

# ENSALADAS

## ENSALADA FIESTA TROPICAL

Salad greens with morsels of grilled chicken, chunks of avocado and oranges, slices of grapes and black olives, tiny sweet peppers. All tossed with our own spicy mango, chipotle lime dressing. **Add shrimp!** Also a Healthy Dining choice!

## MEXICAN CHOPPED SALAD

Chopped salad with grilled chicken, black beans, corn, tomatoes, and avocados. Served with cilantro lime dressing on the side. (no tortilla strips)

## CHICKEN AND AVOCADO PEPITA SALAD

Grilled chicken breast atop romaine lettuce with cilantro lime dressing and roasted pepitas.

## GRILLED SALMON SALAD

A beautiful salad of romaine, grapes, oranges and avocado, all topped with mango dressing and a generous portion of salmon.

## ENSALADA FRUTA Y POLLO

Chicken salad with jalapeño-pepita sauce on crispy romaine with chunks of avocado, pineapple, orange and grapes. Served with mango dressing in half of a pineapple.

## PICOS AVOCADO SALAD

Delicious morsels of chicken breast, 2 kinds of cheese, lettuce, tomato wedges, hard-boiled egg slices and topped with half of a choice ripe avocado! Served with your choice of dressing.

## TOSTADA SABROSA

A healthy combo of black beans, chicken, avocado, red peppers, tomatoes, corn, olives, cilantro and shredded lettuce. Served with fresh pepita lime dressing.

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## SOPAS

**Albondigas**

**Chicken Tortilla**  
No Tortilla Strips.



# MARISCOS

## CEVICHE

Citrus marinated shrimp chopped tomato, cilantro, onion, cucumbers and avocado with a bite of serrano. Served with fresh corn tortillas.

## FISH TACOS

Two fillets of cod grilled then garnished with cabbage and sauce. Served with corn tortillas, black beans and Mexican rice.

## GRILLED SALMON FRESCO

Grilled salmon topped with cilantro lime sauce and served with vegetables sautéed in achiote sauce.

## TEQUILA LIME SHRIMP

Shrimp sautéed with tequila, lime, butter and seasoned with garlic, spicy crushed chili and cilantro. Served on a bed of rice with with fresh corn tortillas.

# ESPECIALIDADES y FAVORITAS

## FABULOSO CARNITAS ASADAS TACO

A double size, handmade corn tortilla filled with carnitas, grilled onions and serrano chiles. With rice, black beans, and achiote sautéed fresh vegetables.

## CHILE VERDE

Tender seasoned pork prepared in a mild chile verde sauce. Served with rice and beans. Tortillas upon request.

## CHILES POBLANOS

Two mild peppers charbroiled and stuffed with seasoned grilled chicken and sautéed vegetables. Covered with salsa verde and melted cheese. Served with rice and black beans.

## ROPA VIEJA A LA SONORA

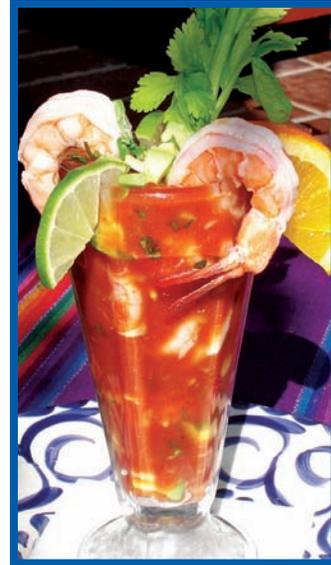
Shredded beef with bell peppers, tomatoes and onions. With Mexican rice, refried beans and tortillas upon request.

## PICO ENCHILADAS SUIZAS

Two tortillas dipped in green tomatillo sauce and stuffed with shredded seasoned chicken. Rolled and topped with more sauce and melted cheese. With rice and beans and garnished with sour cream.

## CAMARONES RANCHEROS

Flavorful shrimp sautéed with fresh vegetables and served with Mexican rice.



## MEXICAN SHRIMP COCKTAIL

Chilled shrimp, fresh avocado, cucumbers, celery and cilantro in a mild tomato cocktail sauce.

# HEALTHY DINING

## FIESTA FAJITAS

Vegetable fajitas sautéed with achiote sauce. Served with soft tortillas, black beans and rice.\*

Calories = 268 Cholesterol = 0 mg Fat = 17 g Sodium = 88 g Diabetic Exchange: 4<sup>3</sup>/<sub>4</sub> Veg., 1<sup>1</sup>/<sub>4</sub> Fruit, 2<sup>3</sup>/<sub>4</sub> Fat. Trans Fats=0

## ARROZ CON POLLO A LA MEXICANA

Chicken breast with bell peppers, tomatoes and onions. With Mexican rice, black beans and tortillas upon request. Calories = 672 Cholesterol = 193 mg Fat = 13 g Sodium = 1169 mg Diabetic Exchange: 4<sup>3</sup>/<sub>4</sub> Veg., 1<sup>1</sup>/<sub>4</sub> Bread, 10 Meat. Trans Fats=0

## MEXICAN STIR FRY

Fresh vegetables sautéed with shredded chicken in our wonderful achiote sauce. Served over a bed of Mexican rice. Calories = 445 Cholesterol = 120 mg Fat = 19 g Sodium = 250 mg Diabetic Exchange: 6<sup>1</sup>/<sub>4</sub> Meat, 2 Veg. Trans Fats=0

## ENCHILADAS VERDES DE POLLO

Seasoned chicken in two corn tortillas topped with tomatillo sauce, salsa quemada and Mexican Chile cheese. Served with black beans. Calories = 670 Cholesterol = 66.3mg Fat = 20.40 g Sodium = 859mg Protein 48 = 5g Sugar = 10 g Trans Fats = 0

## ENSALADA DE CAMARONES

Fresh salad greens with grilled shrimp, avocado, gorgonzola cheese and tomatoes. Tossed with cilantro lime dressing. Calories = 400 Cholesterol = 275 mg Fat = 22 g Sodium = 1010 mg Protein = 37g Sugar = 4 g Trans Fats = 0

## CHICKEN & AVOCADO TACOS

Two soft tacos with strips of grilled chicken breast and sliced avocado. Served with pico de gallo and black beans. Calories = 660 Cholesterol = 125 mg Fat = 15 g Sodium = 1270 mg Protein = 59 g Sugar = 5 g Trans Fats = 0

# COMBINACIONES

# 1 Two Soft Tacos, beef, chicken or carnitas. Served with Mexican rice and beans.

#2. Two enchiladas filled with jack cheese, topped with tomatillo sauce.  
Served with Mexican rice and beans.

# DESSERTS

## FLAN

Delicate custard with delicious caramel sauce.

## HOLLANDIA VANILLA ICE CREAM

# BEBIDAS

Coffee, Herbal Tea, Iced Tea, Pepsi, Diet Pepsi, Dr. Pepper, Root Beer, Orange Crush, Sierra Mist, Lemonade, Strawberry Lemonade, Raspberry Iced Tea, Juices.



# CASA DE PICO

## GLUTEN FREE MENU

We have prepared this list of suggested menu items based on the most current ingredient information available to us.

**Please ask to speak to a Manager if you any questions or concerns.**



## MARGARITAS

### TRES AGAVES MARGARITA

Tres Agave 100 % Agave Tequila with fresh lime juice, 100% agave nectar and a splash of Naked orange juice. Also in Strawberry, Peach, Raspberry and Mango

### PERFECT TRES AGAVES MARGARITA

Tres Agave 100 % Agave Tequila, 100% agave nectar, fresh lime juice, certified 100% gluten free Grand Marnier and a splash of orange juice.

## WINES

### Robert Mondavi Private Selection

Chardonnay, Merlot, Pino Grigio

### La Terre

Cabernet, Chardonnay, White Zinfandel

