



400 Main Street, Bradley Beach, New Jersey – (732) 361 8180

## TAKE OUT & DELIVERY MENU

(for Specials check out our Instagram and Facebook pages)

### STARTERS

<b>Sopa de Frijoles</b> [Slow cooked & seasoned black beans soup served w/ traditional toppings] <b>GF*</b>	(bowl)	<b>8.95</b>
<b>Sopa de Tortilla y No Pollo</b> [No Chicken Tortilla Soup]	(bowl)	<b>9.95</b>
<b>Pico de Gallo</b> [Diced tomatoes, cilantro, red onions, finely chopped jalapeño & lime juice] <b>GF*</b>		<b>9.95</b>
<b>Guacamole</b> [Mashed avocado, cilantro, onions, finely chopped jalapeño & lime juice] <b>GF*</b>		<b>11.95</b>
<b>Queso Fundido y Totopos</b> [House blend of plant-based cheeses served w/tortilla chips] <b>GF*</b>		<b>11.95</b>
Loaded w/ Soy Chorizo, Asada Seitan or Mixed Mushrooms <b>add 5 (CONTAINS COCONUT MILK)</b>		
<b>Pepinillos Fritos</b> [Breaded fried pickles served w/ dipping sauce] <b>-limited availability-</b>		<b>12.95</b>
<b>Ensalada de la Casa:</b> [ <b>Protein of choice</b> served over our house salad bowl w/ dressing] <b>GF*options</b>		<b>12.95</b>
<b>Ensalada de Aguacate</b> [Diced avocado over a bed of lettuce tossed w/ pico de gallo] <b>GF*</b>		<b>12.95</b>
<b>Ceviche de Palmito</b> [Hearts of palm, mango, fresh diced tomatoes, finely chopped red onions, herbs & spices, marinated in lime juice] <b>GF*</b>		<b>12.95</b>
<b>Pozole</b> [Traditional hominy corn stew served with toppings on the side] <b>-limited availability- GF*</b>		<b>13.95</b>
<b>Ensalada de Nopales</b> [Cactus leaves salad] <b>GF* -limited availability-</b>		<b>14.95</b>
<b>Quesadilla</b> [Flour tortilla filled w/ seared <b>protein of choice</b> , mixed peppers, onions & melted cheese served w/ pico de gallo, guacamole & crema]		<b>15.95</b>
Muy Muy Grande <b>add 6</b> <b>GF</b> tortilla <b>add 2</b>		
<b>Todo Nachos</b> [Corn tortilla chips topped w/black beans, melted cheese, pico de gallo, hongos, seitan, tofu, no pollo, crema, jalapeño slices & guacamole]		<b>16.95</b>
Upside Down <b>add 2</b> Topped w/ Soy Chorizo <b>add 3</b> Muy Muy Grande <b>add 6</b>		
<b>Nachos de Chorizo de Soya</b> [Soy chorizo] <b>GF*</b>	Upside Down <b>add 3</b> Muy Muy Grande <b>add 7</b>	<b>18.95</b>

## TACOS

**Tacos dorados**[taquitos]: Four crispy rolled corn tortillas (tofu, seitan, no pollo, portobello mushroom or mashed potatoes) topped w/ chopped lettuce, guacamole, pico de gallo & crema. Served w/ rice, beans & salsa taquera. **16.95**

**Tradicional**: Three soft corn tortillas topped w/ **protein of choice**, chopped onions, red cabbage & cilantro. Served w/ rice, beans, grilled spring onions, lime wedges, radishes, grilled nopales (cactus leaves) & side of salsa taquera. **GF\*options** **17.95**

**Navajo Taco** (a dish of human resilience): Fried homemade bread topped w/ chili (pinto or red beans simmered w/ soy crumbles, tomatoes, medium spicy salsa, herbs & spices), chopped lettuce, shredded mixed cheeses, diced tomatoes, sliced black olives and sour cream. **-limited availability-** **19.95**  
**20%** of the sales of this dish will be donated to **DIGDEEP** and their **Navajo Water Project**. Learn about the work this organization is doing to bring running water to 2.2 million Americans by visiting **www.digdeep.org**

**Tacos dorados de papa y chorizo de soya**: Six mashed potato & soy chorizo crispy rolled corn tortillas topped w/ chopped lettuce, guacamole, pico de gallo, crema, puyannaise salsa & queso fundido. **19.95**

**Cinco de Tacos**: Five corn tortillas topped w/ **protein of choice**, chopped onions, red cabbage & cilantro Served w/ pico de gallo, guacamole, salsa taquera, radishes, lime wedges, house made pickled pink onion & queso fundido. **GF\*options** **19.95**

### -LIMITED AVAILABILITY-

**Fiesta Nachos**: Extra Large party tray layered w/ corn tortilla chips then topped w/ beans, no carne molida (soy crumbles), melted cheese, pico de gallo, crema, guacamole, jalapeño slices and salsa on the side. **39.95**

**Fiesta Tacos**: A sixteen-taco platter (4) Asada, (4) Tofu, (4) No Pollo & (4) Hongos, topped w/ nopales, grilled onions, lime wedges, radishes, chopped onions, cilantro & shredded red cabbage. Served w/ salsa taquera, guacamole, pico de gallo, queso fundido, rice & beans. **89.95**  
One Protein platter (79.95)

**Tostadas**: Crispy corn tortillas (3) topped w/ smashed black beans **one protein of choice**, lettuce, pico de gallo, crema, guacamole & queso. Served w/ rice. **\*May contain sesame seeds\* GF\* options** **17.95**

**Enchiladas**: Three corn tortillas rolled & filled w/ **protein of choice** drizzled w/ a roasted salsa of tomatoes, peppers, spices & chocolate. Topped w/ melted cheese & served w/ rice, beans, pico de gallo & guacamole. **GF\* options** **17.95**  
Smothered w/Mole Sauce add **2**

**Plato Luna Verde** [Luna Verde Bowl]: Bowl layered w/ beans, rice, chopped lettuce, pico de gallo, guacamole, crema, homemade pickled red onions, queso mixto, red cabbage & **protein of choice**. **GF\* options**. **17.95**

**Burrito**: Flour tortilla wrap filled w/ **protein of choice**. Choice of salsa ranchera (mild), salsa verde (medium) or salsa roja (hot). Served w/ rice, beans, guacamole & pico de gallo. **17.95**  
Smothered w/Mole Sauce add **2**      Muy Muy Grande add **6**      GF Tortilla add **2**

**Chimichanga:** Crispy flour tortilla wrap filled w/ **protein of choice**. Choice of salsa ranchera (mild), salsa verde (medium) or salsa roja (hot). Served w/ rice, beans, guacamole & pico de gallo. **18.95**  
Smothered w/Mole Sauce add **2**                      Muy Muy Grande add **6**

**Plato con Tamales:** Steamed cooked traditional corn masa tamales (2) wrapped in corn husks & served w/ rice, beans, salsa taquera and house salad. A choice of Mole de No Pollo, Jackfruit Verde or Special. **GF\* options**                      **19.95**

**Mole de No Pollo or Hongos:** Chicken-less drumsticks (soy) or Mixed Mushrooms slow cooked in one of our traditional Mole salsas. Served w/ rice, beans, corn tortillas, guacamole, pico de gallo, crema & lettuce. Contains peanuts, almonds, walnuts and sesame seeds. **PLEASE ALERT US OF ANY ALLERGIES TO NUTS AND SEE ADDITIONAL INGREDIENTS ON OUR SALSAS SECTION BELOW. GF\* options -limited availability-**                      **19.95**

**Fajitas:** Pan seared choice of Portobello Mushrooms or No Pollo, peppers, onions and herbs served w/ guacamole, pico de gallo, crema, corn tortillas, rice & beans. **-limited availability- GF\* options**  
Muy Muy Grande add **7**      Shiitake or Oyster Mushrooms add **3**                      **19.95**

## OUR PROTEINS

**Chorizo de Soya** [Soy Chorizo sautéed w/ onions, mixed bell peppers, spices, *puya* pepper & herbs] **GF\***

**Hongos** [Our house blend of mixed mushrooms sautéed w/onions, mixed bell peppers & herbs] **GF\***

**No Pollo** [Seasoned soy strips sautéed w/onions, mixed bell peppers & herbs]

**No Puerco** [Young organic jackfruit slow cooked in **Salsa Verde**] **GF\* -limited availability- add 2**

**Nopales con Chorizo** [Grilled cactus leaves & soy chorizo] **GF\*-limited availability- add 2**

**Oyster Mushrooms:** [Pan seared w/onions, spices and herbs] **GF\* add 3**

**Portobello** [Pan seared w/onions, bell peppers and herbs] **GF\***

**Seitan:** [**Asada** (sautéed w/onions and herbs), **Al Pastor** (simmered on Al Pastor salsa and pan seared w/onions & pineapple) **add 2** or **Con Pimientos y Cebolla** (sautéed w/ bell peppers, onions & herbs)]

**Shiitake** [Pan seared w/ onions, spices and herbs] **GF\* add 3**

**Tempeh** [Organic tempeh seasoned w/ coriander, salsa de tinga & sautéed w/ mixed bell peppers & onions]

**Tofu** [Organic tofu seasoned w/nutritional yeast, turmeric and herbs & sautéed w/ mixed bell peppers & onions]

## OUR HOMEMADE COOKING SALSAS EXPLAINED (*peppers on italic*) **GF\***

**Al Pastor** [*guajillo, puya*, pineapple, citric juices, spices & herbs] **add** (for marinating fillings **ONLY**)

**Enchilada** [*costeño, guajillo, puya*, chocolate, spices & herbs] (used **ONLY** for smothering our enchiladas)

**Macha** [*árbol, japonés* or *pequín* & extra virgin olive oil] **add 3** (spicy chile oil)

**Mole** [*mulato, pasilla, ancho, guajillo* almonds, peanuts, walnuts, sesame, chocolate, spices & herbs] **add 2**

**Puyanesa or puyannaise** [*puya*, spices, herbs & vegan mayonnaise] (for cooking and as a side)

**Ranchera** [*chipotle* (a hint), jitomates, bell peppers, spices and herbs] (for smothering)

**Roja** [*chile de árbol, costeño, guajillo, puya*, jitomates, spices & herbs] (for smothering)

**Taquera** [a rotating salsa for tacos and other dishes made with jitomates, tomatillos, spices, herbs, *habaneros, pequin, árbol* or *japonés* peppers]

**Tinga** [*chipotle*, jitomates, spices & herbs] (for cooking **ONLY**)

**Verde** [*jalapeño, serranos, tomatillos*, & spices (for smothering)]

## ADD-ONS AND SIDES

Rice. Beans. Pico de Gallo. Guacamole. Crema. Queso Mixto. Sautéed Spring Onions. (5) Corn Tortillas. Dressing. (5) Flour Tortillas. Nopales. Queso Fundido. Pickled Pink Onions. Cooking or Fresh Salsas. Chips. Mango. Pineapple. Diced Organic Raw Tofu. Jalapeños. Chopped tomatoes. Shredded Lettuce. **3**

Rice & Beans. Avocado (1). Mole Salsa. **Protein of choice**. Hearts of Palm. Chips & Salsa. **5**

Organic Young Jackfruit simmered w/ Salsa Verde. Nopales con Chorizo. **7**

Shiitake Mushroom. Oyster Mushroom. **8**

### POSTRES [Desserts]

**Plátanos Maduros con Queso y Crema** [Sweet Plantains topped w/ queso & crema] **GF\*** **8**

**Flautas de Calabaza Dulce** [Wheat tortillas filled w/ spiced sweet pumpkin & served w/ melted cheese] **9**

**Tacos Dorados de Camote** [Corn tortillas filled w/ spiced sweet potatoes & served w/ melted cheese] **GF\*** **9**

**Tres Leches** [Moist cake topped w/fluffy cream & strawberries]: **9**

Vanilla - Chocolate - Coffee Mocha - Strawberry – (Flavor of the season **add 1**)

**Tamales Dulces** [Steamed cooked corn masa sweet pineapple tamales (2) served w/ agave nectar] **GF\*** **10**

**Churro con Chocolate** [Traditional pastry powdered w/ sugar & cinnamon. Served w/ hot chocolate] **10**

**Flan** [Homemade traditional custard topped w/ caramel sauce] **GF\* -limited availability-** **10**

### BEBIDAS [Drinks]

**Mexican Coca-Cola, Spring Water & Bottled Drinks** **3**

**Assorted Tea** **3**

**Agua de Coco** [coconut water] **4**

**Hot Chocolate** **4**

**Aguas Frescas** [house made natural cold drinks]:

**Tamarindo** [tamarind] **Horchata** [spiced rice water] **Jamaica** [Hibiscus] **4**

**House Café (Chiapas, Mexico - Fair Trade)** **4**

**Assorted Kombucha** **6**

**Large Sparkling Water Bottle** **7**

- **All dishes are made to order** with fresh ingredients and we are thrilled about that. Please allow us to cook for you in the way that you deserve. We are not a fast food restaurant. **Love takes time and preparing our dishes too!**

- At Luna Verde we are happy to offer a variety of dishes made with gluten free ingredients (**GF\***) although **we are NOT a 100% gluten free restaurant**. While we take steps to minimize the risk of cross-contact there are many items in our menu that contain gluten. If you are a Celiac and/or highly sensitive to gluten please advise the person taking your order and we will do our best **but cannot guarantee** your order will not touch gluten somewhere in the process. **All fried dishes (including tortilla chips) share same equipment and oil unless specified.**

**If you or anyone in your party has a nut allergy please let us know before placing your order. We are not a nut-free establishment.** Please take notice that **our melted cheese (queso fundido) and crema contains coconut milk.**

- Prices shown on menu are before sales tax. **Upcharges will be applied for substitutions or modifications on dishes.** Preparation time will likely increase on modified dishes. Prices are subject to change due to market prices.

- **A 3.75 % customer service fee is applied to all cards sales.** Thank you for ordering from to Luna Verde! -