

# PLANET FRESH

## Burritos

made with lettuce, cabbage and tomato/cilantro salsa; served with seasoned, house-made chips (GMO free)

Choose one:

TORTILLAS: spinach, flour, chipotle, wheat

BEANS: pinto or black

RICE: Spanish/red or brown

or make it a tostada!

### QUESADILLAS

filled with monterey jack & cheddar cheeses and fresh pico de gallo; served with a side of sour cream

#### CHEESE (ONLY)

nothing but monterey jack and cheddar cheeses ... 7

#### GARDEN FRESH VEGGIES

organic mixed veggies; zucchini, baby carrots and corn ... 8.95

#### BEAN & CHEESE

choice of black or pinto beans ... 8.50

#### CHICKEN

all natural chicken breast, marinated & flame-grilled ... 9.25

#### PORK

marinated, flame-grilled pork tenderloin ... 9.50

#### STEAK

marinated, flame-grilled tri-tip sirloin ... 9.95

#### PRAWNS

prawns marinated in garlic & lemon, and flame-grilled ... 9.95

### NACHOS

add chicken breast, steak or pork tenderloin ... 1.99

fresh made in-house GMO-free corn chips topped with your choice of black or pinto beans, monterey jack & cheddar cheeses, tomatoes, green onions and jalapeños; topped with sour cream and guacamole ... 12.50

### SUPER ROLLED TACOS

fresh lettuce, cabbage, tomato, salsa, monterey jack & cheddar cheeses and sour cream; served on two corn tortillas

#### CHICKEN

all natural chicken breast, marinated & flame-grilled ... 6.50

#### STEAK

marinated, flame-grilled tri-tip sirloin ... 7.50

#### PORK

marinated, flame-grilled pork tenderloin ... 7.25

#### VEGGIE

organic mix of zucchini, baby carrots and sweet corn ... 6.00

#### FISH

pacific cod marinated with lemon & garlic and flame-grilled ... 7.00

#### PRAWNS

prawns marinated in garlic & lemon, and flame-grilled ... 7.95

or make it a crispy taco!

### TRADITIONAL

#### BEAN & RICE

a classic; filled with your choice of rice and beans ... 6.75

#### CHICKEN

all natural chicken breast, marinated & flame-grilled ... 8.95

#### FISH

pacific cod fillet marinated with lemon & fresh garlic and flame-grilled ... 9.25

#### STEAK

marinated & flame-grilled tri-tip sirloin ... 9.50

#### PORK

marinated, flame-grilled pork tenderloin ... 8.95

#### PRAWNS

prawns marinated in garlic & lemon, and flame-grilled ... 9.75

### BBQ

flame-grilled with onions and sautéed in our house-made, tangy, low-sodium BBQ sauce

#### CHICKEN

... 7.50

#### STEAK

... 9.75

#### PORK

... 9.25

#### CALIFORNIA VEGGIE

... 7.50

### PRAWN COMBO

#### LA JOLLA

sautéed prawns with organic mix of zucchini, baby carrots & sweet corn ... 9.50

#### LAND & SEA

all natural, marinated & flame-grilled chicken breast with sautéed and grilled prawns ... 9.50

#### SURF & TURF

marinated, flame-grilled tri-tip sirloin and sautéed, grilled prawns ... 10.95

#### PACIFIC RIM

all natural chicken breast, marinated and flame-grilled with organic veggie mix of zucchini, baby carrots, sweet corn and sautéed with marinated prawns in a pineapple-ginger teriyaki sauce ... 11.50

### ADD-ONS

#### SUPER

monterey jack cheese & sour cream ... .99

#### BAJA

monterey jack cheese, chipotle cream and guacamole ... 1.95

#### MONTEREY JACK CHEESE

... .55

#### SOUR CREAM

... .50

#### GUACAMOLE

... 1.50

#### CHIPOTLE CREAM

... .50

#### ORGANIC TOFU

... .95

### HOUSE SPECIALTIES

#### SONORA

marinated, flame-grilled tri-tip sautéed with organic mix of zucchini, baby carrots and sweet corn ... 9.50

#### SOUTHWEST

all natural, marinated and flame-grilled chicken breast sautéed with organic mix of zucchini, baby carrots & sweet corn ... 9.25

#### SANTA FE

all natural, marinated & flame-grilled chicken breast and tri-tip sirloin ... 9.75

#### THAI CHICKEN

all natural, marinated & flame-grilled chicken breast sautéed with house-made Thai-curry peanut sauce and organic cucumber ... 9.25

#### HAWAIIAN

all natural, marinated and flame-grilled chicken breast sautéed with house-made pineapple-ginger teriyaki sauce ... 9.25

#### CHICKEN & ARTICHOKE HEARTS

all natural, marinated and flame-grilled chicken breast with marinated artichoke hearts ... 8.95

### VEGGIE

add organic tofu ... .95

#### GARDEN FRESH

organic mix of zucchini, baby carrots & sweet corn, sautéed with fresh tomato salsa ... 7.25

#### CAJUN FRESH

organic mix of zucchini, baby carrots & sweet corn, sautéed with house-made cajun sauce ... 7.50

#### THAI FRESH

organic mix of zucchini, baby carrots & sweet corn, sautéed with house-made Thai curry peanut sauce & organic cucumber ... 7.25

#### HAWAIIAN FRESH

organic mix of zucchini, baby carrots & sweet corn, sautéed with house-made pineapple-ginger teriyaki sauce ... 7.75

#### BBQ FRESH

organic mix of zucchini, yellow squash, baby carrots & sweet corn, sautéed with house-made BBQ sauce ... 7.50

### CAJUN

marinated and flame-grilled, sautéed with our house-made cajun sauce (low-sodium blend of cayenne peppers, garlic & spices)

#### CHICKEN

all natural, marinated and flame-grilled chicken breast ... 9.25

#### STEAK

Marinated and flame-grilled tri-tip sirloin ... 9.75

#### PORK

marinated and flame-grilled pork tenderloin ... 9.25

#### FISH

pacific cod, marinated with lemon & garlic and flame-grilled ... 9.50

#### PRAWNS

prawns marinated in garlic & lemon and flame-grilled ... 9.75