

TAKE OUT MENU



NATURAL WILD ORGANIC

STARTERS

Avocado Dip Seasoned with mango habanero salsa, lime and cilantro. Served with salsa fresca and chips. 🌱 7.49

Chips & Salsa Fresca 🌱 3.89

MAIN PLATES

Blackened Salmon Cajun spiced sustainable salmon with chipotle-lemon butter, mango, organic cornmeal spoon bread and Aqui slaw. 13.89

Wild Rock Crab Cake Crisp wild rock crab cake, chicken enchiladas, guajillo pumpkin sauce, spinach-cilantro rice, sun-dried tomato salsa, lemon aioli and broccoli. 13.89

West Coast Salmon Grilled sustainable salmon, blood orange vinaigrette, papaya, red cabbage-daikon radish slaw, broccoli, spinach-cilantro rice and lemon aioli. 13.89

Adobo Chicken Fajitas Adobo spiced chicken breast, onions and peppers in a sweet and spicy fajita sauce. Served with avocado-chipotle-black bean nachos, spinach-cilantro rice, cotija cheese and corn tortillas. 11.99

Tomato Basil Chicken Crisp chicken breast with tomato basil sauce, organic cornmeal spoon bread, broccoli, butternut squash-pepita salsa, sun-dried tomato salsa, feta cheese and herb aioli. 12.99

Chicken Enchiladas Grilled chicken breast, organic polenta, sweet potato and Monterey Jack rolled in corn tortillas. Served with spinach-cilantro rice, broccoli, ancho chile sauce and sour cream. 11.99

BOWLS

Grilled Salmon Grilled sustainable salmon, mashed organic chickpeas, tomato basil sauce, butternut squash-pepita salsa, herb aioli, sun-dried tomato salsa and broccoli. 10.99

Avocado Tilapia with Grilled Chicken Crisp sustainable tilapia, grilled chicken breast, spinach-cilantro rice, cauliflower-carrot escabeche, achiote sauce, butternut squash-pepita salsa, lime-avocado dressing, chipotle dressing, avocado and cotija cheese. 10.79

Southwest Chicken Taquitos Grilled chicken breast, organic polenta and sweet potato rolled in corn tortillas. Served with avocado, sour cream, achiote sauce, spinach-cilantro rice and black beans. 10.79

Adobo Chicken Lime-Avocado Adobo spiced chicken breast, avocado, black beans, spinach-cilantro rice, lemon vinaigrette, garbanzo-jicama-edamame mix, chipotle corn salsa, red cabbage-daikon radish slaw, lime-avocado dressing and cotija cheese. 9.99

Lemon Chicken Grilled chicken breast, organic spinach, broccoli, spinach-cilantro rice, lemon vinaigrette, papaya, lemon aioli and dried cranberries. 9.99

Grilled Chicken Supreme Grilled chicken breast, avocado, Monterey Jack, spinach-cilantro rice, pinto beans, firecracker chile sauce, chipotle corn salsa, salsa fresca, sour cream, romaine and cotija cheese. 9.49

VEGETARIAN

California Enchiladas Organic polenta, sweet potato, edamame and Monterey Jack rolled in corn tortillas. Served with avocado, chipotle corn salsa, tomato basil sauce, feta cheese, sun-dried tomato salsa and broccoli. 🌱 10.69

Avocado-Veggie Supreme Bowl Avocado, Monterey Jack, cauliflower-carrot escabeche, chipotle corn salsa, spinach-cilantro rice, pinto beans, firecracker chile sauce, salsa fresca, sour cream, romaine and cotija cheese. 🌱 9.29

Cotija Taquitos Grilled corn, organic polenta, sweet potato, edamame and Monterey Jack rolled in corn tortillas. Served with achiote sauce, avocado, spinach-cilantro rice, black beans, red cabbage-daikon radish slaw, sour cream, lime-avocado dressing and cotija cheese. 🌱 9.89

Organic Chickpeas Bowl Mashed organic chickpeas, grilled flatbread, organic spinach, cauliflower-carrot escabeche, chipotle corn salsa, sun-dried tomato salsa, guajillo pumpkin sauce. 🌱 9.29

Firecracker Organic Tofu Grilled organic tofu, firecracker chile sauce, chile-ranch dressing, avocado, spinach-cilantro rice, black beans, lime-avocado dressing, tortilla strips, cotija cheese and crisp onions. 🌱 9.89

More  **Vegetarian** items on this menu

SALADS

Southwest Caesar Romaine, grilled corn, pumpkin seeds, black beans, tortilla strips and asiago cheese. 9.29 🌱
-With adobo or grilled chicken breast 10.99
-With grilled sustainable salmon 13.49

Lime-Avocado Chicken Grilled chicken breast, romaine, lime-avocado dressing, black beans, grilled corn, pumpkin seeds, avocado, tortilla strips and cotija cheese. 10.99

Wild Rock Crab Cake Crisp wild rock crab cake with organic greens-crunchy cabbage mix, mango, chipotle dressing, tortilla strips, chipotle corn salsa and mango dressing. 11.99

Cowboy Adobo Chicken Adobo spiced chicken breast, romaine, grilled corn, butternut squash-pepita salsa, black beans, tortilla strips, chile-ranch dressing and cotija cheese served on a grilled wheat tortilla. 10.99

Grilled Salmon Organic greens-crunchy cabbage mix, feta cheese, sun-dried tomato salsa, lemon vinaigrette, cucumbers, garbanzo-jicama-edamame mix, herb aioli and grilled wheat chips. 13.49

BURRITOS

Served with mango organic greens-crunchy cabbage salad or soup.

Baja Tilapia

Crisp sustainable tilapia, romaine, salsa fresca, avocado, chipotle corn salsa and lemon aioli in a whole wheat tortilla. 9.99

Grilled Chicken

Grilled chicken breast with spinach-cilantro rice, pinto beans, salsa fresca, lemon aioli, firecracker chile sauce and Monterey Jack in a whole wheat tortilla. 9.29

Adobo Chicken

Adobo spiced chicken breast, Serrano salsa, spinach-cilantro rice, black beans, lemon vinaigrette and Monterey Jack in a whole wheat tortilla. 9.69

BBQ Chicken

Grilled chicken breast, BBQ sauce, spinach-cilantro rice, Aqi slaw, crisp onions and organic spinach in a tomato tortilla. 9.29

QUESADILLAS

Served with organic greens-crunchy cabbage salad.

BBQ Chicken Tomato tortilla, grilled chicken breast, BBQ sauce, pumpkin seeds and Monterey Jack. 10.49

Sonoma Goat Cheese Spinach tortilla, goat cheese, Monterey Jack and grilled corn. 🌱 10.49

Chicken and Monterey Jack Whole wheat tortilla, grilled chicken breast and Monterey Jack. 10.49
-Simply Monterey Jack. 🌱 8.99

Veggie Feta Quesadilla Tomato tortilla, mashed organic chickpeas, cauliflower-carrot escabeche, grilled corn, black beans, Monterey Jack and feta cheese. 🌱 9.99

TACOS

Served with organic greens-crunchy cabbage salad.
Served on Non-GMO sourced California corn tortillas.

Crisp Tilapia Panko crusted sustainable tilapia, Aqi slaw, salsa fresca and lemon aioli. 8.99

Grilled Chicken Grilled chicken breast with mashed black beans, chipotle corn salsa and herb aioli. 7.49

Grilled Salmon Grilled sustainable salmon, Aqi slaw, salsa fresca and lemon aioli. 8.99

KID'S

Add a drink for 95¢ (for children 12 and under please).

Classic Kid's Chicken Bowl Grilled chicken breast, Monterey Jack, tomato basil sauce, pinto beans and spinach-cilantro rice. 6.39

Simple Cheese Quesadilla Whole wheat tortilla and Monterey Jack. Served with fruit and chips. 🌱 4.69
-With grilled chicken breast 6.39

Bean and Cheese Burrito Whole wheat tortilla, pinto beans and Monterey Jack. Served with fruit and chips. 🌱 4.69
-With grilled chicken breast 6.39

INDUSTRIAL SWIRLS

Please check our in-house menu boards for our current offerings.

We accept Visa, MasterCard and American Express.
Prices do not include tax. Menu and prices are subject to change without notice.

We are not responsible for lost or stolen items.

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