



Los Vaqueros is a participating restaurant of Blue Zones Project. Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to our environment, policy and social networks. When our entire community participates, the small changes contribute to huge benefits for all of us. Los Vaqueros has implemented researched based best practices which optimize their environment so that healthy choices are easier to make for their customers.

BLUE ZONES PROJECT® “PLANT SLANT” MENU

Avocado Enchiladas

Delicious corn tortillas stuffed with a blend of avocado, fresh tomato, onion and spices, rolled and topped with a tangy tomatillo salsa, garnished with cilantro and served with vegetarian black beans and hominy corn relish.....\$11.95

Spinach Enchiladas

Two spinach enchiladas, stuffed with grilled fresh spinach and mushrooms, topped with a tangy citrus tomatillo salsa, served with vegetarian black beans and hominy corn relish.....\$10.95

Chile Rellenos

A large, lightly breaded mild poblano pepper, stuffed with brown rice, roasted pecans and assorted Mexican squashes, drizzled with a zesty avocado lemon salsa. Served with rosemary new potatoes, and a spring mix salad.....\$15.95

Vegetarian Enchiladas

Two vegetarian enchiladas, stuffed with red bell peppers, mushrooms, onions, and a squash medley, served with vegetarian black beans and hominy corn relish.....\$11.95

Guacamole Tostadas

Two baked tostada shells topped with freshly made guacamole, iceberg lettuce, tomatoes and corn medley, garnished with pico de gallo and cilantro.....\$9.95

BLUE ZONES PROJECT DESSERT OPTION

Fresh Seasonal Fruit.....\$6.95

May we suggest you start your meal with a sparkling Topo Chico with fresh lime or your favorite fresh fruit juice? House-made of course! All produce is sourced locally whenever possible, delivered whole and sliced and diced fresh for use!

Thank you for sharing in our effort to make Fort Worth and Los Vaqueros Restaurant a Blue Zones Project Community.

Your host,
The Cisneros Family and Staff





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WEST OF THE BORDER BRUNCH

BLUE ZONES PROJECT® MENU

Migas

Fresh peppers, onions, and corn tortillas with lightly scrambled egg, served with fresh fruit and Spanish style potatoes.\$8.95

Huevos Rancheros

An over easy egg, topped with a tangy citrus tomatillo salsa, served with Spanish style potatoes, vegetarian black beans, and fresh fruit.....\$7.95

Spinach Stacked Enchiladas

Two spinach enchiladas topped with an over easy egg, garnished with slices of fresh avocado and corn medley, served with vegetarian black beans, and Spanish style potatoes.....\$11.95

Looking for something lighter? Enjoy a fresh yogurt parfait, garnished with honey, toasted walnuts and seasonal fruit.....\$6.95

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