

# items containing nuts

- basil pesto (walnuts)
- bolsa cheesecake (order no pecan topping)
- chile nut dressing (mixed nuts/no peanuts)
- chile pecans
- coriander-corn crusted chicken salad
- coriander-corn crusted chicken salad wrap
- ginger rice
- grilled vegetable wrap
- jack daniels pecan tart
- navajo grilled chicken salad (order no chile nut dressing)
- quesadillas (all)
- southwestern caesar (order no pecan butter croutons)

# gluten free menu items

- adobe pie (both chicken and black bean-cheese are made with corn masa\*)
- ginger-chipotle grilled shrimp salad (order no shrimp\*)
- grilled veggie relleno (a la carte)
- mixed grill churrascaritas (steak and sausage only, no mesa panna bread)
- queso
- red chile crusted salmon (has a cornmeal crust\*)
- southwestern caesar – (plain or salmon only, no croutons)
- southwestern fajitas (steak only, no tortillas)
- spa grilled fish-of-the-day
- steak churrascaritas (no mesa panna bread)
- tableside guacamole
- texas toothpicks with queso (no chicken, shrimp or mesa panna bread)
- tres flans (ask about changing flavors)
- vegetable sampler (seasonal vegetable varies)
- veggie skewer (a la carte)
- veracruz shrimp cocktail
- sauces: avocado sauce, chipotle cream, three chile, and tomatillo sauce
- salsas: fire roasted and red table salsa

## note

\*corn tortillas or other items containing corn flour or masa are not guaranteed gluten free.

fried food, including all tortilla and sweet potato chips, may be fried in the same oil as items containing wheat.

we have prepared this list of menu options based on the ingredient information from our food suppliers. please be aware that during normal kitchen operations the possibility exists for food items to come in contact with other food products. due to these circumstances, we are unable to guarantee that any menu item can be completely free of ingredients you may be allergic to.

we fry in a non-hydrogenated, zero trans fat oil.

many of our menu items can be adapted for special dietary needs. please let us know and we will try to accommodate your request.

# BLUE MESA

SOUTHWEST GRILL

## nutrition



### ADDISON - PRESTON POND II

14866 Montfort Drive, Addison 75254  
972.934.0165

### ARLINGTON - LINCOLN SQUARE

550 Lincoln Square, Arlington 76011  
682.323.3050

### DALLAS - LINCOLN PARK

7700 W. Northwest Hwy., Dallas 75225  
214.378.8686

### FORT WORTH

#### UNIVERSITY PARK VILLAGE

1600 S University Dr., Ft Worth 76107  
817.332.MESA (6372)

### PLANO - GRANITE PARK

8200 Dallas Parkway, Plano, 75024  
214.387.4407

[blumesagrill.com](http://blumesagrill.com)

# spa plates

## ♥ spa chicken & spinach enchiladas

fresh spinach, mushrooms and chicken wrapped in steamed corn tortillas and topped with tomatillo sauce. served with grilled sweet potatoes, asparagus and salsa fresca.

**[363 calories, 9g total fat, 1g saturated fat, 56g carbohydrate, 9g fiber, 16g protein, 792mg sodium]**

🌱 vegetarian option – spinach and mushroom enchiladas without chicken

## ♥ spa grilled fish-of-the-day

with pineapple habanero relish, sweet potatoes and asparagus.

**[415 calories, 15g total fat, 2g saturated fat, 26g carbohydrates, 5g fiber, 43g protein, 552mg sodium (average)]**

🌱 vegetarian option – spinach and mushroom enchiladas without chicken

## ♥🌱 veggie relleno and enchilada

a sweet potato-black bean-goat cheese grilled chile relleno and a low fat spinach and mushroom enchilada. served with a mixed veggie skewer.

**[473 calories, 20g total fat, 6g saturated fat, 55g carbohydrate, 13g fiber, 19g protein, 794mg sodium]**

## 🌱 vegetarian

♥ indicates selection certified as heart-healthy by **medical city heart**. ask your server for more information or visit [medicalcityhospital.com](http://medicalcityhospital.com).

### medical city's heart healthy criteria for restaurants

for one meal (based on a 2,000 calorie diet)

650 calories or less

85g carbohydrates or less

20g total fat or less

7g saturated fat or less

800mg sodium or less

8g fiber (not critical if this is not met)

we fry in a non-hydrogenated, zero trans fat oil.

many of our menu items can be adapted for special dietary needs. please let us know and we will try to accommodate your request.

# vegetarian suggestions

## starters

- avocado-sun dried tomato pesto quesadilla (no cheese\*)
- black bean & cheese nachos
- texas toothpicks with queso (choose all vegetable skewers)
- queso, classic and spinach-artichoke
- tableside guacamole\*
- caramelized onion-basil quesadilla
- black bean soup (no lime sour cream on top\*)

## entrees

- avocado enchiladas (vegan - substitute three chile or tomatillo sauce, no lime sour cream, no cotija cheese on black beans\*)
- blue corn cheese enchiladas with three chile or tomatillo sauce
- goat cheese enchiladas
- spa spinach-mushroom enchilada (order no chicken)
- ginger-chipotle grilled shrimp salad (order no shrimp\*)
- navajo salad (order no chicken\*)
- street tacos with avocado-black bean-goat cheese (sides vary)
- vegetable sampler
- veggie relleno and enchilada
- grilled vegetable wrap with goat cheese, basil pesto and black beans (order no cheese\*)

## a la carte & sides

- black bean adobe pie
- blue corn cheese relleno
- caramelized onion-basil quesadilla
- chimayo market corn
- chips & salsa\*
- corn cake\*
- ginger rice
- grilled asparagus\*
- grilled sweet potatoes\*
- guacamole\*
- house salad (no cotija cheese\*)
- jalapeño relish\*
- jicama slaw
- mesa panna bread\*
- onion rajas\*
- smoky black beans (no cotija cheese\*)
- vegetable relleno
- vegetable skewer\*

## vegetarian dressings, relishes & sauces

- ancho mayonnaise
- avocado sauce\*
- basil pesto
- chile nut dressing\*
- chile pepper baste\*
- chipotle cream sauce
- fire roasted salsa\*
- garlic basil oil\*
- ginger chipotle baste\*
- lime butter sauce
- pico de gallo\*
- pineapple habanero bbq sauce\*
- pineapple habanero relish\*
- poblano ranch dressing
- red table salsa\*
- sun-dried tomato pesto\*
- tequila orange vinaigrette\*
- three chile sauce\*
- tomatillo sauce\*

\* vegan