

# BREAKFAST

MON-FRI 7:30-10:30

ADD TO ANY OF THE BREAKFAST ITEMS BELOW:

AVOCADO \$1.75 \ BACON \$2.35 \ CHORIZO \$1.25 \  
STEAK\* \$3.5 \ PANELA GRILLED CHEESE \$2.25

**NEW! Green Burrito \$5.75 (VEG)**  
TOFU \ STEAMED KALE \ STEAMED BROCCOLI \ AVOCADO \ PICO DE GALLO \  
GREEN CHILI AVAILABLE IN A BOWL (GF)

**NEW! Chilaquiles Bowl \$8.45 (VEG) (GF)**  
TORTILLA CHIPS \ EGGS\* \ GREEN CHILI \ AVOCADO \ PICKLED JALAPENOS \  
FETA \ PICO DE GALLO

**Breakfast Burrito \$3.95 (VEG)**  
EGGS\* \ POTATOES \ WHITE CHEDDAR \ GREEN CHILI

**Smothered Burrito \$7.45 (VEG)**  
EGGS\* \ POTATOES \ WHITE CHEDDAR \ EXTRA GREEN CHILI \ PICO DE GALLO  
AVAILABLE IN A BOWL (GF)

DRIP COFFEE: \$2.45 (12OZ) Available Milk: Half Half / Almond Milk

## FRESH PASTRIES

# BUILD YOUR OWN

BREAKFAST BOWL (GF)

OR BURRITO (SERVED IN SPINACH TORTILLA)

**Start With (\$1.25 EACH) (V)**

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

**Pick a Protein**

EGG\* \$1.25 \ AVOCADO \$1.75 \ BACON \$2.35 \ CHORIZO \$1.25 \  
STEAK\* \$3.5 \ PANELA GRILLED CHEESE \$2.25

**Add Sauce (\$1.75 EACH) (VEG)**  
GREEN CHILI

**Cheese It (\$1.75 EACH) (VEG)**  
WHITE CHEDDAR \ FETA \ REGGIANITO

(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  
\*\* Etai's Green House Facility Handles Dairy, Egg, Tree Nuts, Wheat, Peanuts, Soy.

# LUNCH

MON-FRI 10:30-2:30

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

Roasted Chicken \$4 / Flank Steak\* \$6.25 / Salmon \$6.75 / Tofu \$3.45 /  
Applewood Bacon \$2.35 / Hard Boiled Egg\* \$1.25 / Panela Grilled Cheese \$3.45

## BOWLS OR WRAPS

**NEW! Adam & Eve \$13.50 (GF)**

Grilled Chicken \ Rice \ Quinoa \ Squash \ Kale \ Apples \ Goat Cheese \ Candied  
Cashews \ Lime Vinaigrette

**The Wheelbarrow \$10.25 (VEG) (GF)**

Brown Rice \ Quinoa \ Steamed Kale \ Beets \ Squash \ Roasted Cauliflower \  
Roasted Corn \ Lentils \ Scallions \ White Cheddar \ Ginger Shoyu Dressing

**Green Goddess \$10.75 (V) (GF)**

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

**The Justin \$13.50**

Roasted Chicken \ Bacon \ Brown Rice \ Steamed Kale \ Squash \ Scallions \  
Black Pepper \ Reggiano Cheese \ Garlic Bread-Crumbs \  
Lemon Parmesan Dressing

## SALADS OR WRAPS

**NEW! Mediterranean Steak Salad \$14.95 (GF)**

Flank Steak\* \ Romaine \ Kale \ Tomato \ Sumac Onion \ Cucumbers \ Carrots \  
Watermelon Radish \ Cilantro \ Feta Cheese \ Lime Vinaigrette

**NEW! Cobb \$13.50 (GF)**

Grilled Chicken \ Applewood Bacon \ Romaine \ Kale \ Tomato \ Cucumber \  
Hard Boiled Egg \ Avocado \ Blue Cheese \ Ranch

**Ali's Grilled Cheese \$12.25 (VEG)**

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

**Salmon Caesar \$13.95**

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

**Spicy Peanut \$14.25 (GF)**

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

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## SPECIALS

### Thanksgiving Bowl \$13.25 NEW!

Shredded Kale / Chicken / Bacon / Corn / Pomegranate Seeds /  
Sumac Onions / Butternut Squash / Cornbread Croutons /  
Goat Cheese / Cranberry Vinaigrette

### Veggie Curry Bowl \$11.75 (V) (GF) NEW!

Warm Coconut Curry / Rice / Plantains / Steamed Kale / Steamed  
Broccoli / Cauliflower / Butternut Squash / Green Papaya /  
Shredded Carrots / Scallions / Cilantro / Crispy Onion

ADD PROTEIN: Flank Steak\* 6.25 \ Salmon 6.75 \ Roasted Chicken 4 \  
Applewood Bacon 2.35 \ Tofu 3.45 \ Hard Boiled Egg\* 1.25

## BUILD YOUR OWN \$9.75

### Choose Grains & Greens (2 TOTAL)

Quinoa \ Brown Rice \ Kale \ Romaine \ Mixed Greens \ Red Cabbage

### Add Ingredients (UP TO 6)

Steamed Kale \ Steamed Broccoli \ Squash \ Carrots \ Beets \ Cherry Tomatoes  
\ Cucumbers \ Green Papaya \ Scallions \ Cilantro \ Roasted Corn \ Sumac  
Onion \ Lentils \ Green Olives \ Capers \ Radish \ Poblano Peppers \ Fresh Lime  
\ Garlic Bread Crumbs \ Nutritional Yeast \ Pickled Jalapeno

### Add Protein (+\$)

Flank Steak\* 6.25 \ Salmon 6.75 \ Roasted Chicken 4 \ Applewood Bacon 2.35 \  
Tofu 3.45 \ Panela Grilled Cheese 3.45 \ Plantains 2.35 \ Hard Boiled Egg\* 1.25

### Add Special Attractions (+\$)

Roasted Cauliflower 1.15 \ Sunflower Crunch 1.15 \ Candied Cashews 1.75 \  
Cornbread Croutons 1.15 \ Avocado 1.75 \ White Cheddar 1.75 \ Sheep's Milk  
Feta 2.25 \ Reggiano Cheese 1.75 \ Goat Cheese 1.75 \ Blue Cheese 2.25

### Pick Your Sauce (FREE)

Cranberry Vinaigrette (V) (GF) \ Lime Vinaigrette (V) (GF)  
Lemon Parmesan (GF) \ Ginger Shoyu (V) (GF) \ Ranch (GF) \ Poblano Ranch (GF) \  
Spicy Peanut Sauce (V) (GF)

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[ETAISGREENHOUSE.COM](http://ETAISGREENHOUSE.COM)

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