

# m&e GLUTEN SENSITIVE menu

\* Most items listed are variations from our core menu, therefore, it is important to specify to your server that you are ordering from the gluten-sensitive menu. \*  
Calories listed are based on preparation according to the gluten-sensitive specifications.

## FRESHLY MADE Salads

### GRILLED SANTA FE CHICKEN

*Does not include tortilla strips & garlic breadstick.*  
Flame-grilled fiesta chicken, shredded Monterey Jack & cheddar cheeses & tomatoes over crisp greens.  
Served with ranch dressing. 10.25 (cal 970)

### MEDITERRANEAN SALMON

*Does not include a garlic breadstick.*  
Fresh greens tossed in house lemon-basil vinaigrette & topped with herb-grilled salmon, feta cheese, crunchy almonds, tomatoes, cucumbers & red onions. 14.00 (cal 610)

### GRILLED CHICKEN CAESAR

*Does not include croutons or garlic breadstick.*  
Fresh romaine & Parmesan tossed in creamy Caesar dressing & topped with grilled chicken. 10.25 (cal 690)

### 3RD STREET

*Does not include a garlic breadstick.*  
This signature salad is tossed in Erma's sweet & tangy dressing & topped with juicy grilled chicken, seasoned almonds, crisp smoked bacon, bleu cheese, tomatoes & red onions. 10.25 (cal 1160)

### SIDE CAESAR

*Does not include croutons or garlic breadstick.*  
Romaine & Parmesan tossed in Caesar dressing. 4.50 (cal 240)

### VILLAGE

*Does not include a garlic breadstick.*  
A smaller version of our signature 3rd Street salad without the chicken. 4.50 (cal 430)

### HOUSE GARDEN

*Does not include croutons or garlic breadstick.*  
Mixed greens, tomatoes, cucumbers & red onions. 4.50 (cal 30 - no dressing)

#### Gluten Free Dressings:

3rd Street (cal 200) • Bleu Cheese (cal 190) • Caesar (cal 270) • Ranch (cal 250)  
Lemon-Basil Vinaigrette (cal 140) • Balsamic Vinaigrette (cal 190) • Thousand Island (cal 220)

## HAND-CRUSHED burgers

Served on a gluten-free burger bun. Choose a gluten-sensitive side instead of fries.

### FRENCH ONION\*

Caramelized sherry onions, provolone & garlic aioli. Served with a small side of French Onion soup. 10.75 (cal 1190)

### BIG EASY\*

Cajun-spiced burger topped with house-made bleu cheese spread & crispy bacon. Served with lettuce, tomato & onion. 9.75 (cal 1270)

### TURKEY AVOCADO SWISS

Grilled turkey burger, topped with Swiss, avocado, sautéed mushrooms, lettuce, tomato, onion & ranch. 9.75 (cal 920)

### SAUTÉED MUSHROOMS & SWISS\*

Fresh, sautéed mushrooms with Swiss, lettuce, tomato & onion. 9.75 (cal 1150)

### GARBAGE\*

Crisp smoked bacon, cheddar, Swiss, American, mozzarella, sautéed mushrooms & onions, fresh guacamole & marinara. Served with lettuce, tomato & onion. 11.50 (cal 1630)

### BYBC\*

Build Your Best Cheeseburger! Served with lettuce, tomato, onion & your choice of cheese. 8.75 (cal 920)  
American (cal 80) • Swiss (cal 80) • cheddar (cal 80)  
smoked Gouda (cal 80) • provolone (cal 80)  
pepper jack (cal 80) • mozzarella (cal 90)

Add toppings: - 1.00 each  
crisp smoked bacon (cal 210) • fried egg (cal 90)  
guacamole (cal 30) • sautéed mushrooms (cal 150)  
sautéed onions (cal 30) • sautéed peppers (cal 20)  
sliced jalapeños (cal 10) • marinara (cal 30)  
bacon marmalade (cal 280)

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

# CHOICE PLATES

## LAREDO STEAK\*

*Does not include croutons or garlic breadstick.*

USDA Choice sirloin topped with Erma's cactus butter. Served with a baked potato, freshly steamed broccoli & a house garden salad. 16.50 (cal 950 - excludes salad dressing)

## HERB-GRILLED SALMON

Flame-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 gluten-sensitive sides. 14.00 (cal 310 - excluding 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 1150)

## BOURBON BBQ CHICKEN

*Does not include crispy onions.*

Charbroiled chicken breasts glazed with our bourbon BBQ sauce, topped with melted jack & cheddar cheeses, brown sugar bacon & a drizzle of bourbon BBQ. Served with your choice of two gluten-sensitive sides. 13.50 (cal 1120 - 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 100)

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 320)

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.

## SWEETS AND TREATS

VANILLA ICE CREAM  
1.00 (cal 350)



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