

SMACK DAB INTRODUCES FALL MENU AS PART OF ITS SEASONAL APPROACH TO BRUNCH

Rogers Park restaurant welcomes October with seasonal sandwiches, drinks and pastries while continuing its tradition of changing the menu alongside the seasons.



smack dab chicago logo

CHICAGO, IL, UNITED STATES, October 5, 2026 /EINPresswire.com/ -- Smack

Dab is introducing its fall menu this October, continuing the Rogers Park brunch restaurant's practice of shifting portions of its food and beverage offerings throughout the year to reflect the seasons.

“

The food matters, obviously, but so does the feeling that there is a place in your neighborhood where somebody is genuinely happy to see you.”

Teeny - Owner

The fall menu includes the new Fall Fun-Guy Sammie, apple cider donuts, seasonal chai and cider beverages, Pumpkin Spice Lattes, the returning Sweater Weather Latte and several drinks built around warming spices and autumn flavors.

For owner Teeny, changing the menu seasonally is less about following food trends and more about allowing the restaurant to evolve alongside the people, ingredients and

neighborhood around it. She says, “The season shifts, our community shifts, and Smack Dab shifts with it. Changing the menu is one small way we get to notice where we are, honor the season and make room for what comes next.”

A MENU THAT CHANGES WITH THE SEASON

Smack Dab's core identity remains centered around brunch, breakfast sandwiches, pastries and food designed to be accessible to a wide range of diners, including people looking for [gluten-free dining](#) options.

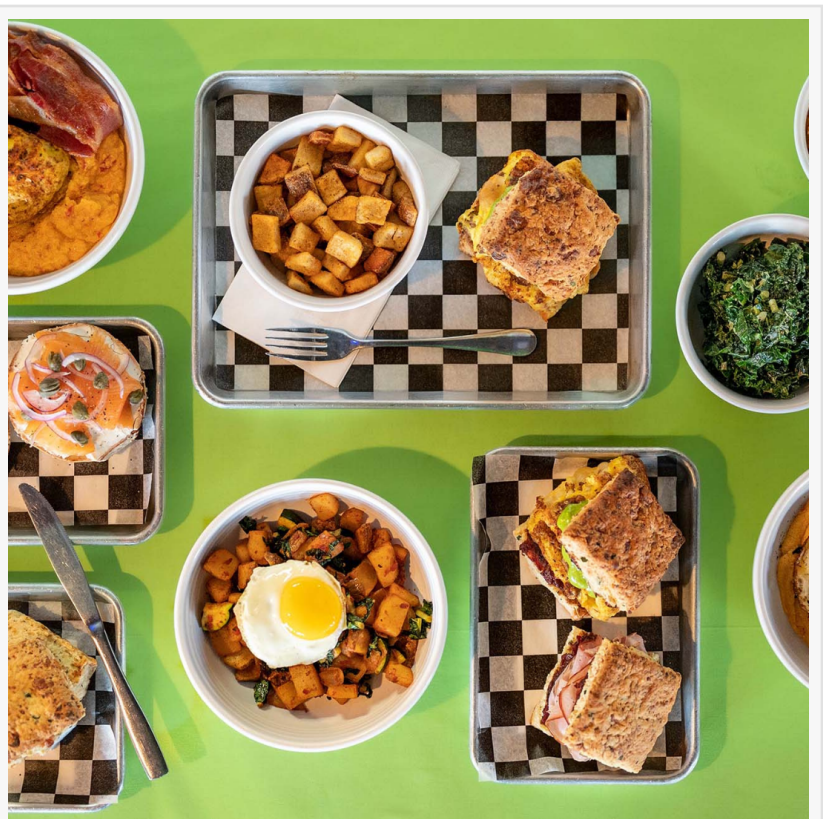
Around that foundation, seasonal specials give the kitchen opportunities to introduce different

ingredients, preparations and flavors throughout the year.

For fall, that means mushrooms, roasted squash, apple cider, chai, turmeric and warming spices.

“Food is one of the ways we notice where we are in the year,” Teeny said. “There’s something really different about what sounds good when it’s 85 degrees outside versus when you suddenly need a jacket in the morning. We like giving ourselves room to play with that.”

The approach also reflects the way Smack Dab operates more broadly. Rather than treating the menu as something static, the restaurant regularly adapts its offerings while maintaining familiar staples.



Chicago Brunch

That balance allows longtime customers to return for favorites while still encountering something new.

THE FALL FUN-GUY JOINS THE OCTOBER MENU

One of the most significant additions to the October menu is the Fall Fun-Guy Sammie. The sandwich combines mushroom duxelles, roasted squash, a hash brown patty and smoked cheese.

Duxelles is a preparation of finely chopped mushrooms cooked with shallots and herbs until the mixture becomes deeply concentrated and almost paste-like. Combined with squash and smoked cheese, the sandwich brings together several ingredients traditionally associated with cooler-weather cooking.

The name, like many Smack Dab menu items, reflects the restaurant’s playful approach to food.

Teeny describes the imaginary “Fall Fun-Guy” as the flannel-wearing, fire-building, fall-camping person who might happily organize an entire trip around watching the leaves change.

The sandwich joins Smack Dab’s rotating seasonal offerings in October.

FALL DRINKS CENTER APPLE, CHAI AND WARMING SPICES

The restaurant's beverage menu is also shifting for fall. The Chai-Der combines Mick Klug Apple Cider with Masala Chai Concentrate, bringing apple and chai spices together in a drink designed specifically for cooler weather.

Smack Dab is also offering Masala Chai from Dona, served with oat milk and lightly sweetened, with optional spiced whipped cream.

Another beverage previously known at the restaurant as Golden Chai is now being served under its traditional name, Haldi Doodh. The turmeric-based drink has a long history in South Asian households and culinary traditions.

Seasonal favorites including the Pumpkin Spice Latte and Sweater Weather Latte are also part of the fall menu, alongside a London Fog made with Dona Earl Grey tea.

A new Sweet Heat "Flaming Lips" Syrup can be added to several drinks, including lattes, mochas, cider and Chai-Der.

The combination of returning favorites and new additions reflects Smack Dab's approach to seasonal menus generally: change does not necessarily mean replacing everything that came before.

"Part of hospitality is paying attention," Teeny said. "Sometimes that means introducing something completely new. Sometimes it means bringing back the thing people have been asking about since last fall."

APPLE CIDER DONUTS RETURN TO THE PASTRY CASE

Apple Cider Donuts are also returning to Smack Dab's pastry case for the season.

Among them is the cinnamon-sugar rolled version known at the restaurant as the Cinny Shug, one of Teeny's longtime seasonal favorites.

The donuts are available as part of Smack Dab's daily pastry offerings during the fall season.

SEASONAL FOOD AS PART OF COMMUNITY HOSPITALITY

For Smack Dab, seasonal menus are also connected to a broader philosophy about what a neighborhood restaurant can be.

The Rogers Park brunch spot has built much of its identity around creating a space where food,

hospitality and community overlap.

That philosophy extends beyond the dining room. Smack Dab works with neighborhood residents, businesses and organizations through community initiatives, events, [Chicago catering](#) and [private events](#).

The restaurant's catering work has particularly emphasized relationships with organizations that value local, independent and mission-driven businesses. Smack Dab has identified schools and universities, creative organizations, professional offices, healthcare and wellness providers, small businesses and community organizations among the groups it is best positioned to serve.

For Teeny, however, the idea of showing up for the community begins with something simpler: creating a place people can return to.

"A neighborhood restaurant gets to witness people's lives," Teeny said. "We see people come in before work, after hard weeks, for birthdays, with their kids, with their friends, sometimes alone. The food matters, obviously, but so does the feeling that there is a place in your neighborhood where somebody is genuinely happy to see you."

That perspective has shaped Smack Dab's approach to Rogers Park and is explored further in the restaurant's explanation of why Smack Dab serves Rogers Park brunch.

FALL MARKS A NEW SEASON FOR THE RESTAURANT, TOO

The seasonal transition comes during a period of change for Smack Dab itself. This will be Teeny's first fall and holiday season operating Smack Dab as its solo owner.

Like many independent restaurants, Smack Dab experiences natural shifts throughout the year. Fall gatherings, workplace meals, holiday events and catering contribute to the busy period leading into Chicago's quieter winter months.

Teeny sees that uncertainty as closely connected to the larger themes of the season.

"Fall is such a visible reminder that change is not an interruption of life. It is life," Teeny said. "Things are ending, other things are beginning, and sometimes you don't know exactly what the next version is going to look like yet."

That understanding of change is part of why the seasonal menu feels particularly appropriate this year.

The restaurant is entering a new chapter while continuing the same fundamental work it has done in Rogers Park: making brunch, feeding people and creating a gathering place for the community around it.

"It is easy to say, 'It's just brunch,' and on one level, absolutely, it is brunch," Teeny said. "But restaurants can become part of the rhythm of a neighborhood. We take that seriously. We want Smack Dab to keep being a place where people can eat something delicious, feel taken care of and feel like they belong here."

ABOUT SMACK DAB

Smack Dab is an independent, queer woman-owned brunch restaurant in Rogers Park, Chicago. The restaurant serves breakfast and brunch with vegan and gluten-free options and is known for its breakfast sandwiches, donuts, seasonal specials and community-centered approach to hospitality.

Smack Dab also provides Chicago catering for offices, organizations and gatherings, offers information for guests seeking gluten-free dining, and hosts gatherings through its private event rental program.

More about the restaurant's philosophy and relationship with its neighborhood is available at [Why Smack Dab Serves Rogers Park Brunch](#).

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