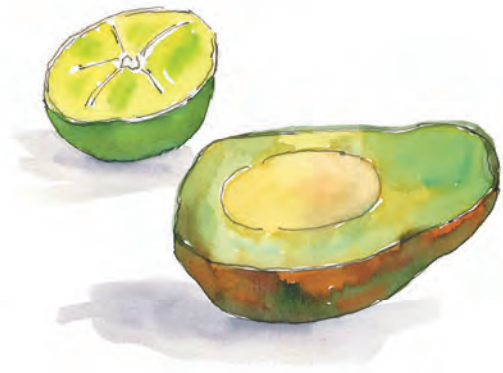


starters



tableside guacamole

the classic blue mesa appetizer | 9

veracruz shrimp cocktail

chilled gulf shrimp, tomato, jalapeño, cucumber, avocado, cilantro, red onion, fresh lime juice | 8

texas toothpicks with queso

grilled mesa panna bread with 3 skewers: steak, chicken, shrimp or vegetable | 10

queso

choice of classic | spinach-artichoke | or ground beef-chorizo

cup | 6 bowl | 8

queso flight

a sampler of our 3 quesos | 8

blue corn nachos

grilled chicken or steak, smoky black beans and cheese with guacamole, sour cream and jalapeño relish | 11

quesadillas

oaxaca-jack cheese, onion rajitas, and basil pesto with pico de gallo, sour cream and jalapeño relish

grilled chicken or steak | 11.5

avocado sun-dried tomato | 10.5

mesa sampler

caramelized onion-basil quesadilla, blue corn nachos and chicken taquitos. enough to share. | 13

lunch specials

11am – 3pm, monday – friday

combos

served with ginger rice

- grilled steak or chicken street taco
- cheese or chicken enchilada with roasted tomatillo or three-chile sauce
- black bean or chicken mini-adobe pie

choice of any two | 9.5

choice of any three | 11

wraps

served with soup or salad

- chicken, avocado and bacon
- coriander-corn crusted chicken
- grilled vegetable with goat cheese, basil pesto and black beans

all wraps | 9.5

navajo chicken salad

chile-nut dressing | 10

cup of soup and salad

small salad and choice of soup | 8

chicken and steak churrascaritas

chimayo market corn | 11

mesa sampler

caramelized onion-basil quesadilla, nachos and chicken taquitos | 11

quesadilla

grilled chicken, caramelized onion-basil | 10

spa grilled fish-of-the-day

pineapple habanero relish, sweet potatoes and asparagus | 15

♥ 415 CAL / 15G FAT, 26G CARB, 5G FIBER / 43G PROTEIN / 552MG SODIUM AVG.

join us for \$4 happy hour

monday – friday 4pm – 7:30pm in the bar only

large blue margaritas, mojitos, well drinks and more | 4

domestic draft beer | 2.5



dessert

all desserts | 5

dark chocolate empanadas

sangria sauce

guajillo-apple pan dowdy

dulce de leche ice cream

tres flans

seasonal flan sampler

jack daniels pecan tart

cajeta sauce and vanilla bean ice cream

bolsa cheesecake

mozzarella co. goat cheese, cajeta, strawberries and roasted pecans

BLUE MESA
SOUTHWEST GRILL

ORDER ONLINE

blumesagrill.com

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consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions

ask your server for our nutritional brochure if you have any dietary or allergy concerns regarding menu ingredients

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BLUE MESA
SOUTHWEST GRILL

to go menu



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

ORDER ONLINE
blumesagrill.com

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soups and salads



perfect tortilla soup

chicken, tomatoes, jack cheese, smoked chiles and fresh lime in chicken broth

cup | 4.5 bowl | 6

painted desert soup

two soups in a bowl. black bean and corn chile chowder

cup | 4.5 bowl | 6

ginger-chipotle grilled shrimp salad

avocado, mango, jicama and tequila-orange vinaigrette on house greens | 14

navajo grilled chicken salad

smoky black beans on fried mesa panna with avocado, grilled corn, house greens and a mild chile nut dressing | 12

coriander-corn crusted chicken salad

avocado, roasted corn, spiced pecans, black beans, red onion and poblano ranch on house greens | 12

southwestern caesar

crisp romaine, roasted red and poblano peppers, grilled corn, pecan butter croutons and spicy caesar dressing | 10

with grilled chicken | 12

with grilled salmon | 14

add a cup of soup or small salad to any entrée | 4

fajitas

southwestern fajitas

USDA choice skirt steak, chicken or combo. served with smoky black beans, guacamole, pico and jalapeño relish | 14.5

add sour cream | 1

add cheese | 1

shrimp fajitas

served with smoky black beans, guacamole, pineapple habanero and jalapeño relishes | 17



ultimate fajitas

steak, chicken and shrimp | 17

tacos for a cause

street tacos

on house-made flour or corn tortillas. choose any three tacos plus two sides | 13.5

tacos

steak

bbq pulled pork

chicken

shrimp

avocado, black bean, goat cheese

sides

smoky black beans

chicken adobe pie

black bean adobe pie

ginger rice

chimayo market corn

chef tacos – monthly special

ask about this month's featured taco | 12.5

for every street and chef taco plate sold fifty cents is donated to these charities: baal dan, boys and girls club of arlington, casa of collin county, lena pope home, and operation kindness. thank you for helping us donate over \$180,000 to date.



enchiladas

blue corn enchiladas

chicken, cheese or one of each with roasted tomatillo or three-chile sauce, ginger rice and smoky black beans

any combination of two | 10

any combination of three | 11.5

vegetarian option - cheese enchiladas with three chile or tomatillo sauce

grilled tacos and blue corn enchiladas

add grilled chicken or steak tacos to your enchiladas

any combination of two | 12

any combination of three | 13.5

blue corn chile relleno and chicken enchilada

cheese stuffed poblano chile. smoked chile cream sauce tops the enchilada | 12.5

spa chicken + spinach enchiladas

fresh spinach, mushrooms and chicken wrapped in steamed corn tortillas, topped with tomatillo sauce, and served with grilled sweet potatoes, asparagus and salsa fresca | 12

363 CAL / 9G FAT / 56G CARB / 9G FIBER / 16G PROTEIN / 792MG SODIUM

vegetarian option – spinach and mushroom enchiladas

grilled veggie relleno and enchilada

a sweet potato - black bean - goat cheese relleno and a low-fat spinach and mushroom enchilada served with a mixed veggie skewer | 12.5

473 CAL / 20G FAT / 55G CARB / 13G FIBER / 19G PROTEIN / 794MG / SODIUM

avocado enchiladas

chipotle cream sauce | 10

smoked chicken enchiladas

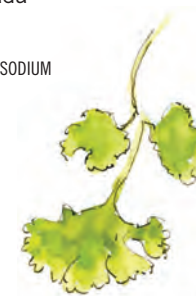
on smoky black beans, with tomatillo sauce and jicama slaw | 12.5

blue crab + shrimp enchiladas

chipotle cream sauce | 14.5

goat cheese enchiladas

on smoky black beans with jicama slaw and guacamole | 12.5



grill & specialties

adobe pie®

chicken, cheese and roasted peppers baked in a dome of corn masa, topped with three chile and chipotle cream sauces | 9.5

mixed grill churrascaritas®

flash grilled skewers of jumbo shrimp, smoked pepper sausage, red chile glazed steak, and ginger-chipotle chicken served with mesa panna bread, chimayo market corn, guacamole and pineapple habaño relish | 18

jb's sampler

grilled steak and chicken churrascaritas, mesa panna bread, taquitos and a smoky black bean adobe pie | 14.5

beef tenderloin chimichurri

medallions topped with fried onion rings and pico de gallo on mesa panna. chimayo market corn and ginger rice | 17

add a 3-shrimp skewer | 4

seafood mixed grill

grilled jumbo shrimp, red chile salmon, a blue crab enchilada with chipotle cream sauce and ginger rice | 18

red chile crusted salmon

pan seared with a mild chile crust, lime butter sauce and pineapple relish. ginger rice and grilled asparagus | 17

spa grilled fish-of-the-day

pineapple habanero relish, sweet potatoes and asparagus | 17

415 CAL / 15G FAT, 26G CARB, 5G FIBER / 43G PROTEIN / 552MG SODIUM AVG.

vegetable sampler

black bean adobe pie, grilled asparagus, vegetable skewer, chimayo market corn | 10



vegetarian

certified heart-healthy by Medical City Heart