



GLUTEN FREE

RICE BOWLS

Served from 11am (Not available on Brunch)

CHOOSE YOUR BOWL

KETO BOWL [11.25] -NEW-

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

GREEN GODDESS BOWL [10.25] *vegan*

Steamed kale and broccoli with brown rice, lentils, quinoa, avocado, B-12 and ginger shoyu with a lemon flaxseed

GURU BOWL [10.25] *vegan*

Brown rice, quinoa, shoyu, broccoli, cauliflower, kale, pickled carrots, raisins, charred onions. almonds, B12 with a miso vinaigrette

CUBANO BOWL [10.25] *gf/vegan*

Brown rice, black beans, plantains, ranchero salsa, cabbage, avocado and mojo.

→ ADD PROTEIN

GRILLED CHICKEN [3] PULLED PORK [3] TOFU [3]

CRISPY FRIED CHICKEN [4] ROASTED SALMON [4]

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*



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]

TURKEY MELT [10.50] -NEW-

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

PORK BAHN MI SANDWICH [10.25] -NEW-

Slow roasted pork butt, pickled daikon radish, pickled carrots, shaved cucumber, cilantro and mint. Served on a toasted hoagie roll with aioli

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 [10.25]

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

ETAI'S FAMOUS FRENCH DIP [10.75]

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

SPICY JALAPEÑO CHEDDAR TURKEY [9.50]

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

APPLE WALNUT CHICKEN SALAD [9.50]

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

PITA SANDWICHES

BEEF & TZATZIKI [10.25]

Overnight brisket, 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 SHAWARMA [10.25]

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]

Comes with choice of side

*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.



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]

SALMON SALAD WITH PICKLED APPLES [12] -NEW-

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

TAQUERIA SALAD [11] -NEW-

Achiote chicken marinated in adobo, special seasoning and canola oil, served on chopped romaine with Cotija cheese, black beans, roasted onion, avocado, roasted poblano chiles, tortilla chips and lime dressing

HALOUMI DREAMS SALAD [10] *veg* -NEW-

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

BUTTERNUT SQUASH SALAD [10] *veg*

Steamed kale, spinach and power greens with roasted squash, pomegranate seeds, quinoa, goat cheese, sweet peppers and dill with a sherry-dijon vinaigrette >> add 2oz roasted chicken or tofu [1.5]

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

NEW STYLE COBB SALAD* [6/10.5]

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

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

SALAD DRESSINGS

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



BURGERS

BUILD YOUR OWN BURGER* [10]

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

BRUNCH SPECIALS

SAT-SUN 8AM-3PM

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

NUTELLA FRENCH TOAST [6/12] veg

Served on our Challah bread topped with sliced fresh bananas and Nutella.

HUEVOS RANCHEROS* [9.5] veg

2 fried eggs, cheddar, refried beans, avocado 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 [10.25] 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 UNTIL 2PM - SUN UNTIL 3PM

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

BREAKFAST

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

ON THE SWEET SIDE

STEELE CUT OATS [6] vegan

Pecans, brown sugar, raisins & banana

FRENCH TOAST [5.25/10] veg

Made with challah

ACAI BOWL [7] veg

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

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]

NEW BREAKFAST CLUB* [9]

A double decker sandwich made on our toasted pullman bread, scrambled eggs, aioli, bacon, raclette cheese, avocado and our special jam

THE QUEBEC* [5.75]

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

AVOCADO TOAST [6] vegan

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

ETAI'S* [5.5]

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* [7.75]

Eggs, potatoes, and cheddar smothered with green chile, cheddar, lettuce, rancho salsa and sour cream.

ETAI'S BURRITO* [5.25]

Eggs, potatoes, cheddar & green chile

BLACK BEAN QUINOA BREAKFAST BURRITO* [7.25] veg **NEW**

Flour tortilla, scrambled eggs, black beans, quinoa, rancho salsa

PALEO BOWL* [8.5] gf/paleo

Over medium eggs, sweet plantains, chorizo, green chile rancho salsa & avocado

SMOOTHIE AND JUICE BAR

AVAILABLE ALL DAY!

WE GLADLY ACCOMMODATE DIETARY RESTRICTIONS.

PLEASE LET US KNOW IF YOU ARE:

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



EATING WELL

GLUTEN FREE // VEGETARIAN // VEGAN // PALEO

ETAI'S AT STAPLETON 7357 E 29TH AVE // P 303.329.8888

MON-FRI 7:00 AM - 3:00 PM

SAT-SUN 8:00 AM - 3:00 PM

WWW.ETAISCAFE.COM