745 Maiden Lane 585-270-5033 Salenas.com

# **VEGETARIAN MENU**



### **TO START** Salena's Chips & Salsa 3.00 **Large Chips & Salsa** 9.00 7.00 **Guacamole & Chips** 6.00 **Queso Fundido & Chips** Add quinoa 8.00 8.95 Quesadillas Americana flour tortilla wedges with melted cheese, salsa & sour cream on the side. Add protein 11.95 12.95 **Loaded Nachos** Salena's traditional chips topped with your choice of protein, queso, lettuce, salsa fresca, olives, sour cream, jalapenos, & guacamole. 3.75 Stuffed Jalapenos 4 jalapeno peppers stuffed with cheese Add quinoa 5.50

## **BUILD YOUR OWN**

### **Burrito** 10

12" flour tortilla filled with your choice: protein from list, and rice, black beans (includes corn), jalapenos, olives, salsa fresca, guacamole, lettuce, sour cream and cheese

### Bowl 10 full/6 half

Your choice of protein from list, rice, black beans (includes corn), jalapenos, olives, salsa fresca, guacamole, lettuce, sour cream and cheese.

Topped with your choice of sauce

## A LA CARTE ITEMS

### **Taco** 3.50

corn tortilla topped with your choice of protein, pickled onion, cotija cheese, salsa fresca, and cilantro

## Enchilada\* 3.50

corn tortilla wrapped around cheese & your choice of protein. Broiled with enchilada sauce and cheese on top

### Burrito 4.50

flour tortilla wrapped around cheese & your choice of protein.

Broiled with enchilada sauce and cheese on top 6.00

## **ENCHILADA PLATES** served with rice and pinto beans

\*no substitutions

## **Combination Enchiladas** 13.95

Vegetarian: 1 quinoa, 1 black bean, 1 cheese

## **Protein Choices:**

quinoa, roasted vegetables, black bean mix, pinto bean.

\*Guacamole: Taco & Tostada only

\*For enchiladas

choose from Red Enchilada, White, or Green Tomatillo on top

### **COMBOS**

**Taco Combo**: 9.95 2 tacos with your choice of protein, served with rice and pinto beans

**Enchilada Combo:** 9.95 2 Enchiladas with your choice of protein, served with rice and pinto beans **Burrito Combo:** 12.95 2 Burritos with shredded cheese and your choice of protein, and served with rice and pinto beans

## FAMILY 4 PACK TO-GO: \$30 (8 Tacos)

- \*4 hard shell, 4 soft shell flour tortillas (can be corn upon request)
- \*Protein (1 choice)
- \*Lettuce, salsa fresca, cheese, pickled onion, jalapeño, sour cream
- \*Rice and pinto beans
- \*Chips and salsa

### THANK YOU FOR YOUR PATIENCE!

Send any feedback at any time to kelly@salenas.com

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### **SALADS** 10.00

**Salena's Avocado Salad** greens, avocado, carrots, tomatoes, red onions, cucumbers, bell peppers, salsa fresca & cotija cheese\* add tofu \$5,

## **SIGNATURE PLATES** served with rice and black beans

\*no substitutions

**Stuffed Avocado** Fresh avocado cut in half, topped with your choice of protein, sautéed peppers & onions, melted cheese, salsa fresca, and cotija

## **Grilled Cilantro Citrus Tofu Tacos** 15.45

Marinated, grilled, and served in flour tortillas. Topped with pickled onion, avocado crema, salsa fresca, and cotija

## **DESSERTS** 3.95

Flan Vegan Mexican Cake Tequila Pie (frozen)

## **FAJITAS**

Includes: sautéed peppers and onions. With rice, pinto beans, 3 flour tortillas, lettuce, tomato, cheese, sour cream, and guacamole served on the side

### Vegetable

15.95

- Sautéed seasonal vegetables
- Add grilled tofu for \$5

## SIDES:

Quinoa	3.00
Flour or Corn Tortilla	1.00
Sour Cream	1.00
½ Guacamole	4.00
Lettuce, Tomato, Cheese, or onion	1.00
Rice	2.50
Pinto or black bean mix	2.50
Side Salad	4.00

## **BEVERAGES:** \$2

Regular or Diet Soda Bottled Water

Jarritos \$3

## **KID'S MEAL:** \$4

Pick one: Taco or Enchilada

Pick one: Rice, Pinto Beans, Black Beans, Applesauce, ½ Guacamole

<sup>\*</sup>DRESSINGS: SALSA RANCH, SALSA BLEU, HONEY-LIME CILANTRO, ITALIAN, RASPBERRY VINAGRETTE