

# LUNCH MENU

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## "ANTOJITOS"

- CLASSIC GUACAMOLE -----\$11.  
Hass avocado, tomato, onion, serrano chile, cilantro and homemade tortilla chips
- CHIPOTLE GUACAMOLE -----\$11.  
Hass avocado, tomato, red onion, smoked chipotle chile, cilantro, chives and homemade tortilla chips
- GUACAMOLE PLATTER -----\$11.  
Your choice of Guacamole, homemade tortilla chips and two salsa
- CHICKEN FLAUTAS -----\$11.  
Crispy corn tortilla tacos filled with chicken, topped with green salsa cream and cheese
- MUSSELS VERACRUZ -----\$12.  
Mussels steamed with tomato, onion, serrano chile, cilantro and Mexican beer
- CRABMEAT EMPANADA -----(1)\$8 (2)\$15.  
Baked plump empanada filled with premium lump crab meat, sweet plantain, green peppers and tomatoes, avocado sauce
- RED or GREEN SALSA -----\$5.  
With homemade tortilla chips
- NACHO MACHO -----\$11.  
Crispy flour tortilla, refried beans, pico de gallo, Mexican white cheese and topped with pickled jalapeños

## "CEVICHE"

- LOBSTER VERACRUZ CEVICHE -----\$15.  
Scented with Papantla Vanilla sour orange with garlic roasted peppers and fresh chayote julienne
- CEVICHE DEL PESCADOR -----\$12.  
Fish Ceviche of the day

- TAQUITOS -----\$13.  
Three soft taquitos with your choice of one of the following fillings  
Chicken: citrus marinade, onion, cilantro, salsa  
Bistec: roasted garlic, onion, cilantro, and salsa  
Fish: citrus marinade and salsa
- QUESADILLAS -----\$15.  
Melted cheese in between two flour tortillas and your choice of the following fillings served with cream and red salsa  
Chicken: citrus marinade, onion, cilantro, salsa  
Bistec: roasted garlic, onion, cilantro, and salsa  
Fish: citrus marinade and salsa
- CHEESE QUESADILLA -----\$12.  
Oaxaca string cheese melted between two flour tortillas. Served with avocado salsa and pico de gallo
- BURRITOS NORTEÑOS -----\$14.  
Two flour tortilla rolled with refried beans and one of the fillings, cream and salsa  
Seafood: shrimp and scallops with pico de gallo  
Steak: grilled marinated hanger steak with scallions  
Chicken: citrus marinated chicken with pico de gallo  
Vegetarian: vegetable mix in a tomato sauce, cheese (\$13)

## "SIDES"

- Rice/Bean \* Potatoes con Chiles \* Sauté Spinach  
-\$4-

## "ENSALADAS"

- 1924 CESAR SALAD -----\$12.  
Original creation of Cesar Cardini in Tijuana Mexico. Crispy hearts of romaine lettuce, creamy Cesar dressing, parmesan cheese and garlic toast
- OAXACA FARMERS SALAD -----\$14.  
Mixed greens, grape tomatoes, roast peppers, red onion, garbanzo peas, cilantro, extra virgin avocado oil and sesame seeds
- GREEN MARKET TOMATO -----\$12.  
Red and yellow tomatoes, fresh cilantro, basil, garlic scented extra virgin olive oil, cider dressing and crumbled goat's cheese
- CRABMEAT & AVOCADO -----\$16.  
Lump Crab meat and avocado seasoned with creamy chipotle chile dressing and confetti peppers, over salad greens
- MEXICALI GREENS -----\$13.  
Greens, blood orange, jícama, red onions, cotija cheese tossed with citrus vinaigrette

\*\*\*SOPA DEL DIA\*\*\*  
SOUP OF THE DAY  
-\$7-

\*\*CORN ON THE COB\*\*  
Con queso, piquin chile powder, fresh lime  
-\$6-

## "TORTAS- MEXICAN SANDWICHES"

Made with our daily baked Mexican Bread with refried beans, guacamole, tomato, onion, lettuce and jalapeño chiles.

\$10.

GRILLED CHICKEN TORTA

GRILLED STEAK TORTA

FISH TORTA

CHEESE & VEGETABLES TORTA

## "BLUE PARROT BURGER"

Grilled Black Angus, lettuce, tomato and red onion. Served with golden fries.

\$11.

## "DESSERT"

-\$8-

CREMA QUEMADA DE CANELA

A velvety Mexican Cinnamon crème brûlée

CHOCOLATE MOUSSE CAKE

Rich bittersweet chocolate mousse cake with Kahlua cream sauce

PASTEL TRES LECHES

Delicate and moist cake with a touch of tequila and whipped cream

CINNAMON CORN FLAN

Silky corn flan scented with Mexican cinnamon

ICE CREAM/SORBET

These menu items can be cooked to your liking. Consuming raw or undercooked meat, fish, shellfish or fresh eggs may increase your risk of food-borne illness, especially if you have medical conditions.

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The Blue Parrot is dedicated to local farms, dairies, wineries, and fishermen.

Blackberries and guacamole don't mix. No texting por favor.