

GLUTEN-FREE FRIENDLY



PLEASE INFORM YOUR SERVER IF YOU ARE GLUTEN-FREE SO WE CAN BEST SERVE YOU

## BREAKFAST (Available all day)



All sandwiches are available on gluten-free bread +2

### SOUTHWEST BREAKFAST SANDWICH

Egg, bacon, tomato, cheddar cheese and aioli on jalapeno bread 13

### CLASSIC EGG AND CHEESE SANDWICH

Egg, cheddar and aioli on a Brioche bun 12.50

**SMOTHERED BURRITO** Eggs, potatoes and cheddar smothered in vegetarian green chile, lettuce, pico de gallo and sour cream 14 | Add spicy chorizo +2

**FRENCH TOAST** With powdered sugar and maple syrup 14.50

*NOT available gluten-free*

**FRESH FRUIT SALAD** Mixed seasonal fruit 6.50

**FRUIT AND YOGURT PARFAIT** Fresh strawberries or blueberries and lowfat vanilla yogurt with gluten-free granola and dried cranberry 10.50

\***PALEO BOWL** Scrambled eggs, sweet plantains, chorizo, green chili, pico de gallo 13.25 Add avocado +2

## SHAREABLES

**AVOCADO TOAST** Toasted ciabatta topped with fresh avocado, arugula, marinated tomato, sliced radish, red onion, drizzled with extra virgin olive oil and fresh lemon juice 14

**SWEET PLANTAINS** Served with spicy mango chutney and sour cream 12

\***AHI TUNA LETTUCE WRAP** Ahi tuna seared rare, avocado, crushed peanuts, scallions, cilantro and carrots served with bib lettuce and a side of Ponzu & Donna Sauce 23

**CHARRED BRUSSEL SPROUTS** Tossed in lemon, madras spice and Parmesan cheese 12

## SALADS | SOUP



All salads are gluten-free

**Salad Dressings:** Ranch, Chipotle Ranch, Blue Cheese, Orange Balsamic Vinaigrette, Soy Ginger, Ponzu and Donna Sauce

**COBB SALAD** Mixed greens, chicken, bacon, avocado, cucumber, tomato, egg and blue cheese crumbles with ranch dressing 19

**MANGO CHICKEN SALAD** Mixed greens, chicken, almonds, cranberries, goat cheese and mango salsa with orange balsamic vinaigrette 19

**SOUTHWEST CHICKEN SALAD** Romaine lettuce, chopped chicken, avocado, jalapeños, corn salsa (corn, black beans, onion, tomato), tomato, cheddar w/ chipotle ranch 19

**PEANUT SESAME SALAD** Napa cabbage, chicken, snow peas, carrots, romaine lettuce, Mandarin oranges, avocado, peanuts, sesame seeds, cilantro & crispy tortilla strips with Soy ginger dressing 19

\***AHI TUNA SALAD** Power greens, rare seared ahi tuna with avocado, strawberries, red onion, green onion with Donna Sauce 24

**FRESH AND HEARTY SOUP OF THE DAY** Cup 7 | Bowl 10

*Ask your server if soup of the day is gluten-free*

## SIDES

**FRIES 5 SWEET POTATO FRIES 7**

**GREEN CHILI CHEESE FRIES 9**

## PITA SANDWICH OR BOWL



Available on Udi's gluten-free bread +2  
Add feta cheese +2

### GYRO

Traditional shaved lamb and beef with sava salad, fresh herbs, romaine with garlic yogurt sauce 14.75

### CHICKEN SHAWARMA

21 spice roasted chicken, fresh herbs, sava salad and tahini sauce 13.75

### FALAFEL

Fresh falafel with, spicy mango chutney, sava salad, fresh herbs and tahini sauce 13.75

## FLATBREAD PIZZA

**CHEESE PIZZA 15**

### ADDITIONAL TOPPINGS

Pepperoni, Chorizo, Mozzarella Cheese, Grilled Chicken +2  
Red Onions +1

## SANDWICHES | BURGERS

All sandwiches and burgers are served with fries.  
Substitute sweet potato fries or mixed greens +2



All sandwiches & burgers are available on gluten-free bread +2

### UDI'S FAMOUS ROAST BEEF SANDWICH

Slow-roasted beef, caramelized onion, aged Gouda cheese, aioli on ciabatta 20

### CHICKEN BASIL CLUB

Roasted chicken, roasted red peppers, pesto, bacon, aioli and Swiss cheese on ciabatta bread 19

### CUBAN SANDWICH

Ham, braised pork, pickles, Swiss cheese, mustard and aioli on rustico bread 17

**BLTA** Bacon, lettuce, tomato, avocado, chipotle aioli on ciabatta bread 13.75

### \*CLASSIC BURGER

Cooked to medium, on a brioche bun with lettuce, tomato, pickles, and red onion 19

### \*AHI TUNA BURGER

Seared rare tuna filet with cucumber, red onion, greens and wasabi aioli 23

### VEGGIE BURGER

Chipotle aioli, lettuce, tomato, pickles and red onion 18

### ADD ON TO ANY BURGER

Bacon, Cheese, Avocado +2  
Caramelized Onion +1

## DESSERTS

**CHOCOLATE MOUSSE** Layers of chocolate mousse, crushed Oreo cookies and topped with whipped cream and cookie crumbles 8

 **CHOCOLATE BROWNIE** A fresh chocolate brownie topped with a chocolate sauce and whipped cream 9

**MUFFINS** Blueberry or Lemon Poppyseed 3.50

**DANISH** Cherry or Cheese 5

**SCONE** Chocolate or Orange 4

**BUTTER CROISSANT** 4.50

**CHOCOLATE CROISSANT** 5.50

\* These items may be served raw or undercooked or contain raw or undercooked ingredients.

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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## WHITE

	Description	6oz	9oz
<b>SEAGLASS CHARDONNAY</b>	green apple and zesty citrus	13	18
<b>SEAGLASS PINOT GRIGIO</b>	ripe pear, apple and hints of tangerine	13	18
<b>SEAGLASS SAUVIGNON BLANC</b>	gooseberry, tangerine and a touch of minerality	13	18
<b>J ROGET CHAMPAGNE</b>	medium-dry with crisp fruit flavors	13	18

## RED

	Description	6oz	9oz
<b>SEAGLASS CABERNET</b>	black plum, cherry and spicy oak	13	18
<b>MARK WEST PINOT NOIR</b>	black cherry, cola, strawberry, plum, and soft tannins	13	18

## ON TAP

- AVERY WHITE RASCAL - 8**  
Belgian-style white ale | 5.6% ABV
- UPSLOPE CRAFT LAGER - 8**  
premium american lager | 4.8% ABV
- ODELL 90 SHILLING - 8**  
medium bodied amber ale | 5.3% ABV
- ODELL IPA - 8**  
pale and vienna malts, 9 US hops | 7.0% ABV
- UPSLOPE HAZY IPA - 8**  
Hazy hoppy New England style IPA | 6.9% ABV
- COORS BANQUET - 7**  
crisp, clean and drinkable | 5% ABV
- COORS LIGHT - 7**  
4.2% ABV
- SEASONAL ROTATOR - 9**  
ask your server or bartender

## CAN/BOTTLE

- UPSLOPE SELTZER TANGERINE & HOPS - 9**  
5.0% ABV
- BUDWEISER - 7**  
5.0% ABV
- BUD LIGHT - 7**  
4.2% ABV
- STELLA ARTOIS - 8**  
5.2% ABV
- CORONA - 8**  
4.6% ABV
- MICHELOB ULTRA - 7**  
4.2% ABV

## COCKTAILS

- PICKLED BLOODY MARY - 13 (SINGLE) | 19.50 (DOUBLE)**  
spring 44 vodka, bloody mix, pickled juice
- MOSCOW MULE - 13 (SINGLE) | 19.50 (DOUBLE)**  
spring 44 vodka, ginger beer, fresh lime juice
- DARK AND STORMY - 13 (SINGLE) | 19.50 (DOUBLE)**  
myers dark rum, ginger beer, fresh lime juice
- DIRTY GOOSE MARTINI - 19.50**  
grey goose vodka, olive juice
- RYE MANHATTAN - 19.50**  
bulliet rye, sweet vermouth, cherry

## NON-ALCOHOLIC DRINKS

- Coffee** 3.00 / 3.50
- Tea** 2.50 / 3.00
- Bottled Soda** 3.50
- Bottled Water** 3.00

# ALCOHOLIC DRINKS AVAILABLE TO GO

ETAI'S DOES NOT ACCEPT VERTICAL I.D.s WE APOLOGIZE FOR THE INCONVENIENCE.