

Build your Meal

BURRITO . BOWL . TACO . QUESADILLA



\$12.49

BURRITO



\$13.75

BOWL



\$12.45

TACO



\$10.99

QUESADILLA



\$14.99



PLATTER

Choose Your Base:

Brown Rice 

Black Beans 



Choose Your Protein:

Chicken
Beef

(Add Extra Protein \$3.25)

Falafal 
Boiled Egg



Choose Your Cheese:

Mix Cheese
Queso Bliss

(Add Extra Cheese \$1.50)



Choose Your Salsa:

Salsa Fina Roja
Chimichuri



Choose Your Sauces:

Barito Sauce
Sour Cream

BBQ Sauce
Spicy Buffalo

Choose Your Toppings:

Pico De Galo
Red Cabbage
Pineapple
Tomatoes
Red Onions
Pickled Jalapenos
Corn
Mixed Pepper
Crushed Chips



Smoothies (\$9.99)

Zesty Green (24 Oz)

A blend of spinach, mango, pineapple, banana, and almond milk.



Berry Bloom (24 oz)

A 24 oz smoothie with mixed berries and almond milk.



Date Me, Banana (24 Oz)

Banana, dates, chocolate almond milk.



Immuni Glow (24 Oz)

Mango, pineapple, banana, almond milk, turmeric, lemon juice.



Choco Loco PB (24 Oz)

Peanut butter smoothie with banana and chocolate almond milk.



Nutella Bliss (24 Oz)

Nutella with banana and chocolate almond milk.



\$10.99

Add Protein Powder :

Adding Vanilla Whye Protein Powder

\$2.99

Adding Chocolate Protein Powder

\$2.99

Adding Plant Based Protein Powder

\$3.99

Smoothie Bowls (\$12.49)

Immuni Glow Bowl 32 oz

Mango, pineapple, banana, almond milk, turmeric, lemon, topped with granola, shredded coconut, chia seeds.

Berry Bloom Smoothie Bowl 32 oz

Mixed berries with almond milk, topped with granola, shredded coconut, and chia seeds.

Parrilla Green Smoothie Bowl 32 Oz

Spinach, mango, pineapple, banana, almond milk topped with granola, shredded coconut, chia seeds.

Date Me, Banana Bowl 32 oz

Banana, dates, chocolate almond milk, topping, granola shredded coconut, chia seeds

Choco Loco PB Bowl 32 oz

Peanut butter, banana, chocolate almond milk topped with granola, shredded coconut, chia seeds.

Nutella Bliss 32 oz

Nutella with banana and chocolate almond milk. topping, granola shredded coconut, chia seeds

\$13.49

Sandwiches (\$10.95)

Veggi Royale Patty

Veggi Patty, Tomato, Onion, Mozzarella Cheese, Spicy Mayo, Garlic aioli, Spinach



Falafal Bite

chimichuri, falafal, Tomato, Spinach , Mozzarella Cheese, baja, Garlic aioli



Chicken caprese

chimichuri, Chicken, Tomato, Spinach , Mozzarella Cheese, Mayo, Garlic aioli



Classic Chicken

Spicy Mayo, Garlic aioli, Chicken , Tomato , Onion , spinach , Mozzarella Cheese



BBQ Chicken

BBQ sauce, garlic aioli, Chicken , Tomato, Onion, Spinach , Mozzarella Cheese



Queso Chicken

Queso Cheese, garlic aioli, Chicken , sour cream , spinach, salsa



Baja Beef

Beef, Mozzarella cheese, Tomato , Onion, Spinach , Baja, Garlic aioli



Classic Beef

Spicy Mayo, Garlic aioli, Beef , Tomato , Onion , spinach , Mozzarella Cheese



BBQ BEEF

BBQ sauce, garlic aioli, BEEF , Tomato, Onion, Spinach , Mozzarella Cheese



Queso BEEF

Queso Cheese, garlic aioli, BEEF , sour cream , spinach, salsa



Made With Love
 **PARRILLA**
Fuel your Flavor

Quick Bites

DRINK & CHIIP	\$2.99
CHIPS AND SALSA	\$3.49
CHIPS AND SOUR CREAM	\$3.49
CHIPS AND QUESO	\$4.49
CHIPS	\$2.49
CAN DRINK	\$2.49
BOTTLE WATER	\$2.49
SMART WATER	\$3.99

Soup'



** Tomato Basil Soup

12 oz	\$4.99
16 oz	\$5.99



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🌐 www.parrilla.ca