



THE BIRD CAGE

GLUTEN FRIENDLY BRUNCH



Please tell your server you are ordering from the Gluten Friendly Menu

GLUTEN FRIENDLY APPETIZERS

OCTAVIO CHIPS & SALSA 3.5

GUACAMOLE

Fresh avocado, jalapeños, cilantro, tomato, onion, fresh lime, chips 9

CHILE ARTICHOKE DIP

Tortilla Chips 11

CHICKEN FLAUTAS

Salsa chino, avocado, queso fresco, crema 8

EGGS

STEAK & EGGS

Mojo Marinated Skirt Steak, two eggs, breakfast potatoes 17

CHILAQUILES

Totopos, onion, cilantro, chicken tinga, two sunny eggs, queso fresco, salsa verde, crema, avocado, pico de gallo 13

HUEVOS RANCHEROS

Tostada, salsa ranchera, refried black beans, two sunny side up eggs, bacon, crema, queso mixto 13
Add: Chicken Tinga 4

BREAKFAST BURRITO

Scrambled eggs, red rice, refried black beans, salsa verde, crema, pickled onions, avocado, Javy's papas 13

AVOCADO TOSTADA

Telera toast, guacamole, Heirloom tomato, cilantro, olive oil, watermelon radish, queso fresco 9
Add: 2 Eggs 4

GLUTEN FRIENDLY SALADS

AVOCADO SALAD

Avocado, caramelized plantains, garlic lime vinaigrette, red onion, fried leeks, queso fresco, Mexican crema, spiced pepita 13

LADY G'S CHOPPED SALAD

Romaine, egg, bacon, roast chicken, onion, tomato, white cheddar cheese, crisp tortillas, garlic dill dressing 16

WILDE STEAKHOUSE SALAD

Mojo marinated skirt steak, field greens, peppers, artichokes, roasted tomatoes, parmesan crisp, horseradish vinaigrette 19
Substitute: Grilled Chicken breast 17 Wild Salmon 19 Vegetarian 14

 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for food-borne illness

GLUTEN FRIENDLY TACOS

POLLO TINGA

Chile braised chicken, avocado salsa verde, cotija 12

GRILLED ARRACHERA

Mojo marinated skirt steak, onions, wood grilled salsa, cilantro 14

TOFU TACO

Tequila lime fried tofu, poblano rajas, crispy potatoes, cotija cheese, avocado salsa verde 12

GLUTEN FRIENDLY BURGERS/SANDWICHES

Served with Salad or Beans & Rice

CLUB SALMON

Salmon, bacon, lettuce, tomato, dijon mustard, pink peppercorns, gluten free bun 19

BONDAGE BURGER

Beef patty, bacon jam, mayo, cheddar cheese, lettuce, fresno chili, gluten free bun 18
Substitute: Impossible Burger patty

PLANTED DIVE BURGER

Impossible Burger patty, Burger Dive Sauce, American, lettuce, grilled onions, pickles, gluten free bun 18
Substitute: Beef patty

GLUTEN FRIENDLY BOWLS

GRILLED ARRACHERA STEAK

Mojo marinated skirt steak, red rice, elote, borracho beans, cheese, pico de gallo, lettuce, jalapeño crema 17

CHICKEN TINGA

Chile braised chicken, red rice, elote, borracho beans, cheese, pico de gallo, lettuce, avocado salsa 16

MAUI BOWL

Brown rice, edamame, cucumber, sweet onion, fresh corn, red cabbage, avocado, pickled ginger, scallions, pineapple, Maui sauce 12
Add: Wild Salmon 6 Grilled Chicken 5 Tequila Lime Fried Tofu 6

CARNE ASADA

Wood grilled marinated skirt steak, Ranchero cheese enchilada, grilled knob onions, charred tomato salsa, red rice, borracho beans 19

GLUTEN FRIENDLY SIDES

TOSSED GREENS 6

BLACK BEANS & RICE 5

BORRACHO BEANS & RICE 5

ELOTE (FRESH CORN)

Cojita cheese, morita mayonnaise 6