

HEALTHY DINING

CHICKEN and BLACK BEAN TOSTADA

A crisp corn tortilla topped with shredded chicken, black beans, shredded lettuce, tomato, olives and spiced with salsa ranchera on the side. Sprinkled with parmesan cheese. 9.95

Calories = 441 Cholesterol = 60mg Fat = 10.3g Sodium = 698 mg Protein = 38g Carb = 53g Fiber = 11 g

ENCHILADAS VERDES de POLLO

Seasoned chicken wrapped in two corn tortillas and topped with tomatillo sauce. Served with a concha of black beans on the side and sprinkled with parmesan cheese. 11.50

Calories = 670 Cholesterol = 66.3mg Fat = 20.40g Sodium = 859 mg Protein = 44g Carb = 71g Fiber = 11 g

FIESTA FAJITAS

All vegetable fajitas with eight kinds of fresh vegetables sautéed and seasoned with achiote sauce. Served with soft tortillas, black beans and rice. 11.50

Calories = 696 Cholesterol = 5mg Fat = 22.1g Sodium = 1,072 mg Protein = 22g Carb = 104g Fiber = 12 g

CALIFORNIA TACO

Grilled chicken and avocado taco with cabbage, salsa ranchera and black beans. 8.95

Calories = 703 Cholesterol = 86.6mg Fat = 20g Sodium = 334 mg Protein = 53g Carb = 71g Fiber = 13 g

ARROZ CON POLLO a la MEXICANA

Morsels of chicken breast with bell peppers, tomatoes and onions, served with Mexican rice, black beans and tortillas upon request. 12.25

Calories = 680 Cholesterol = 108mg Fat = 16.3g Sodium = 878 mg Protein = 57g Carb = 75g Fiber = 10 g

MEXICAN STIR FRY

Zucchini, bell peppers, onions and more fresh vegetables sautéed with shredded chicken in achiote sauce. Served over a bed of Mexican rice. 11.65

Calories = 505 Cholesterol = 86.6mg Fat = 14.9g Sodium = 993 mg Protein = 39g Carb = 53g Fiber = 6 g

FISH BURRITO

Tender chunks of grilled pescado blanco wrapped in a flour tortilla, garnished with cabbage and spicy vegetable sauce. Served with black beans and salsa fresca on the side. 12.25

Calories = 568 Cholesterol = 98.6mg Fat = 11.6g Sodium = 547 mg Protein = 55g Carb = 60g Fiber = 9 g

SOPA AZTECA

One of the most typical of Mexican vegetable soup. With chunks of avocado, a sprinkle of cheese and a sprig of cilantro. 5.95

Calories = 255 Cholesterol = 13mg Fat = 16g Sodium = 1025 mg

ENSALADA TROPICAL

Salad greens with morsels of grilled chicken, chunks of avocado and oranges, slices of grapes and black olives, sweet peppers and crispy red chipotle tortilla strips and our own spicy mango, chipotle lime dressing. 11.95

With grilled shrimp 13.95

Calories = 476 Cholesterol = 277mg Fat = 27g Sodium = 629 mg Protein = 34g Carb = 30g Fiber = 8 g

GRILLED CHICKEN, AVOCADO & MANGO BURRITO

Grilled chicken, avocado and mango burrito with mango chipotle sauce.

Served with black beans. 10.95

Calories = 725 Cholesterol = 91.6mg Fat = 29.4g Sodium = 676mg Protein = 49g

Carb = 68g Fiber = 12g

Ask about our Gluten Free Items!

