



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