



RICE BOWLS

GLUTEN FREE

Served from 11am (Not available on Brunch)

PICK A BOWL › ADD ONE PROTEIN **\$12**

GRILLED CHICKEN // CRISPY FRIED CHICKEN // BRAISED BEEF
// PULLED PORK // TOFU // ROASTED SALMON (+\$1.5)

CHILI VERDE BOWL gf/veg **NEW**

Brown rice, pinto beans, corn pico, sour cream, cheddar cheese, cabbage and chili verde

CUBAN BOWL gf/vegan **NEW**

Brown rice, black beans, plantains, pico, cabbage, avocado and mojo sauce

KIMCHI BOWL gf/veg **NEW**

Brown rice, mustard greens, kimchi, cucumbers, scallions and over easy egg

*** FRIED CHICKEN BOWL gf*** **NEW**

Brown rice, crispy fried chicken, mustard greens, mango, pineapple and jicama slaw

CHOICE OF SIDES

Comes with any of our sandwiches:

QUINOA gf/vegan

POTATO SALAD gf/veg

MIXED GREENS gf/vegan

KETTLE CHIPS gf/vegan

CLASSIC FRIES gf/vegan

ADD 1.5 FOR:

SOUP gf/vegan available

FRUIT SALAD gf/vegan

SWEET POTATO FRIES gf/veg

BROCCOLI CASHEW SALAD gf/veg **NEW**



FRIES

CLASSIC FRIES gf/veg SM/3.25 LG/4.5

SWEET POTATO FRIES gf/veg SM/3.5 LG/5.5



SANDWICHES AND BURGERS

- Comes with choice of side
- Available on Udi's Gluten Free bread [1.5]

PALEO PLANTAIN SANDWICH [9.75] gf/paleo **NEW**

Braised beef, pickled onions, avocado, spinach and chipotle aioli served between two slices of smashed green plantains

FRIED CHICKEN SANDWICH [10.50] **NEW**

Crispy fried chicken, lettuce, pickles and ranch on a challah bun

CHICKEN BASIL [9.75]

Chicken breast, bacon, gouda, roasted peppers, basil and aioli on baguette

ETAI'S FAMOUS FRENCH DIP [10.75]

Shaved beef rib-eye, gouda cheese, caramelized onions and aioli with beef au jus on baguette

SPICY JALAPEÑO CHEDDAR TURKEY [9.50]

Turkey, bacon, cheddar, avocado, tomato, lettuce and aioli on jalapeño bread *Try it panini style!

CALIFORNIA B.L.T. [9.25]

Bacon, lettuce, tomato, avocado and aioli on toasted challah

APPLE WALNUT CHICKEN SALAD [9.50]

House made pulled rotisserie chicken salad with lettuce on cranberry walnut bread

ARTISAN GRILLED CHEESE [8] veg

Aged white cheddar and creamy taleggio cheese on rustico

BUILD YOUR OWN BURGER* [9]

Local all natural beef, lettuce, tomato, onion and pickle
Bacon \$1.5 | Cheese \$1 | Mushrooms \$1 | Avocado \$1.5



PITA SANDWICHES

Comes with choice of side

GYRO [10.75] **NEW**

Lamb & beef gyro, feta cheese, tomato, cucumber, onion, fresh herbs, pickles & cabbage with a garlic yogurt sauce

CHICKEN SHAWARMA [9.75]

21 spice roasted chicken, tomato, cucumber, onion, fresh herbs, pickles & cabbage with tahini sauce // Add feta cheese [1]

FALAFEL [8.75] vegan

Falafel, tomato, cucumber, onion, fresh herbs, pickles & cabbage with tahini sauce // Add feta cheese [1]



SALADS

- All salads served tossed with dressing and comes with assorted artisan bread
- Change artisan bread to Udi's Gluten Free bread [1.5]
- Substitute salmon for chicken [3] or add salmon [4.25]

WARM GOAT CHEESE SALAD [6.5] veg

Power greens, roasted beets, lentils, fried goat cheese and chickpeas with dijon vinaigrette

AHI TUNA SALAD* [12.5]

Power greens, rare seared ahi tuna in ponzu sauce, marinated kale, avocado, strawberries, red onion, green onion, cilantro and creamy roasted jalapeño dressing

HOUSE SALAD [4.75] gf/vegan

With cucumber, tomato and carrot

CRUDITÉ AND HUMMUS [7] vegan **NEW**

With pickles, olives, cucumbers, tomatoes, onions, snap peas, radishes and carrots. Served with our artisan pita. Add falafel [1.5]

FALAFEL SALAD [6.5/11] veg **NEW**

Romaine lettuce, radicchio, tomatoes, cucumbers, red onions, olives, mint, shredded carrots, feta cheese, falafel and crispy pita croutons with yogurt dressing

NEW STYLE COBB SALAD* [6/10.5] **NEW**

Romaine lettuce, chicken, bacon, avocado, cucumber, tomato, red onion, pepperoncini, egg and blue cheese with ranch dressing

COCONUT MANGO CHICKEN SALAD [6.5/11] **NEW**

Power greens, chicken, jicama mango & pineapple slaw, almonds, goat cheese and crispy coconut flakes with orange balsamic vinaigrette

GARDEN AVOCADO SALAD [6/10.5] vegan

Power greens, tomato, cucumber, carrots, avocado, almonds, cranberries, snap peas, beets and croutons with your choice of dressing

SOUTHWEST CHICKEN SALAD [6/10.5]

Romaine lettuce, smoked chicken, avocado, jalapeños, corn salsa (corn, black bean, onion, tomato), cherry tomato, cheddar, and crispy corn tortilla strips with chipotle ranch dressing

SALAD DRESSINGS

Orange Balsamic / Dijon Vinaigrette / Yogurt Dressing
Ranch / Chipotle Ranch / Soy Ginger

*These items may be served raw or undercooked, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BRUNCH SPECIALS

SAT-SUN TILL 2 PM

Choose home fries or fruit salad | Udi's Gluten Free bread available [1.5]

ETAI'S FAMOUS ISRAELI SHAKSHUKA SKILLET* [10.5] veg **NEW**

Two sunny side eggs cooked in tomato pepper sauce with challah bread on the side

EGGS BENEDICT* [10.5]

2 poached eggs, Applewood smoked ham & hollandaise on toasted challah

HUEVOS RANCHEROS* [9.5] veg

2 fried eggs, cheddar, refried beans, avocado, pico de gallo and roasted tomato salsa on jalapeño bread or crispy tortilla shell. Add chorizo [1.5]

CROISSAFFLES

House made croissant dough cooked on a cast iron waffle griddle

CHICKEN & CROISSAFFLES [11]

With crispy fried chicken and cheesy gravy. Add 2 eggs [2.7]

STRAWBERRY CROISSAFFLES [9.75] veg

With fresh strawberries and whipped cream



KIDS MENU

Udi's Gluten Free bread and corn tortilla (gf) available

BREAKFAST/BRUNCH

MON-FRI UNTIL 11AM
SAT-SUN UNTIL 2PM

KIDS FRENCH TOAST [6] veg

Choose a side: bacon, sausage or fruit

KIDS PANCAKES [6] veg

Choose a side: bacon, sausage or fruit

KIDS EGGS* [5] veg

Choose a side: bacon, sausage or fruit

LUNCH/DINNER [5.5]

MON-FRI STARTING AT 11AM
SAT-SUN ALL DAY

BURGER SLIDER*

Choose a side: fruit or fries.
Add cheddar [0.5]

CHICKEN STRIPS

Choose a side: fruit or fries

MAC & CHEESE veg

MAC & PARM veg

BREAKFAST

MON-FRI UNTIL 11 AM | SAT-SUN UNTIL 2 PM

ON THE SWEET SIDE

STEELE CUT OATS [6] vegan **NEW**

Pecans, brown sugar, raisins & banana

ACAI BOWL [7] veg

Brazilian acai, blended fruit, Udi's original granola, banana fresh strawberries, dollop of Greek yogurt and mint.

FRENCH TOAST [5.25/10] veg

Made with challah

NEW RICOTTA BRIOCHE TOAST [6] veg

Extra toasted brioche, fresh ricotta, house made seasonal jam

PANCAKES [5/9] veg

Short Stack / Large Stack

BREAKFAST SANDWICHES

Add [1.25] for croissants. Add bacon, sausage or ham [1.5]

Available on Udi's Gluten Free bun [1.5]

THE QUEBEC* [5.25]

Applewood smoked ham, Swiss, egg, spinach and chipotle aioli on sourdough

CALIFORNIA* [4.5] veg

Egg, tomato, avocado and cream cheese on pan al lino

NEW AVOCADO TOAST [6] vegan

Avocado, dukkah salad with fresh herbs, arugula, pecans, radishes & pomegranate molasses on Rustico

ETAI'S* [5]

Egg, cheddar and choice of sausage or avocado on brioche

SIMPLE EGGS N' OMELETTES

Choose home fries or fruit salad and side of toast

Udi's Gluten Free toast available [1.5]

2 EGGS ANY STYLE* [7] veg

CALIFORNIA OMELETTE* [9.75] veg

Eggs, cheddar, tomato, onion and avocado

DENVER OMELETTE* [9.75]

Eggs, ham, cheddar, onion and red peppers

BURRITOS & BOWLS

Corn tortilla available gf

Add chorizo, sausage, bacon or avocado [1.5 each]

JUAN'S SMOTHERED BURRITO* [7.25]

Eggs, potatoes and cheddar smothered in green chile and topped with lettuce, pico de gallo, cheddar and sour cream

PALEO BOWL* [8] gf/paleo

Over medium eggs, sweet plantains, chorizo, green chili, pico de gallo & avocado

ETAI'S BURRITO* [4.75]

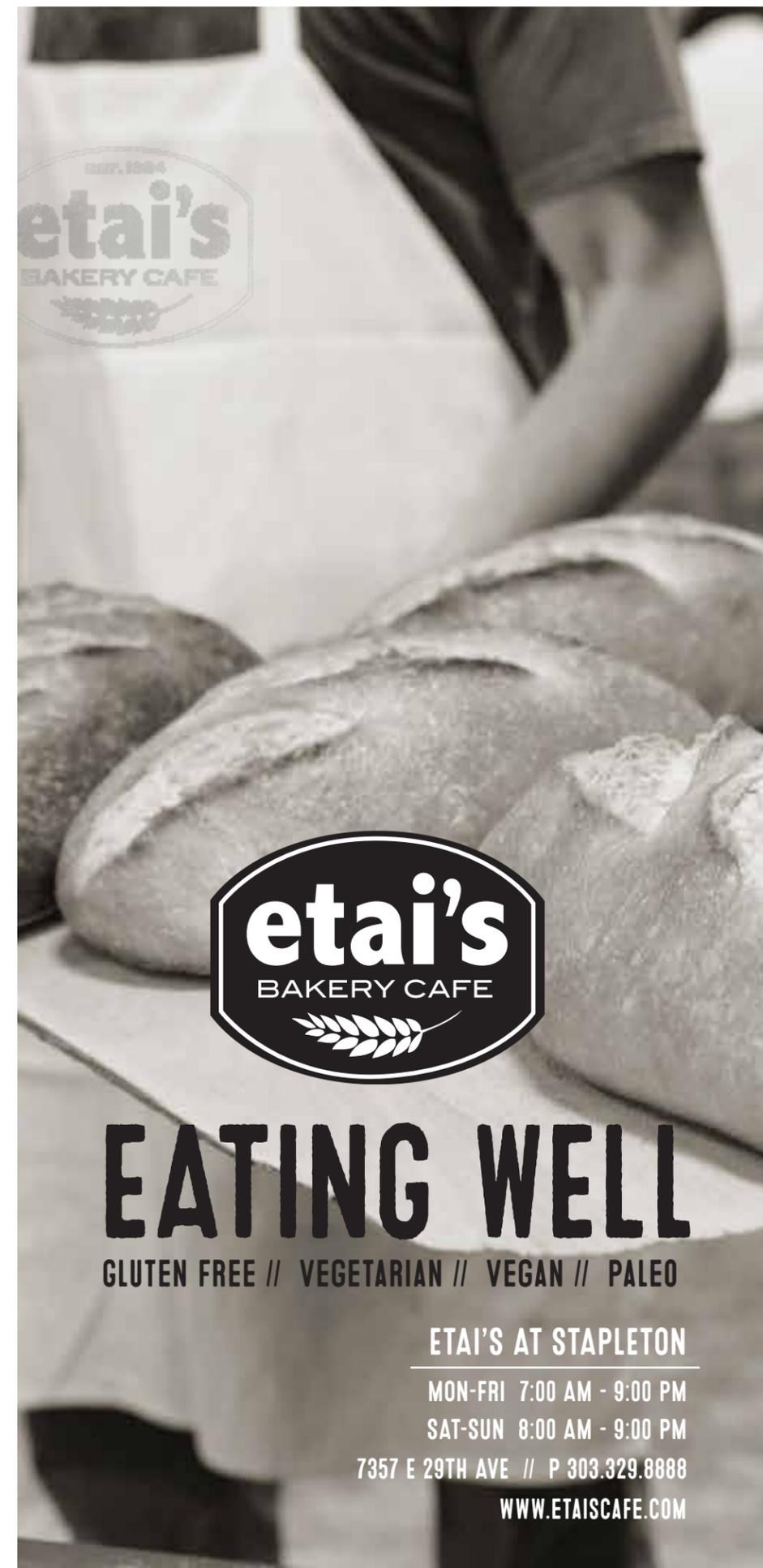
Eggs, potatoes, cheddar & green chile

BREAKFAST RICE BOWL* [8] gf/veg **NEW**

Short grain brown rice, mustard greens, 2 over medium eggs, caramelized onions, avocado and feta cheese with spicy green harissa

SMOOTHIE AND JUICE BAR

AVAILABLE ALL DAY!



EATING WELL

GLUTEN FREE // VEGETARIAN // VEGAN // PALEO

ETAI'S AT STAPLETON

MON-FRI 7:00 AM - 9:00 PM

SAT-SUN 8:00 AM - 9:00 PM

7357 E 29TH AVE // P 303.329.8888

WWW.ETAISCAFE.COM

WE GLADLY ACCOMMODATE DIETARY RESTRICTIONS.

PLEASE LET US KNOW IF YOU ARE:

GLUTEN FREE (GF), VEGETARIAN (VEG), VEGAN, PALEO