



**Guru's**  
*At the Oasis*

## Gurus Specials

### LEMON BUTTER SALMON (GF)

Full salmon fillet served with basmati rice and sauteed veggies. 24

### MAHI MAHI PLATE (GF)

Mahi-Mahi fillet served on a bed of coconut rice with fruit salsa, steamed broccoli, and lime. 24

### SHRIMP FETTUCCINE IN A WHITE WINE SAUCE

Served with sautéed mushrooms, tomatoes, artichoke hearts, and a side of toast. 24

### TAMALE PLATE

Your choice of two chicken, chili cheese, or vegan tamales covered in shredded cheese and our house ranchero sauce, served with a southwest chipotle salad. 18

## Tacos, Burritos, & Quesadillas



Choose pulled pork, grilled chicken, or tofu. Served with chips and salsa fresca, or a sub. Add \$4 for carne asada \$8 for salmon or \$5 for shrimp

### BURRITO GRANDE

Fresh flour tortilla stuffed with rice, black beans, two cheeses, and your choice of meat, smothered in a fresh ranchero sauce and melted cheese. Served with sour cream. 17

### TACOS

Two soft tortillas, lettuce, cilantro-lime ranch, and two cheeses, filled with your choice of meat. Served with sour cream. 16

### QUESADILLA

Your choice of meat stuffed with cheddar and monterrey jack cheese. Served with sour cream. 16

### CILANTRO-LIME QUESADILLA (N)

Stuffed with chicken, cheddar, monterrey jack and feta cheese, corn, and cilantro-lime pesto. Served with sour cream. 18

### BLEU QUESADILLA

Stuffed with steak, cheddar, monterrey jack and bleu cheese. Served with sour cream. 20

### SANTA CRUZ QUESADILLA

Stuffed with your choice of meats or vegetarian, feta, cheddar and monterrey jack cheese, and black beans. Served with sour cream. 18

### BAJA FISH TACOS

Two soft tacos stuffed with grilled haddock, guacamole, lettuce, and cilantro-lime ranch. 20

### SHRIMP TACOS

Two soft tacos stuffed with shrimp, our house-made fruit salsa, guacamole, red cabbage, and chipotle ranch. 20

### SALMON TACOS

Two soft shelled salmon tacos served with our fresh guacamole, lettuce, and cilantro lime ranch. 20

### CHEESE QUESADILLA

The traditional quesadilla you know and love with a touch of our secret gurus spice. 12



Gurus Favorite

(V) Vegan

(N) Contains Nuts

(GF) Gluten Free

## Pasta and Bowls

All bowls are served on your choice of white or brown rice, pasta or Gluten-Free Asian rice noodles. Add \$4 to sub for carne asada, \$8 for salmon, or \$5 for shrimp.

### TERIYAKI RICE BOWL



Grilled chicken, sautéed carrots, broccoli, zucchini, yellow squash, and edamame, with orange teriyaki glaze. 18

### PAN-SEARED SALMON RICE BOWL (GF)

Pan-seared salmon fillet, sautéed carrots, broccoli, zucchini, and yellow squash, with a roasted red bell pepper sauce. 24

### THAI PEANUT PASTA OR RICE BOWL (N)

Grilled chicken, bean sprouts, broccoli, edamame, zucchini, yellow squash, carrots, and peanuts in a Thai peanut sauce. 19

### SPICY SZECHWAN PASTA OR RICE BOWL

Grilled chicken with zucchini, yellow squash, carrots, broccoli, and sesame seeds in a traditional Szechwan pepper sauce. 18

### CILANTRO-LIME PESTO PASTA (N)

Grilled chicken with zucchini, yellow squash, carrots, broccoli, parmesan cheese and cilantro-lime pesto. 18



### MARCO POLO PASTA

Grilled chicken, artichoke hearts, zucchini, yellow squash, carrots, broccoli, mushrooms, and tomatoes in a light garlic alfredo sauce with parmesan cheese. 20

## Veggies

### VEGETARIAN BOWL (GF, N)

Sautéed bean sprouts, carrots, zucchini, yellow squash, corn, broccoli, tomatoes, mushrooms, artichoke hearts, edamame, and your choice of rice in a light cilantro-lime pesto. 16

### THAI VEGGIE WRAP (N, V)



Tofu, zucchini, yellow squash, carrots, edamame, sprouts, lettuce, tomatoes, brown rice and peanuts in a Thai peanut sauce. Served with chips and salsa fresca. 14

### GURUVIAN VEGGIE & TOFU WRAP

Tofu, zucchini, yellow squash, carrots, mushrooms, edamame, lettuce, tomatoes, feta cheese and cilantro-lime ranch. Served with chips and salsa fresca. 14

### GOOD KARMA NOODLES (GF, V)

Tofu, edamame, artichoke hearts, mushrooms, broccoli, roma tomatoes, zucchini, yellow squash, and carrots, in a coconut-curry cream sauce. 16

### SPICY CURRY BOWL (GF, N, V)

Zucchini, yellow squash, carrots, edamame, broccoli, bean sprouts, cashews, and tofu in a spicy coconut curry sauce over rice. 16

### CURRY QUESADILLA (N)

Zucchini, yellow squash, carrots, edamame, mushrooms, and cashews in a chipotle tortilla with melted cheddar, monterrey jack and feta cheese. Served with chips and salsa, roasted red pepper ranch, and guacamole. 15

### VEGGIE BURRITO (N)



Zucchini, yellow squash, carrots, edamame, mushrooms, corn, peanuts, tofu, brown rice, cheddar and monterrey jack cheese, and cilantro lime ranch rolled in a spinach tortilla topped with pico de gallo and guacamole. Served 15

## Appetizers

CHIPS AND QUESO 7

CHIPS AND GUACAMOLE 8

CHIPS AND SALSA FRESCA (GF, V) 5



SWEET POTATO FRIES (GF, V)

With southwest fry sauce. 7/12

FRENCH FRIES (GF, V) 7/12

## Side Substitutes

SWEET POTATO FRIES 3

RICE AND BEANS 2

FRENCH FRIES 3

## Drinks

Bottled Soda (Coke Sprite Fanta) 5

Fountain Drinks 3

Coffee 3

Hot Tea 3

Juices 4

Milk 4