



MON-FRI 7AM-3PM // SAT-SUN 8AM-3PM
 7357 E 29TH AVE // 303.329.8888
 ETAISCAFE.COM // ONLINE ORDERING

COFFEE PASTRIES

SMOOTHIE

- BLUE MAJIC SMOOTHIE [8.25] - NEW**
Blue-green spirulina, pineapple, mango, banana, dates and coconut milk
- HARVEST SMOOTHIE [7.25] - NEW**
Kale, pineapple, banana, dates, flax seeds, coconut milk
- BLUE MONDAY SMOOTHIE [7.45] - 160Z**
Blueberries, strawberries, bananas, orange juice and protein powder.
- MANGOLICIUS SMOOTHIE [7.45] - 160Z**
Mango, strawberry, kale, orange juice, mint chia seeds
- ACAI ENERGY SMOOTHIE [7.95] - 120Z**
Acai juice, orange juice, green super food, almond butter, raspberries with yerba mate

JUICE

- ORANGE JUICE [7.45]**
- IN THE GREEN [6.95]**
kale, cucumber, apple
- THE DETOX [6.95]**
Carrot, apple, beets, ginger
- LIQUID SUNSHINE [7.95]**
Kale, apples, orange juice
- BETA [5.95]**
Carrots, apple, ginger

KIDS MENU

For kids under 10 years old

Udi's Gluten Free bread (2.25) and corn tortilla (gf) available

BREAKFAST

MON-FRI UNTIL 11AM

Comes with side: bacon, sausage or fruit

- KIDS FRENCH TOAST [6.95] veg**
- CHOCOLATE CHIP PANCAKES [6.95] veg**
- KIDS PANCAKES [6.95] veg**
- KIDS EGGS* [5.95] veg**

LUNCH

MON-FRI STARTING AT 11AM

- GRILLED CHEESE [5.95] veg**
- BURGER SLIDER* [6.95]**
Choose a side: fruit or fries
Add cheddar [1]
- CRISPY CHICKEN TENDERS [6.95]**
Choose a side: fruit or fries

BREAKFAST

MON-FRI UNTIL 11 AM

BURRITOS & BOWLS

Corn tortilla available gf

Add chorizo, sausage, bacon or avocado [2.25 each]

ETAI'S BURRITO* [7.45]

Eggs, potatoes, cheddar & green chile

JUAN'S SMOTHERED BURRITO* [9.45]

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

PALEO BOWL* [9.95] gf/paleo

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

BREAKFAST SANDWICHES

Add [1.75] for croissants. Add bacon, sausage or ham [2.25]

Available on Udi's Gluten Free bread [2.25]

CRIOSSANT BACON, EGG & CHEESE* [8.25] - NEW

Egg*, cheddar, aioli, bacon on corissant

ENGLISH BREAKFAST MUFFIN [5.95] - NEW

Fried egg*, butter, sausage and cheddar cheese on english muffin

SOUTHWEST [8.25]

Egg*, bacon, cheddar, tomato, avocado, chipotle aioli on jalapeno bread

THE QUEBEC* [6.95]

Applewood smoked ham, Swiss, egg*, spinach and chipotle aioli on pane al lino

AVOCADO TOAST [6] vegan - NEW

2 slices of toasted Lino bread with fresh avocado and salt
Add one Egg any style* (\$1.75)

ETAI'S* [6.95]

Egg*, cheddar, aioli and choice of sausage or avocado on brioche

EGGS & OMELETS

Comes with toast & a choice of fruit or home fries

Available with Udi's Gluten Free bread [2.25]

EGGS ANY STYLE* [8.95] VEG

MUSHROOM SPINACH OMELETTE* [10.95] veg - NEW

with swiss cheese and onion

CALIFORNIA OMELET* [10.95] VEG

Eggs*, cheddar, tomatoes, onions & avocado

DENVER OMELET* [10.95]

Eggs*, ham, cheddar, onion, and red peppers.

SWEET & YUMMY

BLUE ISLAND BOWL [11.5] veg/gf - NEW

Blue majic smoothie topped with granola, roasted coconut, strawberries, banana & greek yogurt

FRENCH TOAST [11.95] veg

Made with challah

Comes with fresh fruit, candied cashews, maple & whipped cream

AÇAI BOWL [11] veg/gf

Açai juice, mango and pineapple topped with peanut butter, fresh bananas & strawberries, granola, bee pollen & greek yogurt

PANCAKES [7.95/10.95] veg

Short Stack / Large Stack

*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

Comes with choice of side // Available on Udi's Gluten Free bread [2.25]

BLACKENED CHICKEN SANDWICH [12] - NEW

Blackened chicken, mushrooms, gruyere cheese, onions and aioli on brioche bun

APPLE WALNUT CHICKEN SALAD SANDWICH [10.95]

With lettuce on cranberry walnut bread

BIG APPLE TURKEY [11.45]

Turkey, Brie cheese, apples, lettuce and honey mustard on cranberry walnut bread

CHICKEN BASIL [12.45]

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

ETAI'S FAMOUS FRENCH DIP [12.45]

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

CHIPOTLE CHEDDAR TURKEY [11.45]

Turkey, bacon, avocado, tomato, lettuce, cheddar, chipotle aioli on jalapeno bread

AVOCADO TOAST [9.95] vegan

Avocado, dukkah salad with fresh herbs, arugula, candied cashews, radishes & pomegranate molasses on pane al lino

BURGERS

Comes with choice of side // Available on Gluten Free bun [2.25]

THE CLASSIC BURGER [11.95] - NEW

lettuce-tomato-pickle-onion

THE JOKER [13.50] - NEW

Mushroom-bacon-gouda cheese, mixed greens

THE U.F.C BURGER [13] - NEW

Chipotle aioli-cheddar-pickled jalapeno-carmelized onion burger

FRIES

CLASSIC FRIES gf/veg

SM/3.95 LG/5.95

SWEET POTATO FRIES gf/veg

SM/5.25 LG/7.45

PITA SANDWICHES

Comes in our Israeli artisan pita and with choice of side

CHICKEN SHNITEZL [12.95] - NEW

breaded and fried crispy chicken, romaine lettuce, tomatoes, capers and lemon parmesan dressing

GYRO [12.95]

Lamb and beef gyro, feta cheese, romaine, tomato, cucumber, onion, fresh herbs, garlic yogurt sauce

CHICKEN SHAWARMA [12.95]

21 spice roasted chicken, romaine lettuce, tomato, cucumber, onion, pickles, fresh herbs, garlic yogurt sauce // Add feta cheese [2]

FALAFEL [11.95] vegan

House made falafel, house hummus, romaine lettuce, tomato, cucumber, onion, pickles, fresh herbs, tahini sauce

SALADS

All salads served tossed with dressing and comes with bread

Change artisan bread to Udi's Gluten Free bread [2.25]

HOLIDAZE SALAD [12.95] - NEW

mixed greens, roasted brussel sprouts, roasted chicken, bacon, aged white cheddar, dried cherries, toasted pecans, red onion and maple vinaigrette

SOUTHWEST CHICKEN SALAD [11.65]

Grilled chicken Breast, Cheddar cheese, Black beans, Jalapeños, fresh Avocado, roasted corn, crispy tortilla strips, Romane Lettuce with chipotle ranch

COBB SALAD* [12.95]

Romaine lettuce, chicken, bacon, avocado, cucumber, tomato, scallions, egg and blue cheese with ranch dressing

GARDEN AVOCADO SALAD [11.65] vegan

Power greens, tomato, cucumber, carrots, avocado, candied cashews, cranberries, beets and croutons with orange balsamic.

BOWLS

BUFFALO CHICKEN BOWL [12.5] - NEW

Blackened chicken, brown rice, roasted brussel sprouts, butternut squash, celery, blue cheese, ranch and buffalo sauce

THE JUSTIN BOWL [12.5]

Roasted chicken, bacon, brown rice, steamed kale, steamed butternut squash, scallions, black pepper, gouda cheese, garlic bread-crumbs, lemon parmesan dressing

CHOICE OF SIDES

POTATO SALAD gf/veg

MIXED GREENS gf/vegan

KETTLE CHIPS gf/vegan

CLASSIC FRIES gf/vegan

HUMMUS gf/vegan

ADD \$2.25 FOR:

SWEET POTATO FRIES gf/veg

CUP OF SOUP gf or veg

SEASONAL FRUIT gf/vegan

DAILY SOUP made daily in our kitchen
gf/veg CUP [4.35] // BOWL [6.95]

■ ISRAELI BITES ■

■ 6 FALAFELS WITH TAHINI SAUCE \$6.45 gf/vegan

■ FRESH HUMMUS WITH ISRAELI PITA \$7.45 vegan

■ FRESH HUMMUS WITH 3 FALAFELS
AND ISRAELI PITA \$9.95 vegan