

## CATERING MENU

Let us deliver the same Las Olas experience in your home or office. Speak to our managers at any location to customize our menu to your needs.

Make Your Own Taco Bar! All the great flavors of Las Olas, customized to your guests' liking!

Custom menus can include:

- Catering Bowls
- Catering Salads
- Mini Burrito Platters
- Taco Bar
- Catering Homemade Chips
- Catering Sizes of Salsas and Guacamole

Speak to our management team to put together an affordable meal for your guests or reward your staff with their favorite lunch!

## TACO BAR

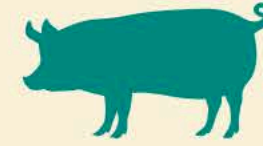
Customize your fiesta with a Las Olas Taco Bar. Set up at your office, home, or picnic! Speak to a manager to make your next party special.



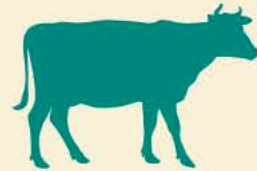
## OUR INGREDIENTS\*



Chicken is All Natural  
Hormone Free



Pork is  
USDA Organic



Steak is Prime  
USDA Cut



Chorizo is from  
Kellie Brook Farm  
in Greenland, NH

\* Please note that we cannot guarantee that any of our menu items are free of allergens because we use shared equipment and handle common allergens throughout our supply chain and restaurant. This restaurant serves shellfish.

## DIRECTIONS

EXETER - Rt. 101 to exit 11 (Rt. 33/108), take a right (from west) or left (from east) off the exit, 1 mile on the right.

HAMPTON - 1/4 mile south of downtown Hampton (Rt. 1) on right. 1/4 mile north of Hampton Rotary (intersection of Rt. 1/Rt.101) on left.

WELLS - Rt. 1 at the Wells Corner Shopping Plaza

## SOCIAL

Follow Las Olas for information on giveaways, raffles, news, and hour of operation.



FACEBOOK: [facebook.com/LasOlasTaqueria](https://facebook.com/LasOlasTaqueria)



INSTAGRAM: [@las\\_olas\\_taqueria](https://instagram.com/las_olas_taqueria)

WEBSITE: [www.lasolastaqueria.com](http://www.lasolastaqueria.com)

# LAS OLAS TAQUERIA

At Las Olas, you can create your own meal while we prepare it with our daily made sauces, salsas, and guacamole. Taste the difference.

Our beans and rice are 100% vegetarian without the use of lard, MSG, or meat-based stock.

Our healthy, homemade Latin food includes locally-raised meat, such as the chorizo from Kellie Brook Farm in neighboring Greenland, NH.

Gluten Free  
(other than flour tortilla)

Vegan and Vegetarian  
when you want it to be.

30 Portsmouth Ave, Exeter, NH 03833  
603-418-8901

356 Lafayette Rd, Hampton, NH 03842  
603-967-4880

1517 Post Rd, Wells, ME 04090  
207-216-9711

[www.lasolastaqueria.com](http://www.lasolastaqueria.com)  
[info@lasolastaqueria.com](mailto:info@lasolastaqueria.com)



## BURRITOS

Flour tortilla with rice, beans, lettuce, pico de gallo, cheese, sour cream, choice of salsa, fresh cilantro, and lime.

Bean \$6.49	Vegetarian \$7.19
Chicken \$7.49	Pork \$7.49
Ancho Beef \$7.49	Steak \$7.99
Chorizo \$7.99	

## TACOS

Soft flour, soft corn, or hard corn tortilla with lettuce, cheese, pico de gallo, choice of salsa, fresh cilantro and lime.

Bean \$2.59	Vegetarian \$3.09
Chicken \$3.39	Pork \$3.39
Ancho Beef \$3.39	Steak \$3.79
Chorizo \$3.79	

## BOWLS

Bed of rice with beans, lettuce, pico de gallo, cheese, sour cream, choice of salsa, fresh cilantro and lime.

Bean \$6.49	Vegetarian \$7.19
Chicken \$7.49	Pork \$7.49
Ancho Beef \$7.49	Steak \$7.99
Chorizo \$7.99	

## CHILDREN'S MEAL

Cheese quesadilla or taco with choice of beans, rice, or chips and a juice box. \$4.39

## QUESADILLAS

Monterey jack quesadilla topped with rice, beans, pico de gallo, lettuce, sour cream, cheese, choice of salsa, fresh cilantro and lime.

Bean \$6.79	Vegetarian \$7.39
Chicken \$7.69	Pork \$7.69
Ancho Beef \$7.69	Steak \$8.09
Chorizo \$8.09	

## SALADS

Bed of lettuce with beans, rice, pico de gallo, cheese, sour cream, guacamole, fresh cilantro, and our citrus lime dressing.

Bean \$6.99	Vegetarian \$7.99
Chicken \$8.49	Pork \$8.49
Ancho Beef \$8.49	Steak \$8.89
Chorizo \$8.89	

## NACHOS

Large plate of homemade corn tortilla chips covered with cheese, beans, pico de gallo, sour cream, and guacamole.

Bean \$7.29	Vegetarian \$7.99
Chicken \$8.19	Pork \$8.19
Ancho Beef \$8.19	Steak \$8.79
Chorizo \$8.79	



Plus NH meals tax  
Menu Items are subject to change

## SIDES

Chips and Pico de Gallo	\$3.29
Chips and Guacamole	\$4.29
Chips	\$2.29
Pico de Gallo/Salsa	\$1.59/\$3.09
Guacamole	\$2.29/\$4.59
Pineapple Salsa	\$2.29/\$4.59
Vegetables	\$1.09/\$2.09
Rice	\$2.29
Beans	\$2.29
Rice and Beans	\$2.29
Cheese Quesadilla	\$3.29
Corn Quesadilla	\$2.29
Cheese Nachos	\$4.29

## EXTRAS

Mushrooms/Sweet Potatoes	59¢/89¢
Fajita Vegetables	59¢/89¢
Guacamole	99¢/\$1.29
Extra Meat	\$2.59
Tortilla	79¢
Extras	39¢

## BEVERAGES

Fountain Drinks	\$1.89
Bottled Drinks	\$1.59/\$2.09/\$2.29
Maine Root	\$2.49
Imported or Craft Beers	\$3.99
Domestic Beer	\$3.29
José Cuervo Gold Margarita	\$6.49
Mojito	\$6.49