



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 (8)

SOUTHWEST BREAKFAST SANDWICH

Egg, bacon, tomato, cheddar cheese and aioli on jalapeno bread 14

CLASSIC EGG AND CHEESE SANDWICH

Egg, cheddar and aioli on a Brioche bun 14.40

 $\textbf{SMOTHERED BURRITO} \ \textit{Eggs}, \textit{potatoes and cheddar smothered in}$ vegetarian green chile, lettuce, pico de gallo and sour cream 17.45 | Add spicy chorizo +2

FRENCH TOAST With powdered sugar and syrup 17.25 NOT available gluten-free

FRESH FRUIT SALAD Mixed seasonal fruit 7.25

FRUIT AND YOGURT PARFAIT Fresh strawberries or

blueberries and lowfat vanilla yogurt with gluten-free granola and dried cranberry 13.20

*PALEO BOWL Scrambled eggs, sweet plantains, chorizo, green chili, pico de gallo 13.70 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 15.30

SWEET PLANTAINS Served with spicy mango chutney and sour cream 12.40

*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 26.85

CHARRED BRUSSEL SPROUTS Tossed in lemon, madras spice and Parmesan cheese 13.70

SALADS | SOUP

ALL SALADS ARE GLUTEN-FREE **(8)**

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

MANGO CHICKEN SALAD Mixed greens, chicken, almonds, cranberries, goat cheese and mango salsa with orange balsamic vinaigrette 22.15

SOUTHWEST CHICKEN SALAD Romaine lettuce, chopped chicken, avocado, crispy tortilla strips, jalapeños, corn salsa, (corn, black beans, onion, tomato), tomato, cheddar w/ chipotle ranch 25

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 25

*AHI TUNA SALAD Power greens, rare seared ahi tuna with avocado, strawberries, red onion, green onion with Donna Sauce 26.25

FRESH AND HEARTY SOUP OF THE DAY (up 8.70 | Bowl 11 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

CHICKEN SHAWARMA21 spice roasted chicken, fresh herbs, sava salad and tahini sauce **21.85**

FALAFFI

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

SANDWICHES | BURGERS

ALL SANDWICHES ARE AVAILABLE ON GLUTEN-FREE BREAD +2 🛞

ALL SANDWICHES AND BURGERS ARE SERVED WITH FRIES. SUBSTITUTE SWEET POTATO FRIES OR MIXED GREENS

UDI'S FAMOUS ROAST BEEF SANDWICH

Slow-roasted beef, caramelized onion, aged Gouda cheese, aioli on ciabatta 26.25

CHICKEN BASIL CLUB

Roasted chicken, roasted red peppers, pesto, bacon, aioli and Swiss cheese on ciabatta bread 19.25

CUBAN SANDWICH

Ham, braised pork, pickles, Swiss cheese, mustard and aioli on rustico bread 17.80

BLTA Bacon, lettuce, tomato, avocado, chipotle aioli on ciabatta bread 16

*CLASSIC BURGER

Cooked to medium, on a brioche bun with lettuce, tomato, pickles, and red onion 23.75

*AHI TUNA BURGER

Seared rare tuna filet with cucumber, red onion, greens and wasabi aioli 23.75

VEGGIE BURGER

Chipotle aioli, lettuce, tomato, pickles and red onion 22.60

ADD ON TO ANY BURGER

Bacon, Cheese, Avocado +2 Caramelized Onion +1

FLATBREAD PIZZA

CHEESE PIZZA 20.65

ADDITIONAL TOPPINGS

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

MUFFINS Blueberry or Lemon Poppyseed 3.95 **DANISH** Cherry or Cheese **SCONE** Chocolate or Orange 4.80 **BUTTER CROISSANT** CHOCOLATE CROISSANT 6.05



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















WHITE
SEAGLASS CHARDONNAY
SEAGLASS PINOT GRIGIO
SEAGLASS SAUVIGNON BLANC
J ROGET CHAMPAGNE

Description	6oz	9oz
green apple and zesty citrus	13	18
ripe pear, apple and hints of tangerine	13	18
gooseberry, tangerine and a touch of minerality	13	18
medium-dry with crisp fruit flavors	13	18

KLD
SEAGLASS CABERNET
MARK WEST PINOT NOIR

Description	6oz	9oz
black plum, cherry and spicy oak	13	18
black cherry, cola, strawberry, plum, and soft tannins	13	18

ON TAP

DED

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

Hazy hoppy New England style IPA | 6.9% ABV

UPSLOPE HAZY IPA - 8

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

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 - 16 (SINGLE) | 19.50 (DOUBLE) spring 44 vodka, ginger beer, fresh lime juice

DARK AND STORMY - 17 (SINGLE) | 25 (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









