char Broiled Chicken Breast	\$10.45
marinated in olive oil, lemon and herbs	
Chopped Bleu	\$11.75
Freshly ground chopped steak stuffed with bleu cheese and covered with mushroom sauce	

SIDE DISHES 12

Junior Chef Salad	\$4.05
Sliced Tomato, Onion, Oregano & Olive Oil	\$3.85
Baked Potato, Sour Cream & Chives	AVAILABLE OPTIONS
	\$2.75
	As A Substitute For Fries Or Mashed: \$0.60
Cottage Cheese	\$2.40
Cottage Cheese And Fruit	\$3.45
Fresh Fruit Cup	\$2.65
French Fries Or Mashed Potatoes	\$2.15
Fresh Vegetable	\$2.35
Potato Chips	\$0.95
Cole Slaw	\$2.20
Potato Salad	\$2.35
Roll And Butter	\$0.85

BEVERAGES 4

Coffee, Hot Tea, Iced Tea Or Soft Drinks	\$2.25
Milk	AVAILABLE OPTIONS
Regular, skim or chocolate	Med.: \$1.60
	Lge.: \$2.25
Milk Shake	\$3.95
Mineral Water	\$1.65

DESSERTS 5

Cheesecake

\$3.85

Ice Cream

AVAILABLE OPTIONS

1 Dip: \$2.00

2 Dip: \$3.25

Ice Cream Sundae

AVAILABLE OPTIONS

Small: \$2.50

Large: \$3.75

Cake, Pie Or Cream Pie

\$3.65

Rice Pudding

\$2.55