

The EGG & I

BREAKFAST BRUNCH LUNCH

GLUTEN-FRIENDLY GUIDE

Please inform your server if you are trying to avoid gluten. The Egg & I Restaurants are not gluten-free. Our gluten-friendly menu items are made without gluten containing ingredients on shared equipment and cross contact may occur. We cannot guarantee all items are gluten-free for those that are highly sensitive.

Order our gluten-friendly entrées without an English muffin, tortilla or toast. Gluten-friendly side options include our seasoned ranch potatoes, fresh fruit or dressed greens.

Two Egg Breakfast

Oatmeal Pancake Breakfast

Colorado Jack Scramble

Order with salsa instead of pork green chili.

Athena Scramble

Wisconsin Scramble

Bacon Avocado Scramble

Garden Frittata

Mediterranean Frittata

Corned Beef Hash & Eggs

Cambridge Skillet

Texas Steak Skillet

Mexican Skillet

Order with salsa instead of pork green chili.

Spinach Bacon Mushroom Omelette

Denver Omelette

Vera Cruz Chicken & Avocado Omelette

Egg-Ceptional Omelette

Mexican Omelette

Order with salsa instead of pork green chili.

Greek Salad

Cobb Salad

Chicken Spinach Salad

PLEASE KNOW THAT WE PRACTICE CAUTION AND PROPER PROCEDURES WHEN PREPARING GLUTEN-FREE ITEMS, HOWEVER GLUTEN IS PRESENT IN ALL OF OUR KITCHENS. ALL INGREDIENTS HAVE BEEN VERIFIED AS GLUTEN-FREE BY THIRD-PARTY CONSULTANT, MENUTRINFO®, LLC, BUT OUR PRODUCTS CAN CHANGE AT ANY TIME AND THE PRODUCTS LISTED MIGHT NOT ALWAYS BE THE PRODUCTS SERVED. THE EGG & I RESTAURANTS CANNOT BE HELD RESPONSIBLE FOR INGREDIENT SUBSTITUTIONS MADE BY OUR MANUFACTURERS. IN CONSUMING OUR GLUTEN-FREE ITEMS, BE AWARE THAT THERE STILL MAY BE A CHANCE OF CROSS-CONTACT SO WE CANNOT GUARANTEE THESE PRODUCTS FOR THOSE WITH CELIAC DISEASE OR A FOOD ALLERGY. GUESTS ARE ADVISED TO CONSIDER THIS INFORMATION AS IT RELATES TO THEIR INDIVIDUAL DIETARY NEEDS AND REQUIREMENTS.