

CRISPY QUESADILLAS

GRIDDLED TO ORDER

CHAR-GRILLED CHICKEN + JALAPEÑO jack cheese	\$7.79
GRILLED VEGETABLES (V) peppers, zucchini, onions, jack cheese	\$6.79
JACK CHEESE (V)	\$4.99
CHAR-GRILLED BLACK ANGUS SIRLOIN STEAK onion-cilantro mix, jack cheese	\$8.29

TACOS

2 PER ORDER ☀️ WARM FLOUR OR SOFT CORN TORTILLAS

BAJA CHICKEN	\$7.79
GRILLED VEGETABLES (V)	\$6.79
CHAR-GRILLED CHICKEN	\$7.79
CHAR-GRILLED BLACK ANGUS SIRLOIN STEAK	\$8.29
GRASS FED BEEF BRISKET BARBACOA	\$8.29

TOASTED BURRITOS

FLOUR, WHOLE WHEAT, OR SPINACH TORTILLA

SIGNATURE

BAJA CHICKEN chipotle marinated 	\$7.99
BUFFALO CHICKEN spicy + tangy 	\$7.99
GOAT CHEESE + BLACK BEAN (V)	\$6.99
CABO SHRIMP griddled to order	\$8.49
GRASS FED BEEF BRISKET BARBACOA all natural, grass fed, hormone-free	\$8.49

CLASSIC

CHAR-GRILLED CHICKEN	\$7.99
GRILLED VEGETABLES (V)	\$6.99
CHAR-GRILLED BLACK ANGUS SIRLOIN STEAK	\$8.49
BLACK BEAN + RED RICE (V)	\$5.59

BEACH BODY MENU

ALL UNDER 500 CALORIES

VEGGIE CHILI (V) 275 CALORIES

chunky roasted vegetables, organic quinoa, Mexican spices, vegetable broth

\$6.99

LO CARBURRITO BOWL 499 CALORIES

grilled chicken, guacamole, jack cheese, sour cream, tomato, salsa, no tortilla (in a bowl)

\$8.39

MEXICAN ORGANIC QUINOA SALAD (V) 256 CALORIES

housemade Mexican organic quinoa salad, guacamole, roasted peppers, and fat free black beans. served on a bed of lettuce, choice of salsa

\$7.19

SKINNY COMBO 368 CALORIES

char-grilled chicken taco on a soft corn tortilla, side of veggie chili & Mexican organic quinoa

\$6.99

BEACH BOWL SALADS

NO TORTILLA

CHAR-GRILLED CHICKEN	\$7.99
GRILLED VEGETABLES (V)	\$6.99
CABO SHRIMP	\$8.49
BUFFALO CHICKEN	\$7.99
CHAR-GRILLED BLACK ANGUS SIRLOIN STEAK	\$8.49
GOAT CHEESE + BLACK BEAN (V)	\$6.99
GRASS FED BEEF BRISKET BARBACOA	\$8.49
BAJA CHICKEN	\$7.99

SIDES

ADD HOMEMADE GUACAMOLE + CHIPS \$3.99

WE MAKE OUR GUAC FROM SCRATCH, EVERY SINGLE DAY, RIGHT HERE IN THIS RESTAURANT!

HOMEMADE SALSA + CHIPS mild or medium	\$1.99
FAT-FREE BLACK BEANS	\$1.39
CITRUS RICE OR RED RICE	\$1.39
CHIPS	\$1.39

EXTRAS

ADD THESE ITEMS TO ANY ENTREE

HOMEMADE GUACAMOLE	\$1.49
GOAT CHEESE	\$.99
VEGGIES	\$.79
TORTILLA	\$.49

DRINKS

BOTTLED WATER

17 oz. – \$1.99 34 oz. – \$3.29

SODA, FRESH BREWED ICED TEA

MED – \$2.19 LG – \$2.49

BREAKFAST

SERVED UNTIL 10:30 AM



BURRITOS

CHOOSE FROM WHOLE EGGS OR EGG WHITES

CHORIZO + EGG	\$4.99
GRILLED HAM + EGG	\$4.99
GRILLED BACON + EGG	\$4.99
GRILLED VEGGIES + EGG	\$4.59
EGG	\$4.09
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MIGUEL'S BREAKFAST BURRITO	\$5.99

eggs, bacon, cheddar, ketchipotle® potatoes

PLATES

LO-CARB SCRAMBLE eggs, cheddar, bacon, sour cream + guac	\$5.29
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SIDES

GRIDDLED POTATOES	\$1.59
BACON OR HAM	\$1.59
EXTRA EGG	\$1.59

DRINKS

COFFEE 	\$1.99
Chicago company, fair trade, custom roast	
TROPICANA JUICES	\$2.59