

DESSERTS

Apple Cinnamon Fruit Tamale (<i>with Agave Syrup</i>)	\$2.49
Tres Leches Cake	\$2.99
Dark Chocolate Flan (<i>w/ Chocolate Covered Serano</i>)	\$2.99
Churro	\$.99 each or 4 for \$2.99

SIDES

Black beans	\$1.29	Sour cream	\$0.69
Rice	\$1.29	Tomato onion relish	\$0.69
Eloté	\$1.29	Chips	\$.99
Queso	\$1.29	Taco	\$2.49
Sweet potatoes	\$1.29	Puffy taco	\$3.49
Tamale	\$2.49	Guacamole (<i>seasonal</i>)	\$1.29 - 2.49

THE ELOTÉ MISSION

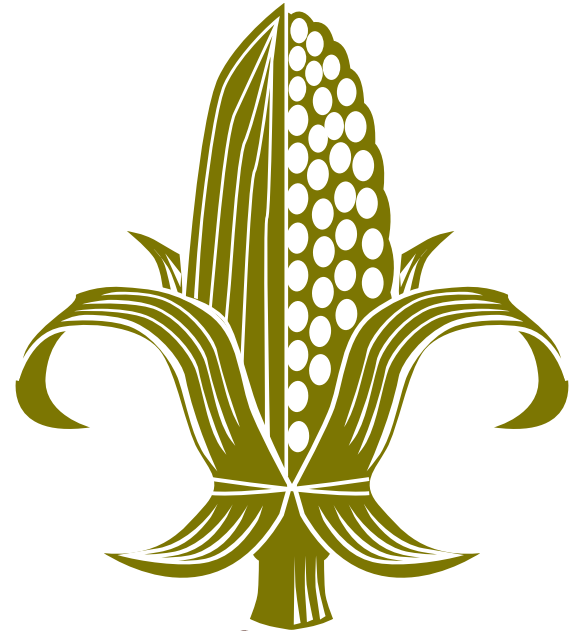
We at Eloté strive to serve you amazing food every day by using the freshest ingredients available. Our bodies need nourishment in order to thrive and nutrition is key. We know how difficult it is to eat healthy, fresh food in our busy lives and we are dedicated to making that easier for you. Fresh ingredients and our love for food enable us to deliver tasty, healthy, filling food straight from our kitchen right to your plate. We do all this while limiting negative environmental impact through green practices.

Go green, go fresh and eat Eloté!

Here are just a few things we are doing with consideration for our environment and your health.

- *Our meats are organically grain fed and raised in Bixby, Oklahoma at Natural Farms.*
- *We compost! Our produce remnants are composted and later used to nourish the soil that grows our Three Springs Farm menu items.*
- *We recycle our fryer oil to make clean burning bio-diesel fuel.*
- *All of our printing is done on 100% recycled and Forest Stewardship Council certified paper.*
- *We leave out unnecessary fats in our food and substitute them with fresh herbs and spices, never sacrificing flavor.*
- *We support local farmers and vendors.*

Our local vendors include Natural Farms, Three Springs Farm, Highland Dairy, Pancho Anaya Panaderia, Fisher Eggs, Curtis Restaurant Supply, and Fadler Market.



Eloté
café & catering

Monday through Friday
10:30 a.m. to 2:00 p.m.

Call Ahead For Pick-Up Orders
Ask About Catering and Private Events

Phone: (918) 582-1403 Fax: (918) 582-1407
514 South Boston Avenue
Tulsa, Oklahoma 74103
www.elotetulsa.com



STARTERS

White Queso and Chips	\$2.49
Guacamole and Chips (<i>seasonal</i>)	\$2.99-\$4.99
Black Bean Hummus (<i>with Flour Crisps and Carrots</i>)	\$2.49
Sopa Del Dia (<i>Soup of the Day</i>)	\$2.99

SALADS

Add free range chicken to any salad for \$1.99

SPINACH SALAD

Balsamic vinegar, sweet/spicy pecans, queso fresco, and seasonal fruit
\$4.79

ENSALADA A CAFÉ ELOTÉ

Romaine lettuce, black bean and corn relish, Gorgonzola, sweet/spicy pecans, caramelized onions, smoky chipotle dressing, and flour tortilla crisp
\$5.29

AVOCADO CAESAR

Romaine lettuce, spicy croutons, shaved Parmesan cheese, and avocado Caesar dressing
\$4.59

THREE SPRINGS FARM SALAD

Straight from the farm, right to your plate.
\$6.59

SMALL SIDE SALAD

Romaine lettuce, black bean corn relish, and cheese tortilla crisp
\$2.49

BURRITOS

with fresh house made chips and your choice of salsa

BEEF BURRITO

Flour tortilla, roast beef, cheese, sweet potatoes, jalapeños and guajillo salsa
\$6.49

CHICKEN BURRITO

Flour tortilla, blackened chicken, black beans, spinach, cheese, tomato onion relish, and white queso
\$6.49

VEGGIE BURRITO

Flour tortilla, black beans, sweet potatoes, spinach, caramelized onions, cheese, and white queso
\$5.99

YOU PICK TWO

Cup of soup or house salad with taco or tamale \$5.49
Puffy taco or fish taco add \$.99

***Check the Chalkboard for
Our Daily Selections***

We proudly serve natural, organically grain fed beef and free range chicken

TACOS AND TAMALES

Choose two sides: rice, black beans, eloté or sweet potatoes

PUFFY TACOS

Two puffy flour tortilla shells stuffed with roast beef or blackened chicken, caramelized onions, lettuce, tomato, cheese, and crema fresca
\$6.99

FISH TACOS

Two soft corn tortillas, cilantro lime glazed Salmon, Romaine lettuce, tomato onion relish, citrus lime aioli, and queso fresco
\$6.99

TACOS

Two soft or crispy corn tortillas filled with shredded beef or blackened chicken, lettuce, cheese, and tomato onion relish
\$4.99

TAMALES

Choose veggie with sweet potato sauce or beef with guajillo salsa
\$5.49

COLD SANDWICHES AND WRAPS

with chips and salsa or black bean hummus and carrots

SALMON SANDWICH

Focaccia, chilled Salmon, white queso, spinach, and tomato onion relish
\$6.49

BLACKENED CHICKEN WRAP

Blackened chicken, black bean hummus, tomato onion relish, Romaine, avocado, and cilantro lime crema fresca
\$5.99

ROAST BEEF WRAP

Roast beef, Gorgonzola, spinach, caramelized onions, and chipotle crema fresca
\$6.49

NACHOS AND QUESADILLAS

NACHOS

Black beans, chips, cheese, lettuce, tomato onion relish, and crema fresca
\$4.99, add beef or chicken \$1.99

QUESADILLA A CAFÉ ELOTÉ

Grilled flour tortilla with your choice of beef, chicken or avocado, caramelized onions and cheese, served with tomato onion relish, crema fresca, and your choice of salsa
\$5.99

SMOKIN' HOT QUESADILLA

Grilled flour tortilla with your choice of roast beef or blackened chicken, sauteed jalapeño, serano and pablano peppers, black bean corn relish, caramelized onions and cheese, served with chipotle crema fresca, and your choice of salsa
\$6.49