**GLUTEN SENSITIVE menu**

**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)

**3rd Street**

*Must order without garlic breadstick.*

3rd Street (cal 200)

**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. 10.25 (cal 910)

**Grilled Santa Fe Chicken**

*Must order without tortilla strips & garlic breadstick.*

Flame-grilled fiesta 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)

**Garbage**

Crisp smoked bacon, Swiss, American, mozzarella, sautéed mushrooms & onions, fresh guacamole & marinara. Served with lettuce, tomato & onion. 11.50 (cal 1650)

**French Onion**

Caramelized sherry onions, melted provolone & garlic aioli. Served with a small side of house-made French Onion soup for dunking. 10.75 (cal 1070)

**Turkey Avocado Swiss**

Grilled turkey burger, topped with melted Swiss, sautéed mushrooms, avocado, lettuce, tomato, onion & ranch. 9.75 (cal 610)

**Sautéed Mushrooms & Swiss**

Fresh, sautéed mushrooms with Swiss, lettuce, tomato & onion. 9.75 (cal 1200)

**Hand-Crushed 1/2 lb Burgers**

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**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) • smoked Gouda (cal 100) • provolone (cal 100) • pepper jack (cal 80) • mozzarella (cal 90) • bleu cheese crumbles (cal 100)

Add toppings: 1.00 each

crisp smoked bacon (cal 210) • fried egg (cal 90) • avocado (cal 60) • sautéed onions (cal 30) • sautéed mushrooms (cal 150)

**Salads**

**Gluten-Free Dressings:**

- Caesar (cal 270)
- 3rd Street (cal 200)
- Bleu Cheese (cal 190)
- 1000 Island (cal 220)

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.*

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

**Must Substitute Fries for a Gluten-Sensitive Side**
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. 16.75 (cal 1040 - excludes salad dressing)

HERB-GRILLED SALMON
Must order with gluten sensitive sides.
Flamed-broiled Atlantic salmon finished with lemon herb glaze & topped with oven-roasted tomatoes, fresh basil & house-made balsamic drizzle. Served with your choice of two sides. 14.00 (cal 310 - excludes sides)

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

SIDE DISHES

2nd 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 - $1.75

- Grilled Asparagus (cal 40)
- Garlic Goat Cheese Mashed Potatoes (cal 350)

Vanilla Ice Cream
1.00 (cal 350)

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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