

## BEVERAGES



Soda  
(Coke, Diet Coke, Sprite, Mr.Pibb,  
Raspberry Nestea & Root beer)  
Fresh Brewed Iced Tea  
Fresh Squeezed Lemonade  
Mexican Beer  
Micro Beer  
Margarita

## EXTRAS

Chips & Salsa  
Chips & Guacamole  
Side of Rice  
Side of Beans  
Large Bowl of Rice & Beans  
Side of Guacamole  
Side of Sour Cream  
Side of Cheese  
Cookie

## KID'S MENU

(12 & under only, please)

Kiddy Burrito (Pinto Beans & Cheese - No Salsa)  
Bean  
Chicken or Steak  
Kiddy Quesadilla  
Single Taco  
(on flour tortilla - no salsa or onions)  
Chips & Melted Cheese  
Bowl of Potatoes  
Side of Rice and/or Beans  
Small Beverage (12 oz)  
soft drink, lemonade, apple juice, milk

**All prices subject to change  
without notice.**



**FRESH  
HEALTHY  
MEXICAN**

Luz nf (a) (gen) light;  
la luz del dia the light of day;  
luz electrica electric light;  
luz de la luna moonlight;  
luz del sol sunlight;  
a la luz de un nuevo descubrimiento  
in the light of a new discovery.

**ENJOY A NEW DISCOVERY AT  
LA LUZ MEXICAN GRILL**

**THANK YOU!**

UNLESS IT SAYS MEAT, IT'S VEGETARIAN.

**THE LOCAL FAVORITE  
SINCE 1997**



**FRESH  
HEALTHY  
MEXICAN**

**200 B WALNUT STREET  
OLD TOWN FORT COLLINS  
493-1129**

**140 E. BOARDWALK  
FORT COLLINS, CO  
267-9444**

**WWW.LALUZGRILL.COM**

## WE ARE NOT A CHAIN

La Luz is locally owned and operated and we sincerely appreciate your support. We use only the freshest natural ingredients in our kitchen - *many are purchased locally*. With the best of our intents and abilities - all of our food is prepared daily from scratch. Our meats, seafood and veggies are marinated in citrus juices, Mexican spices and grilled fresh.

Our cooking oils contain no trans fat, and we never use lard, MSG, or preservatives. We don't even own a microwave. Spice up your order at our award-winning salsa bar - *ranging from mild corn salsa to our fiery chipotle salsa*. We offer many vegan options and unless it says meat, it's vegetarian.

Striving for a finer sense of flavor, lightness and texture - we take the extra steps to create better, fresher foods. We think you'll agree.

### **MENU FOR A HEALTHY HEART**

The menu for a Healthy Heart is based on the following guidelines:

#### **Total Fat**

< 3 grams fat per 3.5 ounce serving  
< 30% total calories from fat

#### **Saturated Fat**

< 1 gram saturated fat per 3.5 ounce serving  
< 10% total calories from saturated fat

# L A L U Z V A L U E S

## #1 CHINGON ESPECIAL

*includes entree, soda or tea, side of chips, and a cookie*

- Gourmet Fish Burrito
- Gourmet Shrimp Burrito
- ♥ Gourmet Steak Burrito
- ♥ Gourmet Carnitas Burrito
- ♥ Gourmet Chicken Burrito
- ♥ Gourmet Veggie Burrito
- Fish Fajita Burrito
- Shrimp Fajita Burrito
- Steak Fajita Burrito
- Carnitas Fajita Burrito
- Chicken Fajita Burrito
- Veggie Fajita Burrito
- Potato Steak Burrito
- Potato Chicken Burrito
- Potato Veggie Burrito
- Potato Bean/Rice Burrito
- Atomic Burrito
- ♥ Pesto Chicken Burrito
- ♥ Garden Burrito
- ♥ Bean Burrito
- Shrimp Tacos
- Fish Tacos
- Steak Tacos
- Carnitas Tacos
- Veggie Tacos
- Shrimp Quesadilla
- Steak Quesadilla
- Chicken Quesadilla
- Bean Quesadilla
- Shrimp Salad
- ♥ Steak Salad
- ♥ Chicken Salad
- ♥ Veggie Salad
- Steak Nachos
- Chicken Nachos
- Bean Nachos

➤ Great care is taken to remove the bones from our fish, however, occasionally bones may be encountered.

## #2 PANZON ESPECIAL

*includes entree, soda or tea, and a side of chips*

- Gourmet Fish Burrito
- Gourmet Shrimp Burrito
- ♥ Gourmet Steak Burrito
- ♥ Gourmet Carnitas Burrito
- ♥ Gourmet Chicken Burrito
- ♥ Gourmet Veggie Burrito
- Fish Fajita Burrito
- Shrimp Fajita Burrito
- Steak Fajita Burrito
- Carnitas Fajita Burrito
- Chicken Fajita Burrito
- Veggie Fajita Burrito
- Potato Steak Burrito
- Potato Chicken Burrito
- Potato Veggie Burrito
- Potato Bean/Rice Burrito
- Atomic Burrito
- ♥ Pesto Chicken Burrito
- ♥ Garden Burrito
- ♥ Bean Burrito
- Shrimp Tacos
- Fish Tacos
- Steak Taco
- Carnitas Tacos
- Veggie Tacos
- Shrimp Quesadilla
- Steak Quesadilla
- Chicken Quesadilla
- Bean Quesadilla
- Shrimp Salad
- ♥ Steak Salad
- ♥ Chicken Salad
- ♥ Veggie Salad
- Steak Nachos
- Chicken Nachos
- Bean Nachos

# A L A C A R T E

## BURRITOS

### GOURMET BURRITOS

*Black beans, cilantro lime rice, salsa fresca, cheese or sour cream with:*

- Fish or Shrimp (with salsa blanca & cabbage)
- ♥ Steak or Carnitas
- ♥ Chicken or Grilled Veggies

### FAJITAS BURRITOS

*Grilled bell peppers and onions, cheese, guacamole, salsa fresca, cilantro lime rice (no beans) with:*

- Fish or Shrimp (with salsa blanca & cabbage)
- Steak or Carnitas
- Grilled Veggies, or Chicken

### POTATO BURRITOS

*Lightly fried potatoes, cheese, ranch dressing, and salsa fresca with:*

- Fish or Shrimp (with salsa blanca)
- Steak or Carnitas
- Chicken, Grilled Veggies, Beans/Rice

### ATOMIC BURRITO

*Black beans, cilantro lime rice, sour cream, onions, guacamole, cheese, lettuce, jalapenos, salsa fresca, chicken AND steak.*

### PESTO CHICKEN BURRITO ♥

*Black beans, cilantro lime rice, salsa fresca, and chicken with Poblano chile pesto.*

### GARDEN BURRITO ♥

*Black beans, cilantro lime rice, lettuce, tomatoes, guacamole, and salsa fresca.*

### BEAN BURRITO ♥

*Your choice of black or pinto beans, cilantro lime rice, cheese, and salsa fresca.*

## QUESADILLAS

*A huge flour tortilla topped with cheese and grilled to perfection. Served with sides of guacamole and salsa fresca with:*

- Shrimp
- Steak or Carnitas
- Chicken
- Black or Pinto Beans
- Spinach and Black Bean

\* We take great care in preparing your food. However, occasionally organic matter may be encountered.

## TACOS

*Two BIG tacos on your choice of soft corn\* or flour tortillas, cheese, spicy onions, lettuce, and salsa fresca with:*

- Shrimp (salsa blanca and cabbage)
- Steak
- Chicken or Carnitas

*\*Crispy corn available upon request.*

### FISH TACOS - HOUSE SPECIALTY

*Grilled fish with salsa blanca, cheese, spicy onions, shredded cabbage, salsa fresca, and lime. ➤*

### VEGGIE TACOS

*Black beans, cilantro lime rice, guacamole, cheese, spicy onions, lettuce, and salsa fresca.*

## NACHOS

*Crisp tortilla chips topped with black beans, cheese, salsa fresca, sour cream, and your choice of:*

- Steak, Chicken or Carnitas
- Bean
- Add Guacamole

## SALADS

*A bed of lettuce served with a tortilla cup of black beans, cheese, tomato, onion, and guacamole.*

- Shrimp
- ♥ Fish ➤
- ♥ Steak
- ♥ Chicken
- House
- Add Grilled Veggies

## PLATES

*A generous plate of black beans, cilantro lime rice, lettuce, salsa fresca, and your choice of soft corn or flour tortillas with:*

- Fish
- Steak or Carnitas
- Chicken or Veggies

## CHILE RELLENOS

*Crispy style served with Rice and Pinto Beans*