

CHILDREN'S MENU

For children 10 and under

All burritos are wrapped in a flour tortilla & served in a basket.

Brianna's Burrito - Refried beans and fresh cheese 4.55
Salsa upon request

♥ **Megan's Burrito** - Whole beans, rice & salsa 4.55

* **Miles' Burrito** - Chicken, steak, or pork with whole beans, 4.55
and rice. Salsa upon request

Mateo's Quesadillas - 2 corn tortillas with melted cheese 4.55
Salsa upon request

♥ **Michelle's Veggie Burrito** - Whole beans, rice, veggies & salsa 4.55

DESSERT

42. **Mexican Flan** (cream custard) 3.75

BEVERAGES

43. **Pepsi, Pink Lemonade, Root Beer,** 2.05
Slice, Sierra Mist

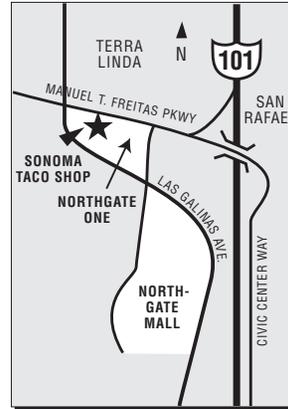
44. **Mineral Water, Calistoga Water, Ice Tea,** 1.95
Jarrito, Juices

45. **Snapple, Nantucket, Sobe** 2.37

46. **Domestic Beer** 4.15

47. **Wine** (Red or White) 4.15

48. **Imported Beer** (Mexican) 4.36

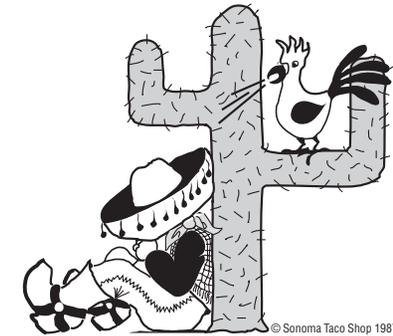


TERRA LINDA
415-479-9066
210 Northgate One
San Rafael



Hours: 11 am - 9 pm Seven Days A Week
For faster take-out phone ahead.
Order by number please.

ATM Welcome!



SONOMA TACO SHOP

Healthier, Tastier Mexican FoodSM

WWW.SONOMATACOSHOP.COM

Hours:

11 am - 9 pm Seven Days A Week

For faster take-out phone ahead.

Order by number please.

ATM Welcome!

TERRA LINDA
415-479-9066
210 Northgate One
San Rafael

Dr. McDougall's Diet

Dr. McDougall is a board-certified internist, author of three national best-selling books, and is the medical director of the live-in McDougall program at St. Helena Hospital in the Napa Valley. The McDougall diet is based upon NO animal-derived foods, and NO plant products that are refined...and NO foods that are high in fat.

American Heart Association

Every effort has been made to prepare items indicated by a ♥ to be consistent with the American Heart Association dietary guidelines for daily intake, as interpreted by the U.S. Food and Drug Administration.

About our Healthy Food

We search out the finest, freshest ingredients for our recipes. We buy only high quality lean meat and trim all the fat before cooking. You will never find any lard in our food, not even in our beans or our tortillas. We use only small amounts of heart-healthy canola oil when needed. Our produce is the freshest and is prepared regularly throughout the day. Sonoma Taco Shop offers you not only healthier and tastier food, but also a nutritional balance for the times you don't eat as you should. As a service to you, we offer a healthy menu to help you enjoy your diet not only at home, but when you want to eat out.



HOLA! WELCOME TO SONOMA TACO SHOP

We'd like to explain why you've made a wise decision in patronizing Sonoma Taco Shop.

First of all, what is Mexican food? It's a lot like its people, a cheerful blend of Indian and Spanish. The Spanish arrived in 1519 and brought with them their favorite dishes from Spain, which they blended with the Mexican recipes, which were solidly grounded in Aztec and Mayan traditions. In this respect Sonoma Taco Shop is a lot like Mexico except this time you the customer are the one who is doing the influencing.

We are extremely aware that people today care deeply about the food they eat. Modern man has learned a lot about diet and nutrition in recent years. Therefore, we at Sonoma Taco Shop are applying this wealth of information in our recipes and cooking techniques, so you, the customer, are served the healthiest food possible without sacrificing the flavor...that we all desire.

We hope you enjoy the food at Sonoma Taco Shop as much as we enjoy serving you. Remember... "the only taste buds that count, are your own!"

Sonoma Taco Shop
"Let's Eat!"

HOT PLATES

Includes rice, beans, garnish, sour cream, and guacamole

1. **Enchiladas** w/ green sauce 13.75
choice of pork, steak, chicken, or jack cheese
2. **A. Pollo Adovado** - marinated chicken w/tomatillo sauce 13.75
2. **B. Carnitas** - roast pork 13.75
2. **C. Carne Asada** - char broiled steak 13.75

CRISPY & SOFT TACOS

Corn tortillas filled with beans, salsa, and choice of meat.

Soft Tacos. Cheese add 50¢

- * 3. **Queso & Frijoles** - beans, cheese & salsa 3.55
- * 4. **Carne Asada** - char broiled steak 4.25
- * 5. **Carnitas** - roast pork 4.25
- * 6. **Chorizo** - Mexican sausage 4.25
- * 7. **Pollo** - char broiled chicken 4.25
- 7a. **Crispy Taco** - choice of meat, lettuce, beans, cheese, sour cream, guacamole and salsa 5.10
8. **A La Carte** - chili relleno, enchilada, or tamale 5.95
9. **Quesadilla** - Flour tortilla w/melted cheese, guacamole, sour cream and salsa 6.95
- 9a. **Quesadilla w/Meat** - choice of chicken, steak or pork, served with guacamole, sour cream and salsa 9.25
10. **Nachos a la Aida** 8.25 w/meat 9.25
beans, cheese, guacamole, sour cream, fresh salsa

BURRITOS

Flour tortillas with whole beans, fresh salsa, & choice of meat

- * 11. **Carne Asada** - char broiled steak 6.75
- * 12. **Carnitas** - roast pork 6.75
13. **Chile Verde** - pork in green chile sauce 6.75
14. **Chorizo** - Mexican Sausage 6.75
- * 15. **Queso & Frijoles** - beans, cheese & salsa 5.45
- * 16. **Pollo** - char broiled chicken 6.75

WET BURRITOS

With rice, beans, cheese and sauce on top. Spicy or extra tortillas upon request

Your choice of

17. **Chile Colorado** - beef in red sauce 11.75
- Chile Verde** - pork in green sauce 11.75

TORTAS

Mexican sandwiches w/beans, cheese, guacamole, sour cream, onions, tomatoes and lettuce. Jalapeños on request

Your choice of

18. **Roast Pork, Char Broiled Steak, or Char Broiled Chicken** or **The Big Sandwich** all of the above! 9.75 10.75

* Indicate items with less than 30% fat and 10% saturated fat.

GIANT BURRITOS

Guacamole, sour cream, cheese, salsa, rice & beans

- * 19. **Vegetarian** - whole beans, sauteed zucchini, broccoli, carrots, bell peppers, onions, and garlic 9.85
- * 20. **Carne Asada** - char broiled steak 9.85
- * 21. **Carnitas** - roast pork 9.85
- * 22. **Pollo** - char broiled chicken 9.85

TOSTADAS

Deep fried tortilla topped with refried beans, lettuce, guacamole, non-fat sour cream, non-fat crumbled cheese and salsa. Regular sour cream and cheese available upon request

- * 23. **Carne Asada** - char broiled steak 9.25
- * 24. **Carnitas** - roast pork 9.25
- * 25. **Pollo** - char broiled chicken 9.25
- * 26. **Vegetarian** - whole beans, sauteed zucchini, broccoli, carrots, bell pepper, onions and garlic 9.25

CHIMICHANGAS

Your favorite burrito deep fried with guacamole, sour cream, cheese, salsa, rice & beans on the side

27. **Carne Asada** - char broiled steak 10.75
28. **Carnitas** - roast pork 10.75
29. **Pollo** - chicken 10.75
30. **Vegetarian** - whole beans and sauteed vegetables 10.75
31. **Macho Chimichanga** - chicken, steak & pork 11.75

MEXICAN DINNERS

Served with rice & beans, garnish, guacamole, sour cream, & salsa

32. **Sizzling Fajitas** - Marinated chicken or beef, garlic, bell peppers, onions, tomatoes 15.38
33. **Shrimp Enchiladas** - Flour tortillas w/rock shrimp topped with our mild peppers red sauce and jack cheese 15.38
34. **Taco Salad** - Deep-fried flour tortilla with beans, rice, lettuce, guacamole, sour cream, cheese, salsa, with choice of chicken, steak or pork 10.45
35. **Pick 2 Combo** - pick 2 of the following: soft taco, crispy taco, tomale, enchilada, or chile relleno. Served with rice, beans, guacamole, sour cream & garnish 13.60
36. **Camarones de la Casa** - Sauteed prawns in garlic, onions, tomatoes, white wine, roasted peppers 15.68
37. **Camarones a la Ajillo** - Sauteed prawns in garlic, roasted peppers, white wine, butter and cilantro 15.38
38. **Chiles Rellenos** - Pasilla peppers stuffed with fresh jack cheese, served with our homemade sauce 15.38
39. **Tamales** - Beef, pork, or chicken served with rice, beans, guacamole, sour cream and salsa. 12.55
- 39b. **Enchiladas de Mole con Pollo** - Chicken enchiladas in chocolate pepper sauce topped with fresh cheese & onions 13.50
40. **Taquitos** - 3 Deep fried rolled flour tortillas stuffed with your choice of meat, topped with guacamole, sour cream, cheese, lettuce, and salsa 12.55
- 40b. **Taquitos** - 3 A La Carta 8.14

DR. McDOUGALL'S

100% Vegan Diet

- ♥ 49. **Soft Veggie Taco** - Served with steamed veggies, lettuce, and salsa. Rice & whole beans on the side. 8.75
- ♥ 50. **Regular Veggie Burrito** - Flour or whole wheat tortilla filled with beans, rice, steamed vegetables, and salsa 6.75
- ♥ 51. **Giant Veggie Burrito** - Flour or whole wheat tortilla with beans, rice, salsa, steamed vegetables 8.55
- ♥ 52. **Veggie Tostada** - Corn, whole wheat, or flour tortilla, served with whole beans, assorted vegetables, lettuce, tomatoes and salsa. Guacamole upon request. 8.55
- ♥ 53. **Veggie Chimichanga** - Flour or whole wheat tortilla with veggies, topped with lettuce, and salsa. Rice & whole beans on the side. 8.55
- ♥ 54. **Wet Veggie Burrito** - Steamed veggies topped with green tomatillo sauce. Rice & whole beans on the side 9.75
- ♥ 55. **Steamed Veggie Hot Plate** - Served with rice, whole beans, salsa, corn or flour tortillas 9.45
- ♥ 56. **Baby Burrito** - Beans, rices, and salsa 6.25
- ♥ 57. **Veggie Enchiladas** - Steamed veggies topped with green tomatillos sauce, with whole beans, steamed mexican rice, garnished with lettuce and salsa. 9.45
- ♥ 58. **Macho Veggie Chimichanga** - Steamed flour tortilla with steamed veggies topped with lettuce, salsa, Rice and whole beans on the side 9.95
- ♥ **Baked Oil-Free Chips & Salsa To Go** 4.25

MEXICAN SEAFOOD

- * 59. **Fish Taco** - Fresh grilled cod, 2 corn tortillas filled w/black beans, rice & lettuce, topped with our Chipotle salsa 5.75
- * 60. **Shrimp Burrito** - Rock shrimp, pinto beans & rice roasted bell pepper, Chipotle salsa wrapped in flour tortilla 9.55
- * 61. **Fish Burrito** - Fresh grilled cod, pinto beans & rice roasted bell pepper, Chipotle salsa wrapped in flour tortilla 9.55
- * 62. **Fish Plate** - Fresh grilled cod, served on a bed of rice, topped with our Chipotle salsa, with beans, sour cream and guacamole and choice of tortillas 14.95

SUBSTITUTES & SIDES

	Sub.	Side
Regular Cheese		1.25
Light Sour Cream	.80	1.25
Regular Sour Cream		1.25
Chips & Salsa To Go (Serves 2)		4.25
Guacamole (6 ounces) & Chips		5.83
Guacamole (6 ounces)		5.20
Extra Guacamole on order		1.75
Baked Chips	Here: 1.63	To go: 4.05
Salsa To Go	6 oz.: 2.25	16 oz.: 5.95
Tomatillo Sauce (tastes great on any burrito)		1.75

CHOICES

Tortillas: flour, whole wheat Beans: whole, refried, black
Rice: regular white, McDougall oil free

PLEASE ORDER BY NUMBER. HOT SAUCE UPON REQUEST! WE CHARBROIL!