

# BREAKFAST

MON-FRI 7:30-10:30

**ADD TO ANY OF THE BREAKFAST ITEMS BELOW:**  
AVOCADO \$2 \ BACON \$2 \ CHORIZO \$1 \ PANELA CHEESE \$2

**Breakfast Burrito \$3.5 (VEG)**

EGGS\* \ POTATOES \ CHEDDAR \ GREEN CHILI

**Smothered Burrito \$6.5 (VEG)**

EGGS\* \ POTATOES \ CHEDDAR \ EXTRA GREEN CHILI \ PICO DE GALLO

AVAILABLE IN A BOWL (GF)

**Breakfast Wrap \$4 (VEG)**

EGGS\* \ CHEDDAR \ MIXED GREENS \ BUTTER \ SALT AND PEPPER

**Greenhouse Wrap \$6 (VEG)**

EGGS\* \ WALNUT PESTO (Contains Nuts) \ STEAMED KALE \

STEAMED BROCCOLI \ OLIVES \ FETA CHEESE

AVAILABLE IN A BOWL (GF)

**Grilled Cheese Breakfast Bowl \$8.5 (VEG) (GF)**

EGGS\* \ CHARRED PANELA CHEESE \ STEAMED KALE \ ROASTED CORN \ BASIL \ GRATED TOMATO SAUCE

**Greenhouse Granola \$6.5 (VEG) (GF)**

ROASTED BUTTERNUT SQUASH GRANOLA \ SUNFLOWER SEEDS \ CASHEWS \ RAISINS \ STRAWBERRIES \ GREEN PAPAYA \ SKYR YOGURT \ LOCAL HONEY

**DRIP COFFEE: \$2.20 (12OZ)** Available Milk: Half Half / Almond Milk

## BUILD YOUR OWN

**BREAKFAST BOWL (GF)**

OR **BURRITO (SERVED IN FLOUR TORTILLA +\$1)**

**Start With (\$1 EACH) (V)**

RICE \ POTATOES \ STEAMED BROCCOLI \ STEAMED KALE \ MIXED GREENS \ ROASTED CORN \ PICO DE GALLO \ POBLANO PEPPERS

**Pick a Protein**

EGG\* \$1 \ AVOCADO \$2 \ BACON \$2 \ CHORIZO \$1 \ PANELA GRILLED CHEESE \$2

**Add Sauce (\$1.5 EACH) (VEG)**

GREEN CHILI \ GRATED TOMATO SAUCE \ WALNUT PESTO (contains nuts)

**Cheese It (\$1.5 EACH) (VEG)**

CHEDDAR \ FETA \ REGGIANITO

**Chef Extras (\$0.5 EACH) (V)**

OLIVES \ CILANTRO \ BASIL \ SCALLIONS

**(VEG) = VEGETARIAN | (V) = VEGAN | (GF) = GLUTEN FREE**

we can modify any item to be vegan or gluten free

\*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

# LUNCH

MON-FRI 10:30-2:30

ADD OR SWAP A PROTEIN IN ANY BOWL, SALAD OR WRAP:

Roasted Chicken \$3 196 CAL / Flank Steak\* \$5.5 220 CAL / Salmon \$6 234 CAL  
/ Applewood Bacon \$2 265 CAL / Tofu \$3 88 CAL / Tortilla \$1 310 CAL

## BOWLS OR WRAPS

### **The Wheelbarrow \$8 (VEG) (GF) 790 CAL**

Brown rice \ Quinoa \ Steamed kale \ Steamed Beets \ Steamed Butternut Squash  
\ Roasted Corn \ Lentils \ Scallions \ White Cheddar \ Ginger Shoyu Dressing

### **Sunshine (GF) \$13.75 950 CAL**

Flank Steak\* \ Brown Rice \ Steamed Kale \ Watermelon Radish \ Sumac Onions \  
Cilantro \ Sheep's Milk Feta \ Crispy Rice \ Basil Pesto

### **Etai's Guru \$8 (V) (GF) 550 CAL**

Brown rice \ Quinoa \ Steamed kale \ Steamed Broccoli \ Roasted Cauliflower \  
Tamari Almonds \ Raisins \ Nutritional Yeast \ Miso Dressing

### **Green Goddess \$9 (V) (GF) 530 CAL**

Brown Rice \ Quinoa \ Steamed Kale \ Steamed Broccoli \ Lentils \ Avocado \  
Capers \ Nutritional Yeast \ Ginger Shoyu Dressing

### **The Justin \$10.5 950 CAL**

Roasted Chicken \ Bacon \ Brown Rice \ Steamed Kale \ Steamed Butternut  
Squash \ Scallions \ Black Pepper \ Reggianito Cheese \ Garlic Bread-Crums \  
Lemon Parmesan Dressing

## SALADS OR WRAPS

### **The Superman \$8.5 (V) (GF) 300 CAL**

Baby Greens Mix \ Lentils \ Purple Cabbage \ Carrots \ watermelon Radish \  
Beets \ Cherry Tomatoes \ Basil \ Sumac Onion \ Crispy Shallots \ Miso Dressing

### **Ali's Grilled Cheese \$10.5 (VEG) 620 CAL**

Charred Panela Cheese \ Romaine \ Kale \ Roasted Corn \ Poblano Peppers \  
Sumac Onions \ Cilantro \ Cherry Tomatoes \ Cornbread Croutons \ Avocado \  
Lime \ Poblano Chili Ranch Dressing

### **Salmon Caesar \$12.5 850 CAL**

Roasted Salmon \ Applewood Bacon \ Kale \ Capers \ Garlic Bread Crumbs \  
Cherry Tomatoes \ Reggianito Cheese \ Lemon Parmesan Dressing

### **Green House Chop \$11.75 (GF) 780 CAL**

Roasted Chicken \ Romaine \ Arugula \ Clover Sprouts \ Purple Cabbage \  
Quinoa \ Avocado \ Green Olives \ Tomatoes \ Cucumbers \ Scallions \  
Sunflower Seed Crunch \ Ranch Dressing

### **Spicy Peanut \$12.75 (GF) 600 CAL**

Flank Steak \ Romaine \ Purple Cabbage \ Brown Rice \ Carrots \ Green Papaya  
\ Cilantro \ Scallions \ Candied cashews \ Lime \ Spicy Peanut Sauce

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# LUNCH

MON-FRI 10:30-2:30

**BUILD YOUR OWN \$7.25**

## Choose Grains & Greens (2 TOTAL)

Quinoa \ Brown Rice \ Kale \ Romaine \ Arugula \ Baby Mixed Greens / Red Cabbage \ Alfalfa Sprouts

## Add Ingredients (UP TO 6)

Steamed Kale \ Steamed Broccoli \ Steamed Butternut Squash \ Carrots \ Beets \ Cherry Tomatoes \ Cucumbers \ Green Papaya \ Scallions \ Cilantro \ Roasted Corn \ Sumac Onion \ Lentils \ Green Olives \ Capers \ Radish \ Basil \ Poblano Peppers \ Fresh Lime \ Raisins \ Garlic Bread Crumbs \ Nutritional Yeast \ Tamari Almonds \ Crispy Rice \ Crispy Shallots

## Add Protein (+\$)

Flank Steak\* 5.50 \ Salmon 6 \ Roasted Chicken 3 \ Applewood Bacon 2 \ Tofu 3

## Add Special Attractions (+\$)

Roasted Cauliflower 1 \ Sunflower Crunch 1 \ Candied Cashews 1.5 \ Cornbread Croutons 1 \ Avocado 2 \ White Cheddar 1.5 \ Sheep's Milk Feta 2 \ Panela Cheese 2.5 \ Reggiano Cheese 1.25

## Pick Your Sauce (FREE)

Sherry Vinaigrette \ Lemon Parmesan \ Miso Dressing\* (V) \ Ginger Shoyu Dressing (V) \ Ranch \ Poblano Ranch \ Basil Pesto \ Spicy Peanut Sauce (V)

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**ETAISGREENHOUSE.COM**

## YOUR HEALTH IS FIRST PRIORITY COVID-19 DAILY ENHANCED SAFETY MEASURES:

- GLOVES AND FACE MASK COVERINGS BEING WORN
- WELLNESS & TEMPERATURE CHECKS FOR EMPLOYEES
- SHIELD BARRIERS BETWEEN EMPLOYEES AND CUSTOMERS
- ENHANCED CLEANING OF HIGH CONTACT SURFACES
- SOCIAL DISTANCING PROCEDURES
- FREQUENT HANDWASHING
- NO INDOOR SEATING

  
**GREEN  
HOUSE**  
BROUGHT TO YOU BY ETAI'S