

## South of the Border

All South of the Border selections served with pico de gallo and choice of pinto, black or refried beans and choice of Spanish or brown rice

### Enchiladas

Your choice of lowfat red or green sauce

- Cheese & Onion - \$7.99
- Cheese & Vegetables - \$7.99
- Spinach & Mushroom - \$8.99

### Quesadilla

Monterrey Jack cheese & hearthealthy wholewheat tortilla

- Fresh chopped vegetables - \$7.99
- Spinach & Mushroom - \$8.99
- Add to any enchilada or quesadilla:
- Chicken or tofu strips 2.99
- Shrimp 4.99
- Avocado 3.99
- Vegetarian "beef" 2.99
- Grassfed bison 3.99
- Topped with sourcream .99

### Fajitas

Served with grilled green pepper, grilled onions & heart healthy wholewheat tortilla

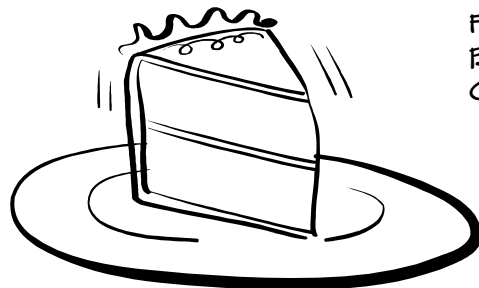
- Portabella Mushroom - \$8.99
- Grilled Chicken - \$8.99
- Grilled Tofu - \$8.99
- Grilled Shrimp - \$10.99

### Crispy Tacos

Crispy corn tortillas & monterey jack cheese

- Vegetarian Beef - \$7.99
- Grilled Chicken - \$8.99
- Grassfed Bison - \$8.99

**Chili Pie** - Vegetarian chili over corn chips, topped with chopped tomato, jalapeno, onion & your choice of monterrey jack or soy cheese \$7.99



## Daily Favorites

**Grilled Tuna Steak** - Grilled longline tuna, with grilled vegetables & basil pesto brown rice \$10.99

**Fresh Atlantic Salmon** - Herb encrusted served with basil pesto brown rice & grilled vegetables \$13.99

**Rainbow Trout** - Grilled and served with a sturfry of brown rice, basil pesto & mixed vegetables \$12.99

**High Protein/Low Carb** - Your choice of protein sautéed with cabbage, kale, mushrooms, red bell peppers, onions & garlic

Grilled tofu - \$7.99

Grilled Chicken - \$8.99

Fresh Atlantic Salmon - \$12.99

Grilled Shrimp - \$12.99

Grilled Tuna Steak - \$12.99

**Macrobiotic Plate** - Fresh vegetables & marinated tofu sautéed with tamari soy sauce & served with brown rice \$6.99  
With Soba Noodles \$8.99

**Southern Plate** - Basil pesto brown rice with grilled mixed vegetables, served with a small garden salad \$7.99

with grilled tofu - \$9.99

with grilled chicken - \$9.99

**Steamed Vegetables & Rice** - Served with pinto beans & a small garden salad \$7.99

**Cornbread & Beans** - Served with grilled vegetables & brown rice \$7.99

**Big Veggie Bowl** - Every vegetable in the kitchen cooked to perfection and served with your choice of Marinara, Tomatillo, Chipotle, Tomato Curry Sauce \$8.99

Add:

- Grilled Tofu or Chicken 2.99
- Grilled Tuna Steak 5.99
- Fresh Atlantic Salmon 6.99
- Brown Rice .99
- Cornbread 1.29