

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, crispy tortilla strips, 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 **16.50**

CHICKEN SHAWARMA

21 spice roasted chicken, fresh herbs, sava salad and tahini sauce **19**

FALAFEL

Fresh falafel with, spicy mango chutney, sava salad, fresh herbs and tahini sauce **18**

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.



WHITE

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

RED

| | Description | 6oz | 9oz |
|-----------------------------|--|-----|-----|
| SEAGLASS CABERNET | black plum, cherry and spicy oak | 13 | 18 |
| MARK WEST PINOT NOIR | 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 - 24**
grey goose vodka, olive juice
- RYE MANHATTAN - 22**
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.