

## APPETIZERS

<b>GUACAMOLE</b>	5.75
A boat of our homemade guacamole	
<b>SPINACH ARTICHOKE DIP</b>	6.95
Creamy dip with a hint of jalapeno	
<b>BLUE PARROT NACHOS</b>	6.95
Tortilla chips topped w/ cheese, pico de gallo, refried beans, guacamole, sour cream & jalapenos	
<b>With Chicken or Carne Asada</b>	8.25
<b>PARROT WINGS</b>	7.95
Chicken wings in our Diablo hot sauce served w/ our homemade Blue cheese dressing (med or hot)	
<b>POTATO SKINS</b>	7.50
Six crispy fried skins topped w/ cheese, crumbled bacon, guacamole, sour cream and pico de gallo	
<b>CHICKEN TENDERS</b>	7.50
With fries and Ranch, BBQ or Honey mustard sauce	
<b>BUFFALO CHICKEN TENDERS</b>	7.50
With fries and Ranch or Blue cheese dipping sauce	
<b>TAQUITOS</b>	7.50
Three fried rolled tacos covered with guacamole, sour cream, salsa fresca and cheese	
<b>Choose from: beef, chicken, tofu or potato</b>	
<b>CHEESE FRIES</b>	6.50
French fries topped w/ cheese, guacamole, sour cream and pico de gallo	
<b>With Chicken or Carne Asada</b>	7.75
<b>CALAMARI STRIPS</b>	7.75
Hand banged calamari cut into strips, flash fried and served with our Chipotle tarter sauce	
<b>SLIDERS</b>	7.50
Three mini cheeseburgers with grilled onions and mayo. Served with fries	
<b>MUSSELS ON THE HALF SHELL</b>	8.75
Topped with roasted Jalapeno pesto sauce and served with garlic toast	
<b>CEVICHE</b>	8.75
Fresh fish cooked in lime juice with tomatoes, onions, cilantro, cucumber and avocado. Served w/chips	
<b>SHRIMP COCKTAIL</b>	9.50
Shrimp in our cocktail sauce with onions, cilantro, tomatoes and avocado	

## QUESADILLAS

Served with sour cream, guacamole and pico de gallo

<b>VEGETARIAN</b>	6.50
Two corn tortillas filled with cheese, spinach, peppers and tomatoes	
<b>CHEESE</b>	5.95
<b>SPINACH &amp; MUSHROOM</b>	6.50
<b>CARNE ASADA</b>	7.75
<b>CHICKEN</b>	7.75
<b>CARNITAS</b>	7.75
<b>SHREDDED BEEF</b>	7.75
<b>SHRIMP</b>	9.50
<b>LOBSTER</b>	11.50

## TACOS

Served on a soft corn tortilla or flour upon request

<b>VEGETARIAN</b>	3.25
Black beans, vegetables, lettuce, guacamole and cheese	
<b>CHICKEN</b>	3.50
Lettuce, pico de gallo, cheese and tomatillo sauce	
<b>CARNE ASADA</b>	3.50
Pico de gallo, cheese and guacamole	
<b>CARNITAS</b>	3.50
Pico de gallo, cheese and guacamole	
<b>MAHI (GRILLED OR FRIED)</b>	3.75
Lettuce, pico de gallo, cheese and tomatillo sauce	
<b>CALAMARI</b>	3.95
Lettuce, pico de gallo, cheese and tomatillo sauce	
<b>SHRIMP</b>	3.95
Sautéed w/ onions & peppers, topped with lettuce, pico de gallo and cheese	
<b>LOBSTER</b>	5.25
Sautéed w/ garlic, sundried tomatoes and capers	
Topped with lettuce, pico de gallo and cheese	
<b>HARD SHELL TACO (CHICKEN OR BEEF)</b>	3.50
Lettuce, pico de gallo, cheese and guacamole	

**“MAKE IT A PLATE”  
FOR \$2.00  
ADD RICE AND BEANS**



## TRY ONE OF OUR BLUE PARROT SPECIALTIES

<b>JALAPENO SHRIMP ENCHILADAS</b>	16.95
Two shrimp enchiladas topped with our Jalapeno cream sauce, cheese, avocado and capers	
<b>CHIPOTLE LOBSTER ENCHILADAS</b>	19.95
Two lobster enchiladas topped with our Chipotle cream sauce, cheese, capers and onions	
<b>EGGPLANT ENCHILADAS</b>	15.95
Thinly sliced panko crusted eggplant stuffed with asparagus, cheese, and tofu. Topped with our Jalapeno cream sauce	
<b>SMOKED SALMON QUESADILLA</b>	16.95
Smoked salmon, spinach, roasted peppers, capers, onions and cheese in a flour tortilla	
<b>MAHI MAHI</b>	17.95
Grilled mahi mahi over roasted Jalapeno pesto sauce topped with asparagus and avocado	
<b>POLLO RELLENO POBLANO</b>	17.95
Chicken breast stuffed with cheese, roasted peppers, sun dried tomatoes and spinach. Served sliced atop our Mole poblano sauce or Chipotle cream sauce	
<b>CHIPOTLE CALAMARI RELLENO</b>	18.95
Tender panko crusted calamari steak stuffed with cheese, roasted peppers, sun dried tomatoes and spinach. Served sliced atop our Chipotle cream sauce or Mole poblano sauce	
<b>PUERTO NUEVO SHRIMP</b>	19.95
Jalapeno stuffed shrimp wrapped in bacon and grilled. Served atop our Chipotle cream sauce	
<b>STEAK RANCHEROS</b>	14.95
Thinly sliced top sirloin steak with sautéed bell peppers, onions and garlic topped with Ranchero sauce and cheese	

**ALL ABOVE SPECIALTIES ARE SERVED WITH  
YOUR CHOICE OF TWO SIDES  
(refried beans, black beans, rice or veggies)**

## COMBINATION PLATES

All served with rice and beans

<b>TWO ITEM COMBO</b>	12.50
Choose from any two items listed below	
<b>THREE ITEM COMBO</b>	15.50
Choose from any three items listed below	

<b>TACOS</b>	
Veggie, chicken, carne asada, carnitas, grilled or fried fish	
Calamari or Shrimp add .75 per taco	
Lobster add \$1.75 per taco	
<b>ENCHILADAS</b>	
Veggie, chicken, carne asada, carnitas, shredded beef or cheese	
Shrimp add \$1.75 per enchilada	
Lobster add \$3.50 per enchilada	
<b>TAMALES</b>	
Veggie, jalapeno cheese, chicken, carnitas or beef	
<b>TOSTADAS</b>	
Veggie, black bean, carne asada, chicken, carnitas or beef	
Shrimp or Ceviche add \$1.75 per tostada	
<b>CHILE RELLENO</b>	
<b>CHEESE QUESADILLA</b>	

## TAMALES

Corn dough wrapped in corn husks and stuffed w/ veggies, meat or cheese. Topped w/ our homemade sauce & cheese

<b>VEGETARIAN</b>	3.95
<b>JALAPENO CHEESE</b>	3.95
<b>CHICKEN</b>	3.95
<b>CARNITAS</b>	3.95
<b>BEEF</b>	3.95

18% Gratuity added to parties of 6 or more

## SALADS

**Dressings:** Italian, Blue Cheese, Cilantro Ranch, Honey Mustard or Lite Raspberry Pomegranate vinaigrette

<b>HOUSE SALAD</b>	6.75
Mixed greens with carrots, onions, tomatoes and tortilla strips. Served with garlic toast and your choice of dressing	
<b>CAESAR SALAD</b>	8.75
Romaine lettuce mixed with Caesar dressing, Parmesan Cheese and topped with crispy tortilla strips. Served with garlic toast	
<b>TACO SALAD</b>	9.75
Crispy flour tortilla shell filled with lettuce, rice, black beans, avocado, cheese, sour cream and pico de gallo	
<b>SPINACH SALAD</b>	9.75
Baby spinach with crumbled bacon, hard boiled egg, roasted red and poblano peppers, feta cheese and avocado. Served with garlic toast	

**ENHANCE YOUR SALAD WITH:**

Chicken, Carne asada, or Carnitas	4.00
Grilled or Fried Fish	4.50
Shrimp, Calamari or Ceviche	5.00
Salmon or Lobster	8.50

## SOUPS

<b>TORTILLA SOUP (CUP)</b>	3.75
<b>TORTILLA SOUP (BOWL)</b>	5.50
<b>ROASTED POBLANO SOUP (CUP)</b>	4.50
<b>ROASTED POBLANO SOUP (BOWL)</b>	5.95

## BURGERS & SANDWICHES

All served with french fries, onion rings add \$1.50

<b>HAMBURGER</b>	6.95
Served with lettuce, tomato, onion, mayo and pickles	
<b>CHEESEBURGER</b>	7.50
Served with cheese, lettuce, tomato, onion, mayo & pickles	
<b>B.A.C. BURGER</b>	8.95
Topped with bacon, avocado and cheddar cheese	
Served with lettuce, tomato, onion, mayo and pickles	
<b>WESTERN BURGER</b>	8.95
Topped with bacon, cheddar cheese, onion rings and BBQ sauce	
<b>POBLANO BURGER</b>	8.95
Topped with roasted Poblano peppers, pepper jack cheese, Chipotle tarter sauce, lettuce, onion and tomato	
<b>BUFFALO CHICKEN SANDWICH</b>	7.95
Grilled chicken tossed in our spicy buffalo sauce topped with grilled pineapple and our homemade blue cheese	
<b>GRILLED CHICKEN SANDWICH</b>	7.50
Grilled chicken breast topped with cheddar cheese, lettuce, onion and tomato. Served w/ honey mustard	
<b>PULLED PORK SANDWICH</b>	7.95
Pulled pork topped with ham, cheese, lettuce, tomato, onion, mustard and Tomatillo sauce	
<b>CARNE ASADA TORTA</b>	7.50
Grilled carne asada with cheese, lettuce, tomato, onion avocado, refried beans and mayo on a toasted torta roll	
<b>MAHI SANDWICH (grilled, fried or blackend)</b>	7.95
Mahi with lettuce, tomato, onion, avocado and Chipotle tarter sauce	
<b>CALAMARI TORTA</b>	8.25
Fried calamari with cheese, lettuce, tomato, onion avocado, refried beans and mayo on a toasted torta roll	

## ENCHILADAS

All served with rice, beans, sour cream, cheese & avocado

<b>ONE ENCHILADA PLATE</b>	9.95
Choose: veggie, cheese, beef, carne asada, chicken, carnitas	
Shrimp add \$1.75 Lobster add \$3.50	
Choose your sauce: Vera Cruz (red), Suiza (green)	
Poblano (mole)	
<b>TWO ENCHILADA PLATE</b>	12.95
Choose: veggie, cheese, beef, carne asada, chicken, carnitas	
Shrimp add \$1.75 Lobster add \$3.50 per enchilada	
Choose your sauce: Vera Cruz (red), Suiza (green)	
Poblano (mole)	
<b>CHILE RELLENO PLATE</b>	9.95
Cheese stuffed deep fried Poblano pepper covered with Ranchero sauce	

*We make all our dishes  
to order, please allow  
a little extra time*

## BURRITOS

RICE AND BEANS	3.50
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VEGETARIAN	6.50
Sautéed zucchini, onion, tomato, black beans & pico de gallo	
CHICKEN	7.25
Cheese, pico de gallo and guacamole	
CARNE ASADA	7.25
Cheese, pico de gallo and guacamole	
CARNITAS	7.25
Cheese, pico de gallo and guacamole	
CALIFORNIA	7.75
Carne asada, fries, cheese, sour cream, guacamole and pico de gallo	
CARIBBEAN	7.75
Chicken, black beans, rice, avocado & cheese	
ALOHA	7.75
Carne asada, ham, pineapple, grilled red onion, cheese and teriyaki sauce	
GRILLED MAHI	7.75
Peppers, onions, zucchini, cheese, tomatillo sauce and pico de gallo	
SHRIMP	8.75
Peppers, onions, zucchini, cheese and pico de gallo	
LOBSTER	10.95
Peppers, onions, zucchini, cheese & pico de gallo	
MAKE IT WET FOR	0.95
Choose your sauce: Ranchero(red), Suiza(green), Poblano(mole)	

## CHIMICHANGAS

Crispy fried burrito topped with guacamole, sour cream, salsa

BEAN AND CHEESE	5.50
VEGETARIAN	7.50
CHICKEN	7.95
CARNE ASADA	7.95
CARNITAS	7.95
SHRIMP	9.25
FLAUTAS	7.95

Three mini chimichangas with your choice of:  
Beef, chicken, potato or tofu

## FAJITAS

Served with rice, beans, guacamole, sour cream, pico de gallo and hot tortillas with roasted bell peppers and onions on a sizzling hot skillet

VEGETARIAN	13.50
With tofu, mushrooms, asparagus, artichoke hearts	
CHICKEN	14.95
CARNE ASADA	15.50
CARNITAS	15.50
GRILLED FISH	16.50
SHRIMP	18.50
CALAMARI	18.50
CARNE ASADA & LOBSTER	21.50
LOBSTER	23.50
Add mushrooms, asparagus and artichoke hearts	

## TOSTADAS

Crispy corn tortilla with refried beans, lettuce, pico de gallo, sour cream, guacamole and cheese

TOSTADA	5.95
BLACK BEAN	5.95
VEGGIE & BLACK BEAN	6.25
CARNE ASADA	6.75
CHICKEN	6.75
CARNITAS	6.75
BEEF (shredded)	6.75
SEAFOOD (ceviche or shrimp)	8.50

## DESSERTS

Try one of our freshly made from scratch delicious desserts

TRES LECHE CAKE	4.95
Traditional Latin American cake soaked in a sweet milk sauce and served with fresh whipped cream	
FLAN	4.95
Sweet egg custard pie served with a caramel sauce	
KEY LIME PIE	4.95
Light and tart pie made with real Key Lime juice	

## BEVERAGES

AGUAS FRESCA	2.50
Freshly made fruit juices	
Choose from: Watermelon, Cantaloupe or Strawberry	
HOMEMADE LEMONADE *	2.50
HORCHATA	2.50
Made with rice and cinnamon	
JAMAICA	2.50
Made with hibiscus flowers	
JUICES	2.50
Orange, pineapple, cranberry, grapefruit or tomato	
SOFT DRINKS *	2.00
Pepsi, Diet Pepsi, 7-up, Sunkist, Root Beer, Dr. Pepper	
COFFEE *	2.25
FRESH BREWED ICE TEA *	2.25
MILK	2.75
CHOCOLATE MILK	3.00

\*free refills

## SIDE ORDERS

AVOCADO	1.95
BEANS	1.50
RICE	1.50
FRIES	2.25
ONION RINGS	2.75
CHEESE	1.00
SOUR CREAM	1.00
JALAPENO	1.00
GUACAMOLE	1.50
SPICY CARROTS	1.95
TORTILLAS	1.25
GARLIC TOAST	1.50
CHILE RELLENO	7.95
ENCHILADA (veg, cheese, chicken, beef)	7.95

*We make all our dishes to order, please allow a little extra time*

## \*\*\*\*\*BREAKFAST MENU\*\*\*\*\*

**MONDAY-FRIDAY 11-2 PM & SATURDAY-SUNDAY 10-3 PM**

### BREAKFAST SPECIALTIES

All served with potatoes, fruit or rice & beans and tortillas, toast or English muffin

HUEVOS RANCHEROS	7.95
Two eggs cooked over medium on a corn tortilla. Topped with Ranchero sauce, cheese and avocado	
CHILE RELLENO & EGGS	8.95
One chile relleno and two eggs any style	
CARNE ASADA & EGGS	9.95
Carne asada with roasted jalapeno peppers, onions, pico de gallo and avocado. Served with 2 eggs any style	
MACHACA & EGGS	9.95
Scrambled eggs with shredded beef, peppers, onions, pico de gallo and avocado	
CHORIZO & EGGS	8.95
Homemade chorizo with scrambled eggs	
CHILAQUILES & EGGS	7.95
Crispy corn tortilla chips in Ranchero sauce with onions and cheese. Served with two eggs any style	
BREAKFAST ENCHILADAS #	9.95
Two cheese enchiladas with avocado and onions Served with two eggs any style	
BLUE PARROT SCRAMBLE *	8.95
Scrambled eggs with peppers, onions, sundried tomatoes and cream cheese	
BREAKFAST BURRITO # *	7.95
Flour tortilla stuffed with scrambled eggs, potatoes, peppers onions, cheese and pico de gallo	
BREAKFAST QUESADILLA *#	8.95
Scrambled eggs, peppers, onions and cheese in a flour tortilla. Served with guacamole, sour cream and pico	
*Add Bacon, Ham, Sausage, Carne	1.25
Asada or Chorizo*	
# not served with bread	

*We make all our dishes to order, please allow a little extra time*

### OMLETTES

All served with potatoes, fruit or rice & beans and tortillas, toast or English muffin

AVOCADO & CHEESE	7.95
HAM & CHEESE	7.95
TOFU & SPINACH	8.25
Topped with jalapeno cream sauce and avocado	
VEGETARIAN	8.75
Spinach, zucchini, peppers and onions topped with Ranchero sauce, cheese and pico de gallo	
RANCHERO SHRIMP	9.75
Shrimp, peppers, onions, Ranchero sauce and cheese	
SMOKED SALMON	9.75
Smoked salmon, spinach, peppers, onions, Chipotle cream sauce and cheese	

### FRITTATAS

All served with potatoes, fruit, or rice & beans and tortillas, toast or English muffin

SPINACH & BASIL	7.95
Fresh spinach, basil, peppers, onions and cheese	
MUSHROOM & BACON	8.75
Mushrooms, bacon, avocado and cheese	
MACHACA	8.75
Shredded beef, Ranchero sauce, avocado and cheese	
BLUE PARROT	8.75
Poblano peppers, onions, bacon, avocado and cheese	

### SIDE ORDERS

TORTILLAS	1.25
TOAST OR ENGLISH MUFFIN	1.25
SAUSAGE, HAM OR BACON	2.00
ONE EGG	2.00
FRUIT CUP	2.25
POTATOES	2.00

18% gratuity added to parties of 6 or more

### EGGS BENEDICT

Two poached eggs on a English muffin with your choice of potatoes, fruit or rice & beans

VEGETARIAN	8.95
Spinach, tomatoes, onions and artichoke hearts with Hollandaise sauce and avocado	
HAM	8.95
Traditional eggs Benedict with ham, avocado and Hollandaise sauce	
CARNE ASADA	9.50
Carne asada with Hollandaise sauce and avocado	
SMOKED SALMON	10.25
Smoked salmon with capers, onions and Hollandaise sauce	

### PANCAKES

BUTTERMILK (3)	4.25
SHORT STACK (2)	3.25
BANANA NUT (3)	6.25
SHORT STACK (2)	4.75
BLUEBERRY (3)	6.25
SHORT STACK (2)	4.75
CHOCOLATE CHIP (3)	6.25
SHORT STACK (2)	4.75
FRENCH TOAST	6.95

### EGGS

All served with potatoes, fruit or rice & beans and tortillas, toast or English muffin

ONE EGG	3.25
TWO EGGS	5.25
THREE EGGS	7.25
Add bacon, ham or sausage	1.25
LITE BITES	
FRUIT PLATE	5.95
FRUIT PLATE W/YOGURT	6.95

\*\*DUE TO THE RISING COSTS OF FOOD AND FUEL CHARGES THERE IS A \$1.00 SURCHARGE FOR CHIPS AND SALSA PER TABLE\*\*

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