

ENSALADAS A LA PARRILLA

Grilled Chicken Salad

Marinated grilled chicken breast served over a fresh bed of lettuce greens & garnished with tomatoes & slices of avocado. 12
Half chicken salad. 8

Martha's House Salad

Fresh organic baby spinach & mixed greens, topped with nuts, raisins, fresh strawberries & served with a side of sweet raspberry vinaigrette.
Choice of grilled chicken or shrimp. 13

Milanesa Salad

Breaded strips of chicken breast or steak tossed over a fresh bed of lettuce greens & topped with tomatoes & slices of avocado. 13

Shrimp Salad

Fresh grilled jumbo shrimp served over a bed of fresh lettuce greens, topped with tomatoes, fresh pineapple & slices of avocado. 13

La Compuesta (Taco Salad)

A crispy flour tortilla with a layer of beans & your choice of beef, chicken, or pork. Topped with fresh lettuce, tomatoes, guacamole, sour cream, Mexican cheese & green sauce. 11
Add shrimp, or fajita chicken or steak. 13

Mango Chicken Salad

Marinated grilled chicken breast & fresh mango, avocado, purple onions, cherry tomatoes, cilantro, & served over romaine lettuce. 13

Jicama & Pear Salad

Fresh jicama & pears served over organic mixed greens, with walnuts & feta cheese. 10 *Add grilled chicken or shrimp 13*

Ensalada de Pescado

Grilled bass fish sautéed with bell peppers & onions. Served over a bed of fresh organic mixed greens & a side of green sauce. 13

Ensalada Tropical

A delicious healthy fresh fruit salad of mixed seasonal fruits. 10

House Salad

Crispy lettuce greens topped with tomatoes, cucumbers, carrot strips, & slices of avocado. 6

Dressings: Salsa Verde, Italian, Ranch, Blue Cheese, Thousand Island, or Raspberry Vinaigrette, & Martha's Own Homemade Vinaigrette, Balsamic, Honey Mustard

MARTHA'S HEALTHY CHOICE

Lettuce Wraps

Filled with grilled chicken strips sautéed with bell peppers, zucchini, caramelized onions, peanuts, chile de arbol & slices of avocado. Side of green sauce. 13

Pescado Empapelado (Fish Papillote)

Prepared with bell peppers, zucchini, purple onions, pineapple, lemon slices, & served with black beans & white rice. 14 (Fresh jalapenos optional)

Chef's Bowl

Grilled chicken, steak, fish, or shrimp. Served on a bed of grilled veggies, (brussels sprouts, mushrooms, green beans, zucchini, broccoli & sliced avocado) with a side of molcajete sauce.
Chicken or Steak 13 Fish or Shrimp 15

Fajita Bowl

Grilled chicken, steak or carnitas, sautéed with grilled bellpeppers, onions & tomatoes. Served over a bed of white rice. 11 All Shrimp. 13