

Lite Menu

Lite Tacos de Pescado Tilapia filets seasoned and sauteed without oil. Served on corn tortillas with cabbage, pico and cilantro yogurt with black beans on the side 8.99 540 calories, 4g fat, 22g protein, 79g carbohydrate, 15g fiber

Lite Enchiladas One of our "Best of NH" Winners -Two Chicken Enchiladas - one red, one green, baked and then garnished with a drizzle of non-fat yogurt. Served with lettuce, tomato and black beans on the side 8.99

340 calories, 4g fat, 33g protein, 41g carbohydrate, 11g fiber

Lite Poblano Chicken (spicy) Grilled chicken breast stuffed with a poblano pepper, smothered in our own poblano yogurt sauce and pico de gallo. Served with our lite fajita veggies on the side. \$11.99 416 calories, 7g fat, 58g protein, 32g carbs, 6g fiber

Gusanoz Healthy Salads Chicken, Shrimp or Carne Asada served over a bed of lettuce with tomato, mushroom and onion. Oil and vinegar dressing served on the side 9.99

Nutrition information includes two tablespoons of evenly mixed olive oil and balsamic vinegar.

Chicken 394 cal., 19g fat, 42g protein, 6g carbs, 5g fiber

Shrimp 368 calories, 16g fat, 41g protein, 16g carbs, 5g fiber

Steak 444 calories, 29g fat, 31g protein, 16g carbs, 5g fiber

Gusanoz Lite Skillets Chicken, Shrimp or Flank Steak served with our lite fajita veggies on a sizzling skillet garnished with diced tomato 10.99 ***Includes 2 Corn Tortillas***

Over 100% daily value of Vitamin A and 600% of Vitamin C!

Chicken

384 calories, 6g fat, 43g protein, 39g carbohydrate, 6g fiber

Shrimp

364 calories, 3g fat, 42g protein, 40g carbohydrate, 6g fiber

Flank Steak

434 calories, 17g fat, 33g protein, 39g carbs, 6g fiber

Nutritional analysis has been conducted with as much care and accuracy as possible using Master Cook Deluxe 9.0 software. Data is based on average portion sizes controlled as best as possible, but guests should expect some margin of error. Gusanoz does not guarantee these figures, but does promise to make every reasonable effort to be as accurate and truthful as reasonably possible.

Saturday is family day at Gusanoz!

Free kids meals all day

with adult purchase!

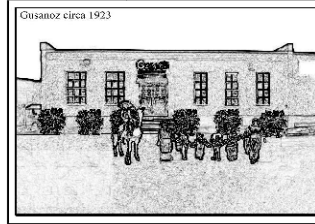
Pinata busting at 1 pm and 6 pm!

Beverages

Fountain Drinks (bottomless)	\$2.29
Iced Tea (bottomless)	\$2.29
Coffee (bottomless)	\$1.99
Fresh Lemonade	\$2.29
Horchata	\$2.29
Jamaica	\$2.29
Mexican Sodas	\$2.59
Mexican Coke (when available)	\$2.59

Sides

Tamal (pork or vegetarian)	\$3.49
Taco	\$2.49
Rice and Beans	\$3.99
Guacamole	\$2.49
Large Guacamole	\$5.99
Sour Cream	\$.99
Chile Relleno	\$3.49



gusano (g -sò-n) *gusano de maguey*
n.

1. Caterpillar of a night butterfly (mariposa)
2. Caterpillar originating from the agave plant, commonly believed to be found in good tequila but more likely to be pickled in cheap mescal.
3. Part of the local Oaxacaqueño cuisine since pre-Columbian times frequently served roasted or ground.

gusanoz (g -sò-n z) *gusanoz*
n.

1. Casual restaurant featuring authentic Mexican cuisine in a warm setting.

Gusanoz was founded in 2005 by Maria Limon and Nick Yager with the intention of bringing made from scratch Mexican food to the Upper Valley. Along the way we have also tried to create a good working environment for our employees that pays a living wage and offers them the opportunity to grow professionally and personally. Maria is a native of Mexico, having lived much of her life in both Sonora and Gomez Palacio, Durango. Our food is heavily influenced by these two regions. Thank you for your business!

Gusanoz Mexican Restaurant
410 Miracle Mile
Next to Huberts and the DMV
Lebanon, NH 03766
603-448-1408
www.gusanoz.com



Postre

Fried Ice Cream	4.99
Homemade Flan	4.49
Cheesecake Chimichanga	4.49
Vanilla Ice Cream Scoop	2.99
Maria's Limon Cake	4.49
Churros	4.49
Sopapillas	3.49

GUSANOZ

Mexican Restaurant

Lunch specials
Available Seven Days a Week

11 am until 3 pm

NEW!

Lite Creamy Poblano Chicken (lunch size)

Seared strips of chicken breast sauteed with poblano peppers and Onions. Served over rice with corn tortillas 7.99
527 calories, 6g fat, 49g protein, 66g carbohydrate, 3g fiber

Chicken Mole on Rice
(lunch size)

Seared strips of chicken breast smothered in mole sauce & served over rice with tortillas 7.99

Chile Verde Burrito
(lunch size)

Pork Chile Verde with beans, rice & cheese wrapped in a burrito, smothered in green sauce 7.99

Asado Burrito (lunch size)

Pork slow-cooked in mild red peppers, fresh-squeezed orange juice and garlic, in a burrito with rice & beans 7.99

Arroz con Pollo (lunch size)

Seared strips of chicken breast sauteed with peppers, onions and mushrooms, served over rice and cheese with tortillas 8.99

Daily \$5.99 Lunch Specials

Monday - Lunch Chimichanga

Tuesday - Two Enchiladas ~ Wednesday - Lunch Taco Salad

Thursday - Quesadilla with Meat ~ Friday - Lunch Burrito

Saturday - Two Tacos ~ Sunday - Huevos con Chorizo

DELIVERY!
603.448.1408

Entremeses

Jalapeno Onion Rings 6 for \$4.99 12 for \$7.99

Queso with Rajas V Melted Monterrey Jack cheese with strips of roasted poblano peppers and onion \$6.99

Chicharrones Fried pork cracklin's with hot sauce and lemon \$4.99

Guacamole Appetizer V Large side of fresh guacamole with sour cream, chips and our own pico de gallo \$6.99

Nachos V Melted cheese, beans, black olives, lettuce, tomatoes, jalapenos, sour cream and guacamole \$7.99 Add shredded beef, ground beef or chicken \$8.99 Carne Asada \$10.99 Baby Shrimp \$10.99

Wings (boneless or bone-in) Choose from: Buffalo, Habanero, Honey BBQ, Mole, Creamy Chipotle, Diabla Arbol or Habanero BBQ! 8.99 per basket **ALLERGY ALERT! Mole contains peanuts!**

Queso Fundido Melted Monterrey Jack cheese with our own Mexican pork chorizo \$6.99

Quesadillas V Melted Monterrey Jack cheese on a grilled flour tortillas garnished with sour cream and guacamole \$6.99 Add shredded beef, ground beef or chicken \$7.99 Carne Asada \$9.99 Baby Shrimp \$9.99

Taquitos Choose chicken or beef rolled in corn tortillas and fried. Served with our mild sauce and chipotle sour cream \$5.99

Ensaladas y algo Mas

Taco Salad or Tostada V Refried beans, your choice of ground beef, shredded beef or chicken topped with lettuce, cheese, tomatoes, olives, mild sauce, sour cream and guacamole in a flour tortilla shell or on a corn tortilla \$8.99

Dinner Salad V Field greens, tomatoes, red onions and mushrooms served with cilantro vinaigrette dressing \$4.99 or \$2.99 with a meal. Soup & Salad combo for \$6.99

Soups: Bowl \$6.99 Cup \$4.99 Cup w/meal \$2.99

Black Bean Soup V Sautéed carrots & vegetables mixed with black beans. Topped with tortilla strips & cheese.

Caldo Tlalpeno Originally from Mexico City, this chicken soup contains chick peas, carrots, chipotle peppers, avocado, tomato and more!

Pozole Traditional Mexican soup of pork, pozole corn and herbs & spices in a broth rich with New Mexico Chile Peppers and a hint of cayenne.

Combinacion

Choose any two or three of the following: V Taco, enchilada, pork tamal, chile relleno, tostada or chimichanga. Served with rice & beans. Any Two \$10.99 Any Three \$12.99

Easy Choice for Two! V Keep it simple and taste it all. Two enchiladas, pork tamal, chile relleno, tostada and a chimichanga with rice and beans for two! \$23.99

Taco Gringo Special: V Three Gringo Tacos served with rice & beans 9.99

Enchiladas

One, Two or Three Enchiladas! V Your choice of meat, cheese & onion or spinach & mushroom filling topped with red, green, white or mole sauce. Served with rice and beans. One Enchilada \$7.99 Two Enchiladas \$9.99 Three Enchiladas \$10.99 **ALLERGY ALERT! Mole contains peanuts!**

Burritos and Chimichangas

Gusanoz Burrito Especial V Rice, beans & your choice of meat rolled in a flour tortilla smothered in red sauce, lettuce, melted cheese, sour cream and guacamole, rice and beans \$10.99

Chile Verde Burrito Chunks of pork slow cooked in a thick green sauce. Served with rice and beans \$11.99

Burrito Borracho V Your choice of meat rolled in a flour tortilla with cheese and beans and smothered with our Borracho sauce (drunken salsa) and cheese. Hot Chile de Arbol! \$10.99 **HOT!**

House Burrito V Your choice of meat rolled in a flour tortilla with beans & cheese, smothered in red sauce and melted cheese. Served with rice and beans \$8.49

Chile Relleno Burrito V Our homemade poblano pepper chile relleno rolled into a burrito with rice and beans, smothered in red sauce and cheese served with sour cream and lettuce \$10.99

Chimichanga V Your choice of meat with beans and cheese in a flour tortilla. Served with taco sauce, lettuce, sour cream and guacamole, rice and beans \$10.99

Habanero Burrito V Beef or chicken in a flour tortilla with cheese, rice & **VERY** beans, smothered with our Fire Roasted Habanero Salsa & cheese. **HOT!** Lettuce, tomato and two scoops of sour cream on the side \$10.99

Replace the meat filling with roasted pork carnitas or carne asada steak on any burrito or chimichanga for only \$2.00 more!

Mariscos (Seafood)

Enchiladas Mariscos Langostino, baby shrimp and real crab meat in two enchiladas smothered in our creamy enchilada sauce. Served with rice & black beans 13.99

Mariscos Burrito Our seafood mix wrapped with rice in a flour tortilla, garnished with white sauce. Served with rice & black beans 13.99

Shrimp Nachos Melted Cheese, beans, Baby Shrimp, lettuce, tomatoes, jalapeños, black olives, sour cream and guacamole 10.99

Shrimp Quesadillas Melted Monterrey Jack cheese with Baby Shrimp on grilled flour tortillas, garnished with lettuce, tomatoes, sour cream and guacamole 9.99

North of the Border

All burgers and wraps include fries!

Jack Burger Lettuce, tomato, onion, melted Jack cheese 8.99

Mike Burger Cold cream cheese, jalapeño slices 8.99

California Burger Guacamole, lettuce, tomato, onion 8.99

O-Ring Burger Jalapeño Onion Ring, lettuce, tomato, onion, melted Jack cheese 8.99

Tampiqueña Burger Grilled poblano pepper & Monterrey Jack cheese 8.99

Buffalo Chicken Wrap Fried chicken, wing sauce, ranch, lettuce & tomato in a flour tortilla 8.99

Guacamole Chicken Wrap Guacamole, fried chicken, lettuce, tomato and mild salsa 8.99

Honey BBQ Chicken Wrap Fried chicken, honey BBQ, caramelized onions, lettuce & tomato 8.99

Chicken Fingers & Fries Three for 6.99, Five for only 8.99

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Bacon? We don't need no stinkin' bacon! Add Chicharrones on top of your burger for only \$1

Especialidades de la Casa

Tampiqueña Flank steak, thin-cut and grilled, served with a cheese enchilada with red sauce, a shredded beef taco and a roasted poblano pepper smothered in Monterrey Jack cheese. Rice and beans are included \$18.99 Add four grilled shrimp only \$4 more!

Camarones a la Diabla V Shrimp, onions and mushrooms lightly sauteed with salsa borracha. Served with rice and beans, tortillas and sour cream \$13.99 Chicken Diabla \$11.99 Vegetarian \$12.99 **HOT!**

Carne Asada Flank steak, thin-cut and grilled, served with chipotle pepper onions, tortillas and rice and beans \$14.99 Add four grilled shrimp for only \$4 more!

Arroz con Camarones V Seasoned shrimp with onions, mild peppers and mushrooms lightly sauteed and served over rice and cheese with tortillas, lettuce and tomato on the side \$13.99 Substitute chicken for \$12.99 Vegetarian \$11.99

Chicken Mole Strips of chicken breast smothered in mole sauce served with rice and beans and tortillas! \$12.99

ALLERGY ALERT! Mole contains peanuts!

Carnitas Tender pieces of pork served with fresh chopped cilantro, onion, limes, rice and beans and tortillas \$12.99

Fajitas Gusanoz Your choice of flank steak, chicken breast and /or shrimp, grilled and served sizzling on a bed of peppers, onions and mushrooms, accompanied by lettuce, tomato, cheese, pico de gallo, sour cream, guacamole, rice and beans and tortillas. Steak, chicken or shrimp \$14.99 Any Two \$15.99 All Three \$17.99

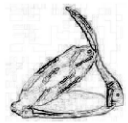
Chile Verde Succulent chunks of pork slow-roasted in a thick and flavorful green chile sauce. Served with rice and beans and tortillas \$12.99

Asado Tender pieces of pork in a sweet and spicy sauce served with rice and beans and tortillas \$12.99

Tacos de Pescado (Fish Tacos) Tilapia fillets seasoned with a dry rub, fried, served with lettuce, pico de gallo and cilantro yogurt sauce, flour tortillas and rice and beans \$11.99 Add a third taco for \$3.00

Pescado al Mojo de Ajo Tender fillets of tilapia sauteed in garlic, salt and pepper, olive oil, cilantro and lime. Served with rice and beans, garnished with lettuce, tomato, sliced avocado and tortillas \$13.99

Tacos de Carne Asada Flank steak, seasoned and seared, served with onion, cilantro and lime, rice and beans and corn tortillas. \$13.99



Gluten-Free Dishes

Many of our items can be prepared gluten-free. Our "refried beans" contain trace amounts of flour in one of the seasonings (chipotle peppers in adobo sauce contains flour), however our black beans are gluten free. Ask your server and please mention the severity of your allergy.

Vegetarian Dishes

Gusanoz rice and beans are both vegetarian and vegan when served without cheese. Look for the V next to vegetarian items! Try our spinach and mushroom filling in enchiladas, burritos and chimichangas, or order an Easy Choice Platter for Two vegetarian style.