



Eloté café & catering

(918) 582-1403
514 South Boston Avenue
www.elotetulsa.com

Open for Lunch Monday-Friday
And Dinner Tuesday-Saturday

STARTERS

White Queso \$3.49 † Guacamole \$4.29
Sopa Del Dia (*Soup of the Day*) \$2.99 - \$4.29 † Black Bean Hummus (*w/ flour crisps and carrots*) \$3.49

FRESH FRUIT PICO BITES

Crisp flour tortilla, topped with a sweet jalapeño mousse and fresh seasonal fruit pico de gallo
\$5.99

NACHOS

Black beans, chips, cheese, lettuce, tomato onion relish, jalapeños and crema fresca
\$5.99
Add organic beef \$2.99 or free range chicken \$1.99

QUESADILLA A CAFÉ ELOTÉ

Grilled flour tortilla filled with caramelized onions and cheese, your choice of organic beef, free range chicken or fresh avocado served with tomato onion relish and crema fresca
\$7.99

SMOKIN' HOT QUESADILLA

Grilled flour tortilla filled with sauteed jalapeño, serrano and poblano peppers, black bean corn relish, caramelized onions and cheese, choose organic roast beef, free range chicken or fresh avocado, served with tomato onion relish and crema fresca
\$8.99

SALADS

Add free range chicken for \$1.99 or pan-seared salmon for \$2.79 to any salad

† SPINACH SALAD

Balsamic vinaigrette, sweet and spicy pecans, queso fresco, and seasonal fruit
\$5.79

ENSALADA A CAFÉ ELOTÉ

Romaine lettuce, black bean and corn relish, Gorgonzola cheese, sweet and spicy pecans, caramelized onions, and smoky chipotle dressing, served with a flour tortilla crisp
\$6.29

AVOCADO CAESAR

Romaine lettuce, spicy croutons, shaved Parmesan cheese, and avocado Caesar dressing
\$5.59

† THREE SPRINGS FARM SALAD

Straight from the farm, certified organic, right to your plate.
Seasonal Availability \$7.59



ENTREES

SALMON TOSTADAS

Four black bean corn tortilla crisps, topped with organic field greens, queso fresco, fresh avocado, tomato onion relish, and cilantro lime glazed salmon tossed with a citrus tequila vinaigrette
\$9.99

PORTOBELLO TART

Crisp flour tortilla crust, topped with poblano peppers, caramelized onions, local portobello mushrooms, and queso fresco served on a bed of organic chipotle field greens
\$8.99

CARNE GUISADA

Slow-cooked organic beef in a spicy New Mexico chile sauce, served with Parmesan and garlic polenta and steamed corn tortillas
\$12.99

GRANDE SWEET CORN TAMALES

Coarse ground corn meal, sweet corn and cheddar cheese steamed and topped with a cayenne honey sauce, served with black beans and rice or request our signature sweet potatoes or Eloté
\$9.99

TRES CHICKEN ENCHILADAS

Free range chicken, caramelized onions, poblano peppers and local portobello mushrooms rolled in a fresh corn tortilla and topped with a cilantro tomatillo sauce, queso fresco and crema fresca, served with black beans and rice or request our signature sweet potatoes or Eloté
\$10.99

† This item can be prepared vegan

We proudly serve natural, organically grain fed beef and free range chicken

ORIGINAL FRESH MEX

with black beans and rice or request our signature sweet potatoes or Eloté

BEEF BURRITO

Whole Wheat or Flour tortilla, organic roast beef, cheese, sweet potatoes, jalapeños and guajillo salsa
\$8.49

CHICKEN BURRITO

Whole Wheat or Flour tortilla, free range chicken, black beans, spinach, cheese, tomato onion relish, and white queso
\$7.99

VEGGIE BURRITO

Whole Wheat or Flour tortilla, black beans, sweet potatoes, spinach, caramelized onions, cheese, and white queso
\$7.49

PUFFY TACOS

Two puffy flour tortilla shells stuffed with organic roast beef, free range chicken, or black beans and sweet potatoes, topped with caramelized onions, lettuce, tomato onion relish, cheese, and crema fresca
\$8.49

SALMON TACOS

Two soft corn tortillas, cilantro lime glazed Salmon, Romaine lettuce, tomato onion relish, citrus lime aioli, and queso fresco
\$8.99

FRIED AVOCADO TACOS

Two soft corn tortillas, filled with fried avocado, black beans, spinach, tomato onion relish, jalapeños and queso fresco
\$9.99

TACOS

Two soft or crispy corn tortillas filled with organic roast beef, free range chicken, or black beans and sweet potatoes, topped with lettuce, cheese, and tomato onion relish
\$5.99

DOS TAMALES

Choose veggie with sweet potato sauce or free range chicken with cilantro tomatillo salsa, made fresh daily
\$6.49



Ask your server for Eloté's complete bar menu



DESSERTS

Locally made Churros

\$0.99

Sopapillas

\$0.79

TRES LECHES CAKE

Light Mexican sponge cake soaked with three milks, fresh vanilla bean and café liquor, topped with whipped cream and fresh seasonal fruit

\$3.99

LILY'S SMOKIN' HOT ICE CREAM SANDWICH

Local vanilla ice cream sandwiched between two chocolate chip chile cookies and Mexican cajeta sauce

\$4.29

CHOCOLATE FLAN

Chocolate Mexican custard served with a chocolate covered serrano pepper

\$2.99

NATURALLY SWEET

Granny Smith apples baked in Oklahoma honey and fresh vanilla bean topped with homemade oat and pecan granola, local vanilla ice cream and cayenne-honey sauce

\$4.99

THE ELOTÉ MISSION

We at Eloté strive to serve you amazing food every day by using the freshest ingredients available. Our bodies need nourishment in order to thrive and nutrition is key. We know how difficult it is to eat healthy, fresh food in our busy lives and we are dedicated to making that easier for you. Fresh ingredients and our love for food enable us to deliver tasty, healthy, filling food straight from our kitchen right to your plate. We do all this while limiting negative environmental impact through green practices.

Go green, go fresh and eat Eloté!

Here are just a few things we are doing with consideration for our environment and your health.

- Our meats are organically grain fed and raised in Bixby, Oklahoma at Natural Farms.
- We recycle glass, aluminum, plastic and cardboard with local recyclers "Recycling Revolution."
- We compost! Our produce remnants are used to nourish school gardens courtesy of Newsome Community Farms.
 - We recycle our fryer oil to make clean burning bio-diesel fuel.
- Our to-go containers, utensils, cups and lids are made from 100% compostable corn and sugar beets.
- We leave out unnecessary fats in our food and substitute them with fresh herbs and spices, never sacrificing flavor.
 - We support local farmers and vendors.

Our local vendors include Natural Farms, Three Springs Farm, Highland Dairy, Pancho Anaya Panaderia, Curtis Restaurant Supply, the Living Kitchen, Java Daves Coffee, J-M Farms, Cheatwood's Honey, Newsome Community Farms, Marshall's Brewery, Conrad Farms, and Fat City Clay as well as the Downtown, Brookside, Cherry Street and Pearl Farmers Markets.