RICE BOWLS
Served from 11am (Not available on Brunch)

GLUTEN FREE

CHOOSE YOUR BOWL

GURU BOWL [9.5] vegan -NEW-
Brown rice, quinoa, shoyu, broccoli, cauliflower, kale, pickled carrots, raisins, charred onions, almonds, B12 with a miso vinaigrette

BEEF BOWL [9.5] veg -NEW-
brown rice, quinoa, roasted beets, kale, butternut squash, corn, scallions, white cheddar, shoyu with a red wine flax seed vinaigrette

CUBANO BOWL [9] gf/vegan
Rice, black beans, plantains, pico, cabbage, avocado, mojo sauce

ADD PROTEIN


ADD 1.5 FOR:
QUINOA gf/vegan
POTATO SALAD gf/veg
MIXED GREENS gf/vegan
KETTLE CHIPS gf/vegan
CLASSIC FRIES gf/vegan
SWEET POTATO FRIES gf/veg

PITA SANDWICHES
Comes with choice of side

BEEF & TZATZIKI [10.25] -NEW-
Overnight brined, shredded lettuce, tomato, cucumber, onion, tzatziki / Add feta cheese [1]

GYRO [10.75]
Lamb & beef gyro, feta cheese, tomato, cucumber, onion, fresh herbs, pickles & cabbage with a garlic yogurt sauce

CHICKEN SHASHLAMMA [9.75]
2 la plate 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]

*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.

SANDWICHES AND BURGERS

COMES WITH CHOICE OF SIDE

PALEO PLANTAIN SANDWICH [9.75] gf/paleo
Braised beef, pickled onions, avocado, spinach and chipotle aioli served between two slices of smashed green plantains

FRIED CHICKEN SANDWICH [10.50]
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 ciabatta

ETAíS FAMOUS FRENCH DIP [10.75]
Shaved beef rib-eye, gouda cheese, caramelized onions and aioli with beef au jus on ciabatta

SPICY JALAPENO CHEDDAR TURKEY [9.50]
Turkey, bacon, avocado, tomato, lettuce and aioli on jalapeño cheddar 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

SALADS

ALL SALADS SERVED TOSSED WITH DRESSING AND COMES WITH ASSORTED ARTISAN BREAD

BUTTERNUT SQUASH SALAD [10] -VEG -NEW-
Steamed kale, spinach and power greens with roasted squash, pomegranate seeds, quinoa, goat cheese, sweet peppers and dill with a sherry- dijon vinaigrette

GREEN GODDESS SALAD [9] GF/VEG -NEW-
Steamed kale and broccoli with brown rice, lentils, quinoa, ginger shoyu, avocado, B12 with a lemon-flax seed vinaigrette

SMOKED SALMON SALAD [7/12]
Honey smoked salmon, endives, power greens and hazelnuts with a parsley vinaigrette. Served with brie toast.

AHÍ TUNA SALAD* [12.5]
Power greens, rare seared ahí tuna in ponzu sauce, marinated kale, avocado, strawberries, red onion, green onion, cilantro and creamy roasted jalapeño dressing

HOUSE SALAD [6.75] gf/vegan
With cucumber, tomato and carrot

CRUDITÉ AND HUMMUS [7] vegan
With pickles, olives, cucumbers, tomatoes, onions, snap peas, radishes and carrots. Served with our artisan pita. Add falafel [1.5]

NEW STYLE COBB SALAD* [8/10.5]
Romaine lettuce, chicken, bacon, avocado, cucumber, tomato, red onion, pepperoncini, egg and blue cheese with ranch dressing

GARDEN AVOCADO SALAD [8/10.5] vegan
Power greens, tomato, cucumbers, carrots, avocado, almonds, cranberries, snap peas, beets and croutons with your choice of dressing

SOUTHWEST CHICKEN SALAD [8/10.5]
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 / Parsley Dressing
Ranch / Chipotle Ranch / Soy Ginger

Served from 11am (Not available on Brunch)
**BRUNCH SPECIALS**
SAT-SUN 8AM-3PM

Choose home fries or fruit salad! Udi’s Gluten Free bread available.

**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 jalapeno 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.

---

**BREAKFAST**
MON-FRI UNTIL 11AM | SAT-SUN UNTIL 3PM

**ON THE SWEET SIDE**

**STEELE CUT OATS** (8) vegan
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

**PANCAKES** (5/8) 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** (8) 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
Eggs, cheddar, tomato, onion and avocado

**DENVER OMELETTE** (9.75) veg
Eggs, ham, cheddar, onion and red peppers

**BURRITOS & BOWLS**
Corn tortilla available gf
Add chorizo, sausage or bacon (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

**ETAI’S BURRITO** (4.75)
Eggs, potatoes, cheddar & green chile

**BREAKFAST RICE BOWL** (8) gf/vegan
Short grain brown rice, kale, 2 oz medium eggs, caramelized onions, avocado and feta cheese with spicy green harissa

---

WE GLADLY ACCOMMODATE DIETARY RESTRICTIONS.
PLEASE LET US KNOW IF YOU ARE:
GLUTEN FREE (GF), VEGETARIAN (VEG), VEGAN, PALEO

**SMOOTHIE AND JUICE BAR**
AVAILABLE ALL DAY!

---

**ETAI’S BAKERY CAFE**

---

GLUTEN FREE // VEGETARIAN // VEGAN // PALEO

**ETAI’S AT STAPLETON** 7557 E 29TH AVE // P 303.329.8889
MON-FRI 7AM - 3PM SAT-SUN 8AM - 3PM

WWW.ETAIISCafe.COM