

DINNER MENU

"ANTOJITOS"

- CLASSIC GUACAMOLE -----\$12.
Hass avocado, tomato, onion, serrano chile, cilantro and homemade tortilla chips
- CHIPOTLE GUACAMOLE -----\$12.
Hass avocado, tomato, red onion, smoked chipotle chile, cilantro, chives and homemade tortilla chips
- GUACAMOLE PLATTER -----\$14.
Your choice of Guacamole, homemade tortilla chips and two salsa
- CHICKEN FLAUTAS -----\$12.
Crispy corn tortilla tacos filled with chicken, topped with green salsa cream and cheese
- MUSSELS VERACRUZ -----\$14.
Mussels steamed with tomato, onion, serrano chile, cilantro and Mexican beer
- CRABMEAT EMPANADA -----(1)\$8 (2)\$15.
Baked lump 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 -----\$12.
Crispy flour tortilla, refried beans, pico de gallo, Mexican white cheese and topped with pickled jalapeños

"CEVICHE"

- LOBSTER VERACRUZ CEVICHE -----\$16.
Scented with Papantla Vanilla sour orange with garlic roasted peppers and fresh chayote julienne
- CEVICHE DEL PESCADOR -----\$12.
Fish Ceviche of the day

SOPA DEL DIA
SOUP OF THE DAY
-\$3-

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

- TAQUITOS -----\$14.
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 -----\$17.
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 -----\$14.
Oaxaca string cheese melted between two flour tortillas. Served with avocado salsa and pico de gallo
- BURRITOS NORTEÑOS -----\$16.
Two flour tortilla rolled with refried beans and one of the fillings, cream and salsa
Steak: grilled marinated hanger steak with scallions
Chicken: citrus marinated chicken with pico de gallo
Vegetarian: vegetable mix in a tomato sauce, cheese (\$14)

"SIDES"

Rice/Bean * Potatoes con Chiles * Sauté Spinach
-\$5-

"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, roasted peppers, red onion, garbanzo peas, cilantro, oaxaca cheese, extra virgin avocado oil and sesame seeds
- GREEN MARKET TOMATO -----\$12.
Local 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.
Local greens, blood orange, jicama, red onions, cotija cheese tossed with citrus vinaigrette

"ENTRÉES"

- MEATBALLS -----\$17.
Tender meatballs (Albondigas) in a roasted tomato and chipotle chile sauce, chayote julienne and fresh cilantro, with white rice
- BLUE PARROT BURGER -----\$13.
Grilled Black Angus, lettuce, tomato and red onion. Served with golden fries
- STEAK RAJAS POBLANAS -----\$24.
Grilled marinated skirt steak with poblano chile strips and onions served with crispy potatoes
- ATUN A LA PARRILLA -----\$26.
Grilled tuna steak, tequila, garlic and citrus marinade, avocado sauce, with sautéed spinach and rice
- TORTILLA PIE -----\$22.
Layered tortilla, shredded chicken breast, queso blanco and blue cheese, poblano chile sauce and served with green salad
- PESCADO DEL DÍA -----\$26.
Fish of the day
- SHRIMP ALBAHACA PIPIAN -----\$29.
Shrimp in a pumpkin seed and basil sauce spiced with poblano chiles with sautéed spinach and white rice
- CHICKEN BARBACOA -----\$24.
Slow-roasted barbecued chicken-filled corn tortillas, wrapped in banana leaves. Served with Mexican condiments.
- CORNISH HEN BORRACHA -----\$25.
Grilled organic Cornish hen marinated with lime and tequila; with a blend of white rice, black beans, onion and jalapeño chile
- GRILLED FILET TAMPIQUEÑA -----\$29.
Grilled butterflied Angus Filet Mignon seasoned with lime, with refried beans, mole enchilada and guacamole
- VEGETARIAN CHILE RELLENO -----\$19.
Roasted poblano chile filled with spinach and blue cheese, flavorful mix of local vegetables and a touch of fresh cream

"DESSERT"

-\$3-

- 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.

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

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