

SALADS & BOWLS

COMES WITH ASSORTED BREAD

Change artisan bread to Gluten Free bread [1.5]

All salads served tossed with dressing

NEW > TAQUERIA SALAD [11]

roasted chicken thighs marinated in adobo, special seasoning and canola oil. Served on chopped romaine, cotija cheese, black beans, roasted onion, roasted poblano chiles, tortilla chips and lime dressing.

GREEN GODDESS BOWL [9] *gf/vegan*

steamed kale and broccoli with brown rice, lentils, quinoa, avocado, B-12 and ginger shoyu
add 2oz roasted chicken or tofu [1.5]

ROTISSERIE CHICKEN SALAD [6.5/11]

rotisserie chicken, mixed greens, radicchio, corn, tomatoes, croutons, dates, fresh herbs and goat cheese with champagne vinaigrette

ASIAN PEAR SALAD [6.5/11]

roasted chicken, romaine, pears, edamame, peanuts, scallions, carrots, and crispy wontons with vietnamese vinaigrette

COBB SALAD [6.25/10.75]

romaine, roasted chicken, bacon, avocado, cucumbers, tomatoes, egg and danish blue cheese with ranch dressing

GARDEN AVOCADO SALAD [6.25/10.75] *vegan*

power greens, tomatoes, cucumbers, carrots, avocado, almonds, cranberries, snow peas, beets and croutons with your choice of dressing

PITA SANDWICHES

Available as a Salad Bowl with Romaine Lettuce

GYRO [10.75]

lamb & beef gyro with pickled veggies, tomato & cucumber salad, fresh herbs, romaine with garlic yogurt sauce

CHICKEN SHAWARMA [9.75]

21 spice roasted chicken, pickled veggies, fresh herbs, tomato & cucumber salad with tahini sauce

ROASTED CAULIFLOWER [8.5] *vegan*

roasted cauliflower, pickled veggies, spicy mango chutney, tomato & cucumber salad, fresh herbs with tahini sauce

SOUP OF THE DAY

CUP [3.25] BOWL [5.25]

gf & vegan soups available

ALL SANDWICHES COME WITH CHOICE OF SIDE
and available on Gluten Free bread [1.5]

SANDWICHES

AVOCADO TOAST [8.25] *vegan*

avocado, fresh herbs, arugula, pecans, radishes and pomegranate molasses on toasted pane al lino.

SPICY JALAPENO-CHEDDAR TURKEY [9.5]

turkey, bacon, avocado, tomato, lettuce, cheddar on jalapeno bread.

CALIFORNIA B.L.T [9]

bacon, lettuce, avocado, aioli, tomato on challah

PANINIS

CUBAN PRESS [10]

applewood smoked ham, pulled pork, gouda cheese and aji verde on ciabatta

CLASSIC GRILLED CHEESE [7.75] *veg*

cheddar cheese and aioli on rustico
add bacon [1.5] and/or tomato [0.50]

SOUTHWEST CHICKEN PANINI [9.5]

braised shredded chicken, cheddar, romaine lettuce, aioli, swiss cheese & ranchero salsa on jalapeno bread

HOT SANDWICHES

NEW > TURKEY MELT [10.5]

roasted turkey, wilted mustard greens, mustard aioli sauce, raclette cheese served on a hoagie roll with a mushroom gravy dipping sauce

PASTRAMI SANDWICH [9.75]

custom colorado pastrami, dijon mustard, coleslaw and melted swiss cheese on brioche bun

CHICKEN BASIL [9.75]

chicken, bacon, gouda, roasted red peppers, basil, aioli on ciabatta

PESTO CHICKEN WRAP [9.25]

roasted chicken, fresh mozzarella, roasted tomatoes, pickled onion, arugula and pesto aioli wrapped in a flour tortilla

HUMMUS SNACKS

PITA+HUMMUS [3] *vegan* PITA+HUMMUS+SIDE [4.5]

BREAKFAST

Sandwiches available on Gluten Free bread [1.5]

AVOCADO TOAST [6.25] **vegan**

avocado, fresh herbs, arugula, pecans, radishes and pomegranate molasses on toasted pane al lino.

SOUTHWEST GRAND SANDWICH [5.75]

eggs, aioli, bacon, tomatoes, cheddar, and avocado on jalapeno bread.

TOASTED BAGEL WITH CREAM CHEESE [1.75] **veg**

bagels: plain, cinnamon raisin, onion, sesame, blueberry

SAUSAGE BAGEL SANDWICH [5.25]

eggs, aioli, cheddar and sausage

GREEN BURRITO [4.75] **vegan**

black beans, avocado, kale, corn, green chile, mushrooms and ranchero salsa

SMOTHERED GREEN BURRITO [7] **vegan**

BREAKFAST BURRITO [4.5] **veg**

eggs, potatoes, cheddar and green chili
add ham, bacon, turkey or avocado [1.5 each]

SMOTHERED BREAKFAST BURRITO [6] **veg**

eggs, potatoes and cheddar smothered with green chile, cheddar lettuce, ranchero salsa and sour cream

CALIFORNIA SANDWICH [4.75] **veg**

egg, tomatoes, avocado & herb cream cheese on pane al lino

CLASSIC EGG AND CHEESE SANDWICH [4.25] **veg**

eggs and cheddar cheese with aioli on pan al lino
[available on croissant +1.5]
add ham, bacon, sausage, turkey or avocado [1.5 each]

FRESH FRUIT SALAD [2.75] **gf/vegan**

COFFEE & TEA

and freshly baked pastries

CHOICE OF SIDES

QUINOA **gf/vegan**

Add 1.5 for:

MIXED GREENS **gf/vegan**

SOUP **gf/vegan** AVAILABLE

HUMMUS **gf/vegan**

FRUIT SALAD **gf/vegan**

CHIPS **gf/vegan**

POTATO SALAD **gf/veg**

PLEASE LET US KNOW IF YOU ARE:

GLUTEN FREE **gf**, VEGETARIAN **veg** OR **vegan**

eat fresh, eat well,
eat etai's...



ETAI'S AT

CARUTHERS BIOTECH BUILDING

EAST CAMPUS, 3415 COLORADO AVE. BOULDER, CO. 80303

MON-FRI 7:30AM-3:00PM | 303-735-6500

WWW.ETAISSCAFE.COM

CUBOULDER@ETAISSCAFE.COM

SPECIALS THE SANDWICHES COMES WITH CHOICE OF SIDE

MONDAY

NEW > JUSTIN BOWL [10.25]

brown rice, steamed kale, steamed butternut squash, sunny side up egg, garlic breadcrumbs, green onions, aged parmesan and a dressing made with lemon juice, garlic, reggiano cheese, and aioli

TUESDAY

NEW > HALOUMI DREAMS SALAD [10]

sautéed haloumi, sliced apples, fresh dill, escarole, curried roasted cauliflower, capers breadcrumbs and made with our house sherry mustard vinaigrette

WEDNESDAY

NEW > ALEJANDRO'S BBQ PORK SANDWICH [10.5]

slow cooked pulled pork tossed in a homemade barbeque sauce. Served on a toasted brioche bun with our house coleslaw

THURSDAY

NEW > KETO BOWL [10.25]

braised pork, steamed kale, hard boiled eggs, steamed baby bok choy and made with our thai coconut milk sauce, lemongrass, vegetable stock and special seasonings

FRIDAY

NEW > SALMON SALAD WITH PICKLED APPLES [12]

arugula, smoked salmon, onion, hardboiled egg, pickled apples then served with our house sherry vinaigrette