

BREAKFAST

~ Served All Day ~

DAWN PATROL BURRITO

Three scrambled eggs, fried potatoes, bacon and cheese wrapped in a flour tortilla. / 7.00

The following are served with any two of the following side dishes and your choice of tortillas: Home fried potatoes, beans or rice and wheat, flour or corn tortillas.

BREAKFAST AMERICANO

Two eggs any style. / 6.50
With bacon. / 8.00

HUEVOS RANCHEROS

Two eggs over-easy on a soft corn tortilla topped with our fresh salsa tomaté and a sprinkle of cheese. / 7.75

MACHACA CON HUEVOS

Three eggs scrambled with sauteed onions, bell peppers and tomatoes. Choose Shredded Beef, Shredded Chicken OR Carnitas. / 7.75

CHORIZO & EGGS

Spicy pork sausage scrambled together with three eggs. / 7.75

HUEVOS MEXICANA (Choose mild OR hot)

Three eggs scrambled with sauteed bell peppers, onions, tomatoes, fresh cilantro and topped with Cheddar and Jack cheese. / 8.75
Add chorizo or crumbled bacon. / 1.00

EXTRAS

TORTILLAS (4) / 1.60	SALSA FRESCA / 1.25
Choose flour, wheat or corn.	YOGURT SALSA / 1.25
GUACAMOLE / 3.50	SALSA DE FRUTA / 1.75
SOUR CREAM / 1.25	SLICED AVOCADO / 2.00

DESSERTS

CARAMEL CHEESECAKE FLAN

Made fresh daily since 1981, much like traditional flan custard but with a cheese cake twist. Deliciously sweet! / 4.50
Try it topped with strawberry or mango puree. / 5.50

BUILD YOUR OWN COMBO

Choose TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

FROM GROUP #1

Any 1 item and your choice of sides	6.50
Any 2 items and your choice of sides	9.50
Any 3 items and your choice of sides	12.50

Crispy Shredded Beef Or Chicken Taco

Add fresh guacamole to any taco order. / 1.00

2 Shredded Beef Or Chicken Taquitos With Guacamole
Shredded Beef, Shredded Chicken, Carnitas
Or Chile Verde Enchilada

FROM GROUP #2

Any 1 item and your choice of sides	7.50
Any 2 items and your choice of sides	11.50
Any 3 items and your choice of sides	15.50

***Baja-style (beer-battered) Or Char-broiled Fish Taco**
Char-broiled Chicken Taco

Carne Asada Taco

Carnitas Taco

Traditional Chile Relleno

Char-broiled Chicken And Sour Cream Enchilada

**Substitute shrimp for fish, add 1.00 per taco*

BURRITOS

Three styles to choose from. Includes TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

		SAUCE N°	*GRANDE
		CHEESE	
Bean & Cheese Burrito	6.50	7.50	9.00
Shredded Beef OR Chicken Burrito	8.00	9.00	10.50
Bean & Beef OR Bean & Chicken Burrito	7.50	8.50	10.00
Fish Burrito	9.00	10.00	11.50
Carnitas Burrito	9.00	10.00	11.50
Char-broiled Chicken Burrito	9.50	10.50	12.00
Carne Asada Burrito	11.00	12.00	13.50
Shrimp Burrito	11.50	12.50	14.00

**GRANDE served with red OR green sauce, cheese, sour cream, guacamole and salsa fresca.*

CHIMICHANGA

Shredded Beef or Chicken / 10.50	Carne Asada / 12.50
Carnitas / 10.50	Shrimp / 14.00
Char-broiled Chicken / 11.00	

QUESADILLA SUPREMA

Shredded Beef or Chicken / 10.50	Carne Asada / 13.50
Carnitas / 11.50	Grilled Shrimp / 14.50
Char-broiled Chicken / 12.50	

TAKE OUT MENU



TWO COASTAL LOCATIONS

LAS OLAS CARLSBAD

2939 Carlsbad Blvd.
Carlsbad, CA 92008
(760) 434-5850

LAS OLAS CARDIFF

2655 S. Coast Highway 101
Cardiff-by-the-Sea, CA 92007
(760) 942-1860

www.LasOlasMex.com

CATERING

www.LasOlasCatering.com

BANQUET FACILITIES

Room For Groups Up To 40!
(760) 434-5850

HAPPY HOUR

Monday to Friday 11AM - 6PM

STARTERS

GUACAMOLE DIP

Half (serves 1-2) / 5.50 Full (serves 4-6) / 8.50

NACHOS DE SALVA (serves 2-4) / 8.50

Carnitas / 9.50

Char-broiled Chicken / 10.50

Carne Asada / 12.00

CALAMARI FRITAS (serves 2-4)

Crispy ringlets served with yogurt salsa. / 8.50

CEVICHE / 7.50

SMOKIN' QUESADILLA PIZZA (serves 4-6)

Carnitas / 9.50

Char-broiled Chicken / 10.50

Carne Asada / 11.50

CHILITOS / 6.00

BEAN DIP Spicy, cheesy and delicious! / 5.50

SOFT CHEESE QUESADILLA

Half (serves 2-4) / 5.50 Full (serves 4-6) / 8.50

TAQUITOS

Half (3) / 6.50 Full (6) / 9.50

FLAUTAS

Half (3) / 6.50 Full (6) / 9.50

SOUP & SALAD

HOUSE SALAD / 5.50

CHICKEN 'N' RICE TORTILLA SOUP / 6.00

Add sliced avocado / 1.00

SOPA DEL MAR / 13.50

HOUSE SALAD AND TORTILLA SOUP / 8.75

HOUSE SALAD AND SOPA DEL MAR / 16.25

***CAESAR SALAD** / 7.50

Add Char-broiled Chicken / 9.50

Add Char-broiled Shrimp / 12.50

LAS OLAS CHICKEN SALAD / 11.50

**Dressing made with raw eggs.*

FRESH VEGETABLE PLATOS

VEGETABLE QUESADILLA / 10.50

Choose TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

VEGETABLE ENCHILADAS / 10.50

VEGETABLE BURRITO / 10.50

~ Cardiff ~

(760) 942-1860

TACO PLATTERS

All taco platters are served so that you can build your own with salsa fresca, guacamole, cilantro, cabbage, and tortillas. Seafood taco platters also include yogurt salsa. Please specify wheat, corn or flour tortillas. Choose TWO of the THREE sides:

Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

BAJA-STYLE (beer-battered) **OR CHAR-BROILED FISH** / 15.00

BAJA SHRIMP / 16.50

BAJA STYLE MIXED SEAFOOD / 16.50

CARNITAS / 13.50

CHILE VERDE / 12.50

***CHAR-BROILED CHICKEN** / 14.50

***CHAR-BROILED CARNE ASADA** 16.50

VEGETABLE / 13.50

**Served with caramelized onions.*

SEAFOOD SPECIALTIES

Choose TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans). Please specify wheat, corn or flour tortillas.

RICARDO'S GARLIC MAHI MAHI / 14.50

GARLIC SHRIMP SAUTÉ / 16.50

MIXED SEAFOOD SAUTÉ / 15.50

SHRIMP CORTEZ / 19.50

SEAFOOD ENCHILADAS / 15.50

CHILES

Choose TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

CHILE RELLENO BURRITO

Carnitas / 10.00

Char-broiled Chicken / 10.50

Carne Asada / 12.50

Shrimp / 13.00

TRADITIONAL CHILE RELLENO / 9.00

Carnitas / 11.50

Char-broiled Chicken / 12.50

Carne Asada / 14.50

Shrimp / 15.50

FLAME-ROASTED CHILE RELLENOS / 10.50

Carnitas / 13.00

Char-broiled Chicken / 14.50

Carne Asada / 16.50

Mixed Seafood Shrimp, fish and scallops. / 19.50

LOCALS' FAVORITES

Choose TWO of the THREE sides: Cabbage salad, rice or beans (traditional refried pinto beans, black beans or vegetarian style pinto beans).

CLASSIC COMBO

Cheese, carnitas, shredded beef or chicken enchilada and a shredded beef or chicken taco. / 9.00

CARDIFF COMBO

Cheese, carnitas, shredded beef or chicken enchilada and two taquitos (shredded beef or chicken), topped with guacamole and salsa tomaté. / 10.00

CARLSBAD COMBO

Chile relleno and fish taco (Baja or char-broiled). / 11.50

Substitute shrimp for fish. / 1.00

SURF AND TURF COMBO

Carne Asada taco and fish taco (Baja or char-broiled). / 11.50

Substitute shrimp for fish. / 1.00

FISH TACOS BAJA-STYLE (beer-battered)

OR CHAR-BROILED

Two fish tacos made with guacamole, salsa fresca, yogurt salsa and cabbage. / 11.50

SHRIMP TACOS BAJA-STYLE (beer-battered)

OR SAUTEED

Two shrimp tacos made with guacamole, salsa fresca, yogurt salsa and cabbage. / 13.50

AZTECA TACOS

Two char-broiled Azteca style tacos. Choose marinated chicken or steak, made with caramelized onions, fresh cilantro, sour cream and spicy sauce. / 10.50

CHAR-BROILED CHICKEN AND

SOUR CREAM ENCHILADAS

Two enchiladas filled with char-broiled chicken breast and topped with salsa verde, cheese and sour cream. / 10.50

PLATO De La CASA

A large fresh green flame-roasted (not battered or fried) chile, Jack and Muenster cheese, served on a float of red and green sauce. With a char-broiled chicken and sour cream enchilada, topped with salsa verde. / 12.50

EI RANCHERO GRANDE

Carne Asada taco, carnitas taco and your choice of a cheese, carnitas, shredded beef or chicken enchilada. / 13.50

~ Carlsbad ~

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