

# M&E GLUTEN SENSITIVE Menu



## Salads

### Gluten-Free Dressings:

Caesar (cal 270)

3rd Street (cal 200)

Bleu Cheese (cal 190)

Balsamic Vinaigrette (cal 190)

Poppyseed (cal 250)

Ranch (cal 250)

1000 Island (cal 220)

### 3RD STREET

*Must order without garlic breadstick.*

This signature salad is tossed in Erma's sweet & tangy dressing & topped with a juicy grilled chicken breast, seasoned almonds, crisp smoked bacon, bleu cheese, tomatoes & red onions. 10.25 (cal 1270)

### GRILLED SANTA FE CHICKEN

*Must order without tortilla strips & garlic breadstick.*

Fiesta flame-grilled chicken, shredded Monterey Jack & cheddar cheeses, tomatoes & tortilla strips over crisp greens. Served with ranch dressing. 10.25 (cal 1160)

### SIDE CAESAR

*Must order without croutons & garlic breadstick.*

Romaine, garlic croutons & parmesan tossed in Caesar dressing. 4.50 (cal 270)

### GRILLED CHICKEN CAESAR

*Must order without croutons & garlic breadstick.*

Fresh romaine, house-baked garlic croutons & Parmesan tossed in creamy Caesar dressing & topped with a juicy grilled chicken breast. 10.00 (cal 910)

### VILLAGE

*Must order without garlic breadstick.*

A smaller version of our signature 3rd Street salad without the chicken. 4.50 (cal 430)

### HOUSE GARDEN

*Must order without croutons & garlic breadstick.*

Mixed greens, tomatoes, cucumbers, red onions & garlic croutons. 4.50 (cal 60 - no dressing)

**Must  
Order with a  
Gluten-Free  
Burger Bun**

## HAND-CRUSHED 1/2 lb BURGERS

**Must  
Substitute Fries  
for a Gluten-  
Sensitive Side**

### GARBAGE \*

Crisp smoked bacon, cheddar, Swiss, American, mozzarella, sautéed mushrooms & onions, fresh guacamole & marinara. Served with lettuce, tomato & onion on a toasted brioche bun. 10.75 (cal 1650)

### BLACK PEPPER BACON SRIRACHA \*

Peppered bacon, house-made Sriracha ketchup & melted pepper jack. Served with lettuce, tomato & onion on a toasted brioche bun. 9.75 (cal 1290)

### TURKEY AVOCADO SWISS

Grilled turkey burger, topped with melted Swiss, sautéed mushrooms, avocado, lettuce, tomato, onion & ranch. Served on a hearty wheat bun. 9.75 (cal 610)

### GOOD MORNING SUNSHINE \*

Fried egg, crispy smashed potatoes, brown sugar bacon & cheddar cheese drizzled with house-made Sriracha ketchup on a toasted brioche bun. 10.75 (cal 1750)

### SAUTÉED MUSHROOMS & SWISS \*

Fresh, sautéed mushrooms with Swiss, lettuce, tomato & onion on a toasted brioche bun. 9.75 (cal 1200)

### BYOB \*

Build Your Own Burger! Served with lettuce, tomato & onion. Topped with your choice of cheese. 9.00 (cal 970)  
American (cal 80), Swiss (cal 80), cheddar (cal 80), pepper jack (cal 80) or mozzarella (cal 90).  
Add crisp smoked bacon (cal 210) or sautéed onions (cal 30) - 1.00 each

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.  
Additional nutrition information available upon request.

*\*This item may be cooked to order & may contain raw or undercooked ingredients. Consuming raw or undercooked meats, seafood or eggs may increase your risk of food-borne illness.*



# CHOICE PLATES

## LAREDO STEAK\*

*Must order without croutons & garlic breadstick.*

USDA Choice sirloin topped with Erma's cactus butter. Served with a baked potato, freshly steamed broccoli, a house garden salad & a warm garlic breadstick. 16.50 (cal 1040 - excludes salad dressing)

## BALSAMIC GLAZED CHICKEN

Marinated chicken breasts charbroiled & glazed with a house-made balsamic reduction. Served with roasted garlic goat cheese mashed potatoes & grilled asparagus. 13.00 (cal 1070)

## BOURBON BBQ CHICKEN

*Must order without onion strings & with gluten sensitive sides.*

Charbroiled chicken breasts glazed with our bourbon BBQ sauce, topped with melted jack & cheddar cheeses, brown sugar bacon, crispy onion strings & a drizzle of bourbon BBQ. Served with your choice of two sides. 13.50 (cal 1450 - excludes sides)

# Side Dishes

**\$2<sup>50</sup> each or swap your side for no extra cost**

**Steamed Broccoli**  
(cal 30)

**Applesauce**  
(cal 170)

**Creamy Coleslaw**  
(cal 160)

**Fresh Fruit Salad**  
(cal 90)

**Fire-Roasted Corn Medley**  
(cal 150)

**Oven-Baked Potato**  
(cal 220)

**Mashed Potatoes**  
(cal 290)

**\$3 each or swap your side for a premium side - \$1<sup>75</sup>**

**Grilled Asparagus**  
(cal 40)

**Garlic Goat Cheese  
Mashed Potatoes**  
(cal 350)

# SWEETS AND TREATS

**VANILLA ICE CREAM**  
1.00 (cal 350)

**IBC® ROOT BEER FLOAT**  
3.75 (cal 660)



**Hold The  
Gluten**

Max & Erma's has taken precautions to provide accurate allergen information. These menu items, along with noted alterations, do not have any ingredients that contain gluten. However, because our restaurant and vendor facilities are not entirely gluten free, the hand-crafted nature of our menu items, and our reliance on our suppliers' information, we can make no guarantees of its accuracy and disclaim liability for the use of this information.

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