



Coming Soon!

**It's Girl Scout
Cookie
time**

Keep an eye out for more details in next month's edition.

**Green Tip: Green Your
Valentine's Day**

Plan an eco-friendly date night. Choose a local, seasonal or organic restaurant or plan an outdoor adventure and give an "experience". You can also spend the night at home! Buy local, seasonal ingredients for dinner and top it off with a bottle of organic wine.




540 West Madison Presents
*Valentine's Day
Pop-Up Sale*
All-Day Florist!
Tuesday, February 14th
11 AM – 2 PM
Mezzanine Level
Featuring:
Kendra Scott, tower floral, Westside Bee Boyz

Slightly Toasted – Grand Opening

Slightly Toasted opened its doors in January so you can start and end your day enjoying the likes of Coffee, Toast, Whiskey and Beer!



Eat: The kitchen at Slightly Toasted is helmed by brother-sister culinary duo, Omar and Brenda Garcia. Expect to taste a menu of elevated, hand-crafted pastries, toasts, sandwiches, salads and more. Ingredients are locally sourced whenever possible, and nearly everything is fermented, kneaded and baked in house. Daystarters include sweet and savory takes on toast, like the butterscotch & Nutella, deconstructed Steak & Egg and nostalgic Cinnamon Toast. An Assorted Pastry Bar presents seasonal house made and signature favorites, such as coffee cake muffin with cinnamon streusel.

Meet: Slightly Toasted lends itself to business meetings, leisurely meals, solo excursions and those on-the-run with convenient grab-and-go options. Sandwich highlights include Smoked Trout Tartine (smashed avocado, farm greens, fried egg, and sourdough rye) and HMS (braised short rib, pink coleslaw, bourbon pickles, M&M glaze, sourdough brioche bun). Starters including Oysters, Tartare, Cheese & Charcuterie and Pickled & Fermented vegetables, as well as a variety of salads and a rotating steak dish, round out the menu.

Drink: A meticulously- curated selection of 170 bottles of whiskey from all over the world, including bourbon, rye, American single malt, Japanese, and Scottish local and small batch brews, 50 bottles and canned beers and a host of handmade cocktails, not to mention, a custom artisanal single origin roast by Sparrow Coffee for the always- necessary pick- me-up.

Join the conversation on Instagram and Facebook at [@SlightlyToastedChi](https://www.instagram.com/SlightlyToastedChi).

Louise Harney,
General Manager

Chris Zubek,
Assistant General Manager

Martha Mottet,
Assistant General Manager

Allie Borrego,
Property Administrator

Marc Peterson,
Director of Security

Mike Ruhl,
Chief Engineer

Paul Guidice,
Assistant Chief Engineer

540 WEST MADISON
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FOODA & THEATER AT 540 WEST MADISON

February is full of deliciousness! We are excited to introduce you to our newest restaurant, Snaggletooth, located in Lakeview. Snaggletooth is a small counter-service, seafood-centered restaurant with a nod to the type of old-school delis our parents and grandparents used to frequent. They are on a mission to bring back straightforward, approachable seafood to Chicago. Their menu includes tartines on an open faced bagel with choices like cured ocean trout, cured gravlax, and cured tuna. Snaggletooth is said to be "fit for anywhere. Anytime. Any occasion." Be sure to stop by the Food Hall to find out details about when this restaurant is coming.

It's February and love is in the air! The food hall is celebrating February with red chocolate roses and hand decorated Valentine's Day cookies made by our very own Foda employee Maria. They are also available for special orders so stop on down and place your orders today! And remember, "One cannot think well, love well, sleep well, if one has not dined well."

Stay Hungry!

- Ruby Martinez, Manager



Theater at 540 West Madison's February Feature Film!

This film has been rated R

Please note: seats are **first come, first served.**

Theater located on the 2nd floor across from
Conference Centers.

SCREENING TIMES

Dates: Feb 14th – 16th &
21st -23rd

Times: 12PM & 5PM



FITNESS CENTER

540 West Madison Fitness Center

HOURS OF OPERATION

Monday through Friday: 5:00AM - 8:00PM. The Fitness Center will be closed on all building holidays.

CLASS SCHEDULE

- Monday** RESTORATIVE YOGA: 12 PM – 1 PM
- Tuesday** TOTAL BODY FITNESS: 12 PM – 12:45 PM
RESTORATIVE YOGA: 5:15 PM – 6:15 PM
- Wednesday** TOTAL BODY FITNESS: 12 PM – 12:45 PM
- Thursday** TOTAL BODY FITNESS: 12 PM – 12:45 PM
- Friday** TOTAL BODY FITNESS: 6 AM - 6:45 AM
POWER YOGA: 12 PM – 12:45 PM

AMENITIES

The locker rooms at 540 Fitness offer day lockers and spa quality amenities such as towel service, and a steam shower. Vanity areas are stocked with complimentary towel service, shampoo, conditioner, body wash, razors, blow dryers, deodorant, mouthwash, cotton swabs and body lotion.



LOCATION

The Fitness Center is located on the 2nd Floor of 540 West Madison and is exclusively for the Tenants of 540 West Madison.

540 WEST MADISON EQUIPMENT LIST	
PRECOR 885 SERIES w/15in. touchscreen/TV/iPod	Quantity
Treadmill	8
Elliptical w/adjustable cross ramp	2
Elliptical w/moving handlebar and adjustable cross ramp	8
Upright bike	2
Recumbent bike	2
FREEMOTION	
Chest Press	1
Lat Pulldown	1
Hip Abduction/Adduction	1
Leg Press/Calf Extension	1
Shoulder Press	1
Rear Delt	1
Seated Row	1
Bicep/Tricep	1
FTS Glide Functional Strength Trainer	1
Smith Machine	1
Knee Up/Dip	1
SCHWINN Spin Bike	6
Staimaster	2
FREEMOTION Body Vibration Platform	1
CONCEPT2 Rower	2
Assorted free weights, yoga mats, and other fitness accessories.	

MEMBERSHIP

Memberships begin at \$45/month. General Fitness Center access includes all Group Fitness Classes. To sign up for membership or for additional information, visit <https://540westmadison.sites.zenplanner.com> or call the Management Office at (312) 374-2800 or by email at 540westmadison@am.jll.com.