



APPETIZERS 4

Sweet Potato Fries

with southwest fry sauce

AVAILABLE OPTIONS

Full: \$5.99

Half: \$2.99

Chips And Hummus Dip

can be made without gluten upon request.

\$3.99

Chips And Salsa Fresca

can be made without gluten upon request.

\$2.99

Nachos Bueno

crisp tortilla chips topped with melted cheese, sour cream, pico de gallo, black olives, scallions, black beans, jalapenos, and corn

AVAILABLE OPTIONS

Full: \$6.99

Half: \$3.99

Add Your Choice Of Meat For:

\$1.99

WARM THE HEART SOUPS 3

Mulligatawny

chicken, rice, curry, coconut milk, apples, celery, sweet onions, and carrots

AVAILABLE OPTIONS

Cup: \$1.99

Large Bowl: \$5.49

Small Bowl: \$3.99

Chicken Corn Tortilla

grilled chicken, tomatoes, diced green chilies, roasted corn, scallions, crispy tortilla strips, cheese, and fresh lime.

AVAILABLE OPTIONS

\$1.99

Large Bowl: \$5.49

Small Bowl: \$3.99

Half Soup & Garden Salad Combo.

your choice of a small bowl of soup and a garden salad.

\$6.99

ENLIGHTENED SALADS 6

Asian Chicken

marinated chicken, mixed field greens, crispy noodles, bean sprouts, carrots, snow peas, mandarin oranges, and candied almonds, in a sesame ginger dressing. can be made vegan upon request. this dish contains nuts

AVAILABLE OPTIONS

Full: \$8.99

Half: \$6.99

Taos Tortilla

grilled chicken, romaine lettuce, pico de gallo, black beans, corn, cucumber, crispy tortilla strips, and shredded cheese, tossed in a creamy cilantro-lime dressing or spicy chipotle ranch. try it with our guacamole for .60.

AVAILABLE OPTIONS

Full: \$9.99

Half: \$6.99

Blackened Salmon	AVAILABLE OPTIONS
morsels of blackened salmon, tossed with cucumber, tomatoes, snow peas, feta cheese, romaine lettuce, crispy noodles and roasted red pepper dressing.	Full: \$12.99 Half: \$7.99
Chicken Caesar	AVAILABLE OPTIONS
grilled chicken, romaine lettuce, croutons and parmesan cheese, tossed in a creamy caesar dressing. topped with pico de gallo.	Full: \$8.49 Half: \$6.49
Guru's House	AVAILABLE OPTIONS
grilled chicken, mixed field greens, sliced apples, mandarin oranges, feta cheese. and candied almonds, tossed in a raspberry vinaigrette. this dish contains nuts	Full: \$8.99 Half: \$6.99
Napa Valley Waldorf	AVAILABLE OPTIONS
grilled chicken, mixed field greens, red grapes, sliced apples, candied walnuts, and crumbled bleu cheese, tossed in your choice of balsamic vinaigrette or creamy bleu cheese dressing. this dish contains nuts	Full: \$9.49 Half: \$6.99

BLISSFUL WRAPS 5

Southwest Chipotle	\$8.99
grilled chicken, fresh corn, black beans, lettuce, pico de gallo, jack and cheddar cheese, with creamy chipotle dressing, in a chipotle tortilla.	
Black & Bleu Steak	\$9.99
grilled steak, bleu cheese, spring mix, tomatoes, and balsamic dressing, in a chipotle tortilla.	
Caesar Chicken	\$8.99
grilled chicken, romaine lettuce, tomatoes, and parmesan cheese with creamy caesar dressing, in a spinach tortilla.	
Maui Wowie Chicken	\$8.99
grilled chicken, lettuce, and tomatoes, with orange teriyaki glaze, mango salsa, jack and cheddar cheese, in a chipotle tortilla.	
West Of Philly Wrap	\$9.99
grilled steak, jack and cheddar cheese, lettuce, and pico de gallo, with creamy chipotle dressing, in a chipotle tortilla.	

IGNITE THE FIRE TACOS & BURRITOS 8

Baja Fish Tacos	\$10.99
two soft tacos filled with grilled seasonal fish, guacamole, lettuce, pico de gallo, and cilantro-lime ranch. can be made without gluten upon request.	
Bleu Quesadilla	\$9.99
stuffed with steak, cheddar, monterey jack and bleu cheese. served with pico de gallo and sour cream.	
Burrito Grande	\$9.49
fresh flour tortilla stuffed with rice, black beans, two cheeses, and your choice of meat, smothered in a fresh ranchero sauce and melted cheese. served with pico de gallo and sour cream.	
Cilantro-lime Quesadilla	\$9.99
stuffed with chicken, cheddar, monterey jack and feta cheese, corn, and cilantrolime pesto. served with pico de gallo and sour cream. this dish contains nuts.	

Grilled Shrimp Tacos	\$10.99
two soft tacos filled with grilled jumbo shrimp, guacamole, lettuce, and mango salsa. can be made without gluten upon request.	
Tacos	\$8.99
two soft tortillas, lettuce, cilantro-lime ranch, and two cheeses, filled with your choice of meat. served with pico de gallo and sour cream.	
Quesadilla	\$9.99
stuffed with your choice of meat, cheddar and monterey jack cheese, and mild green chilies, topped with scallions. served with pico de gallo and sour cream.	
Santa Cruz Quesadilla	\$9.99
stuffed with your choice of meats or vegetarian, feta, cheddar and monterey jack cheese, black beans, and pico de gallo. served with pico de gallo and sour cream.	

VEGGIES 6

Veggie Burrito	\$8.99
zucchini, yellow squash, carrots, edamame, mushrooms, corn, peanuts, tofu, brown rice, cheddar and monterey jack cheese, and cilantro-lime ranch rolled in a spinach tortilla topped with pico de gallo and guacamole. served with chips and salsa fresca. can be made vegan upon request	
Good Karma Pasta	AVAILABLE OPTIONS
grilled tofu, edamame, artichoke hearts, mushrooms, roma tomatoes, zucchini, yellow squash, and carrots, in a curry cream sauce with parmesan cheese.	Full: \$9.99
	Half: \$6.99
Guruvian Veggie & Tofu Wrap	\$8.99
tofu, zucchini, yellow squash, carrots, mushrooms, edamame, lettuce, tomatoes, feta cheese, and cilantro-lime ranch. served with chips and salsa fresca. can be made vegan upon request.	
Spicy Curry Bowl	AVAILABLE OPTIONS
zucchini, yellow squash, carrots, snow peas, edamame, bean sprouts, cashews, and tofu in a spicy coconut curry sauce over rice. can be made without gluten upon request. this dish contains nuts	Full: \$9.99
	Half: \$6.99
Vegetarian Bowl	AVAILABLE OPTIONS
sauteed snow peas, bean sprouts, carrots, zucchini, yellow squash, roasted sweet corn, tomatoes, mushrooms, artichoke hearts, edamame, and your choice of rice in a light cilantro-lime pesto. can be made vegan upon request. can be made without gluten upon request. this dish contains nuts	Full: \$9.99
	Half: \$6.99
Curry Quesadilla	\$10.99
zucchini, yellow squash, carrots, edamame, mushrooms, and cashews in a chipotle tortilla with melted cheddar, monterey jack and feta cheese. served with chips and salsa, roasted red pepper ranch, and guacamole. this dish contains nuts	

SELF-FULFILLING PASTA & BOWLS 6

Cilantro-lime Pesto Pasta	AVAILABLE OPTIONS
grilled chicken with zucchini, yellow squash, carrots, parmesan cheese and cilantro-lime pesto. this dish contains nuts	Full: \$9.99
	Half: \$6.49
Marco Polo Pasta	AVAILABLE OPTIONS
grilled chicken, artichoke hearts, zucchini, yellow squash, carrots, mushrooms, and tomatoes in a light garlic alfredo sauce with parmesan cheese.	Full: \$9.99
	Half: \$6.49

Pan-seared Salmon Rice Bowl	AVAILABLE OPTIONS
morsels of pan-seared salmon filet, sauteed snow peas, carrots, zucchini, and yellow squash, with a roasted red bell pepper sauce.	Full: \$14.99 Half: \$8.99
Spicy Szechwan Pasta Or Rice Bowl.	AVAILABLE OPTIONS
grilled chicken or steak with snow peas, zucchini, yellow squash, carrots, scallions, and sesame seeds in a traditional tangy szechwan pepper sauce.	Full: \$9.99 Half: \$6.99
Teriyaki Rice Bowl	AVAILABLE OPTIONS
grilled chicken or steak, sauteed snow peas, carrots, zucchini and yellow squash, with orange teriyaki glaze.	Full: \$9.99 Half: \$6.99
Thai Peanut Pasta Or Rice Bowl	AVAILABLE OPTIONS
grilled chicken, scallions, snow peas, bean sprouts, edamame, zucchini, yellow squash, carrots, and peanuts in a thai peanut sauce. this dish contains nuts	Full: \$10.49 Half: \$7.99

SUBSTITUTIONS 4

Side Of Sweet Potato Fries	\$1.99
with south-west fry sauce.	
Garden Salad	\$1.59
Rice And Beans	\$0.99
Cup Of Soup	\$0.99

LITTLE GURU 3

Taco	\$3.59
one chicken taco with tortilla chips and a capri sun.	
Cheese Quesadilla	\$3.59
served with tortilla chips and a capri sun.	
Nachos	\$3.59
tortilla chips with melted cheese, black beans, olives and corn, with a capri sun.	

SIDES 11

Hummus	AVAILABLE OPTIONS
	Large: \$1.59 Small: \$0.60
Sour Cream	AVAILABLE OPTIONS
	Large: \$1.00 Small: \$0.28
Salsa Fresca	AVAILABLE OPTIONS
	Large: \$1.00 Small: \$0.28

Mango Salsa	AVAILABLE OPTIONS
	Large: \$1.59
	Small: \$0.60
Pico De Gallo	AVAILABLE OPTIONS
	Large: \$1.00
	Small: \$0.28
Guacamole	AVAILABLE OPTIONS
	Large: \$1.59
	Small: \$0.60
Southwest Fry Sauce	AVAILABLE OPTIONS
	Large: \$1.00
	Small: \$28.00
Extra Dressing	AVAILABLE OPTIONS
	Large: \$1.00
	Small: \$0.28
Extra Meat	AVAILABLE OPTIONS
	Full: \$1.99
	Half: \$0.99
Substitute Shrimp	AVAILABLE OPTIONS
	Full: \$3.00
	Half: \$1.50
Add Four Shrimp	\$2.50

DESSERTS 4

Mile High Chocolate Cake A La Mode	AVAILABLE OPTIONS
	Large: \$6.99
	Small: \$3.99
Hot Fudge Brownie Sundae A La Mode	\$4.99
Caramel Pecan Turtle Ice Cream Cake	\$4.99
New York Cheesecake	\$3.99
with your choice of caramel, chocolate or raspberry sauce	

BEVERAGES 9

Fountain Drinks	\$1.49
free refills	
Bottled Drinks	\$2.25
Bottled Water	\$1.29

Iced Tea, Fresh Brewed	\$1.99
Hot Tea, Assorted Herb Teas	\$1.99
Organic Fresh Ground Coffee	\$1.99
regular or decaf	
Hot Chocolate	\$1.99
French Vanilla Cappuccino	\$1.99
Toasted Marshmallow Steamer	\$1.99