



What makes Gurus great?

Occasionally, history produces people of insight or great talent who create significant changes through their creativity and wisdom. Often these contributors are called "Gurus".

At Guru's we are committed to offering each diner whether they be faithful or first time, a flavorful food experience.

Our quick, fresh and healthy 'food for the soul' will leave you chanting for more.

That's our pledge, and your happiness guarantee!



SELF-FULFILLING

VEGGIES

VEGETARIAN BOWL

Sautéed snow peas, bean sprouts, carrots, zucchini, yellow squash, green beans, roasted sweet corn, tomatoes, mushrooms, artichoke hearts, edamame, and your choice of rice in a light cilantro-lime pesto. **Gluten Free**
half 5.99 full 8.99

GURUVIAN VEGGIE & TOFU WRAP

Tofu, zucchini, yellow squash, carrots, mushrooms, green beans, edamame, lettuce, tomatoes, feta cheese, and cilantro-lime ranch.
Served with chips and salsa fresca.

7.99

GOOD KARMA PASTA

Grilled tofu, edamame, artichoke hearts, mushrooms, roma tomato, zucchini, yellow squash, carrots, and green beans in a curry cream sauce with Parmesan cheese.

half 6.99 full 8.99

SPICY CURRY BOWL

Zucchini, yellow squash, carrots, green beans, snow peas, edamame, bean sprouts, cashews, and tofu in a spicy coconut curry sauce over rice.

half 5.99 full 8.99

CURRY QUESADILLA

Zucchini, yellow squash, carrots, green beans, edamame, mushrooms, and cashews in a chipotle tortilla with melted Cheddar, Monterey Jack and Feta cheese.
Served with chips and salsa, roasted red pepper ranch, and guacamole.

8.99

VEGGIE BURRITO

Zucchini, yellow squash, carrots, green beans, edamame, mushrooms, corn, peanuts, tofu, brown rice, Cheddar and Monterey Jack cheeses, and cilantro-lime ranch rolled in a spinach tortilla topped with Pico De Gallo and guacamole.
Served with chips and salsa fresca.

7.99



BEVERAGES

Fountain drinks, free refills.	1.49
Bottled drinks	2.25
Bottled water	1.29
Iced Tea, fresh brewed.	1.99

HOT DRINKS

Hot Tea, assorted Herb Teas.	1.99
Organic fresh ground coffee - regular or decaf.	1.99
Hot Chocolate	1.99
French Vanilla Cappuccino	1.99
Toasted Marshmallow Steamer.	1.99

APPETIZERS

Sweet potato fries with South-west fry sauce	half 2.99 full 5.99
GF Chips and hummus dip	3.99
GF Chips and salsa fresca	2.99
Garden salad	sm. 2.99 lrg. 5.99
Nachos Bueno	half 3.99 full 6.99
Crisp tortilla chips topped with melted cheese, sour cream, Pico De Gallo, black olives, scallions, black beans, jalapenos, and corn. Add your choice of meat for \$1.99	

SIDES

Hummus	sm .60 lrg. 1.59
Guacamole.	sm .60 lrg. 1.59
Sour Cream	sm .28 lrg. 1.00
Salsa Fresca	sm .28 lrg. 1.00
Mango Salsa	sm .60 lrg. 1.59
Pico De Gallo	sm .28 lrg. 1.00
South-west Fry sauce	sm .28 lrg. 1.00
Extra dressing	sm .28 lrg. 1.00
Extra meat	half .99 full 1.99
Substitute shrimp	half 1.50 full 3.00
Add four shrimp	2.50

UPGRADE

Change out standard menu sides for those listed below.

Side of sweet potato fries with South-west fry sauce.	1.99
Garden Salad	1.59
Rice and beans	.99
Cup of soup	.99

DESSERTS

Mile High Chocolate Cake à la mode	sm. 3.99 lg. 7.99
Hot Fudge Brownie Sundae à la mode	4.99
New York Cheesecake	3.99
Your choice of caramel, chocolate or raspberry sauce	
Seasonal pies	4.99 à la mode 5.99

CATERING

Call Guru's for your next company party or catered event!
Our culinary gurus are ready to share their talents.

Take-out and limited delivery available. 801 375 GURU (4878)

FOOD FOR THE SOUL



Guru's

Feeding a Civilization™

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ENLIGHTENED

SALADS

GURU'S HOUSE

Grilled chicken, mixed field greens, sliced apples, mandarin oranges, Feta cheese, and candied almonds, tossed in a raspberry vinaigrette.

half 5.99 full 8.49

ASIAN CHICKEN ^V

Marinated chicken, mixed field greens, crispy noodles, bean sprouts, carrots, snow peas, mandarin oranges, and candied almonds, in a sesame ginger dressing.

half 5.99 full 8.49

TAOS TORTILLA

Grilled chicken, romaine lettuce, Pico De Gallo, black beans, corn, cucumber, crispy tortilla strips, and shredded cheese, tossed in a creamy cilantro-lime dressing or spicy chipotle ranch.

Try it with our guacamole for .60.

half 5.99 full 8.49

NAPA VALLEY WALDORF

Grilled chicken, mixed field greens, red grapes, sliced apples, candied walnuts, and crumbled bleu cheese, tossed in your choice of balsamic vinaigrette or creamy bleu cheese dressing.

half 6.49 full 8.99

BLACKENED SALMON

Morsels of blackened salmon, tossed with cucumber, tomato, snow peas, Feta cheese, romaine lettuce, crispy noodles and roasted red pepper dressing.

half 7.99 full 11.99

CHICKEN CAESAR

Grilled chicken, romaine lettuce, croutons and Parmesan cheese, tossed in a creamy Caesar dressing. Topped with Pico De Gallo.

half 5.49 full 7.99



BLISSFUL

WRAPS

Served with chips and salsa fresca.

All wraps are 7.99

SOUTHWEST CHIPOTLE

Grilled chicken, fresh corn, black beans, lettuce, Pico De Gallo, Jack and Cheddar cheese, with creamy chipotle dressing, in a chipotle tortilla.

MAUI WOWIE CHICKEN

Grilled chicken, lettuce, and tomato, with orange teriyaki glaze, mango salsa, Jack and Cheddar cheese, in a chipotle tortilla.

CAESAR CHICKEN

Grilled chicken, romaine lettuce, tomato, and Parmesan cheese with creamy Caesar dressing, in a spinach tortilla.

BLACK & BLEU STEAK

Grilled steak, bleu cheese, spring mix, tomatoes, and balsamic dressing, in a chipotle tortilla.

WEST OF PHILLY WRAP

Grilled steak, Jack and Cheddar cheese, lettuce, and Pico De Gallo with creamy chipotle dressing, in a chipotle tortilla.



SELF-FULFILLING

PASTAS & BOWLS

All rice bowls are served on white or brown rice.

TERIYAKI RICE BOWL

Grilled chicken or steak, sautéed snow peas, carrots, zucchini, yellow squash, and green beans with orange teriyaki glaze.

half 5.99 full 8.99

PAN SEARED SALMON RICE BOWL

Morsels of pan seared salmon filet, sautéed snow peas, carrots, zucchini, yellow squash, and green beans, with a roasted red bell pepper sauce.

half 7.99 full 12.99

THAI PEANUT PASTA OR RICE BOWL ^V

Grilled chicken, scallions, snow peas, bean sprouts, edamame, zucchini, yellow squash, carrots, green beans and peanuts in a Thai peanut sauce.

half 5.99 full 8.99

SPICY SZECHWAN PASTA OR RICE BOWL

Grilled chicken or steak with snow peas, zucchini, yellow squash, carrots, scallions, green beans and sesame seeds in a traditional tangy Szechwan pepper sauce.

half 5.99 full 8.99

CILANTRO-LIME PESTO PASTA

Grilled chicken with zucchini, yellow squash, carrots, green beans, Parmesan cheese and cilantro-lime pesto.

half 5.99 full 8.99

MARCO POLO PASTA

Grilled chicken, artichoke hearts, zucchini, yellow squash, green beans, carrots, mushrooms, and tomatoes in a light garlic Alfredo sauce with Parmesan cheese.

half 5.99 full 8.99



WARM THE HEART

SOUPS

cup 1.99 small bowl 3.99 large bowl 5.49

HALF SOUP & GARDEN SALAD COMBO

Your choice of a small bowl of soup and a garden salad.

6.99

MULLIGATAWNY

Chicken, rice, curry, coconut milk, apples, celery, sweet onion, and carrot.

CHICKEN CORN TORTILLA

Grilled chicken, tomatoes, diced green chilies, roasted corn, scallions, crispy tortilla strips, cheese and fresh lime.

Often the chef adds a creative Soup of the Day. Just ask.



IGNITE THE FIRE

TACOS & BURRITOS

Choose grilled chicken, carne asada steak, carnitas pork, or vegetarian. Served with chips and salsa fresca, or change out for an item from our à la carte menu.

BURRITO GRANDE

Fresh flour tortilla stuffed with rice, black beans, two cheeses, and your choice of meat, smothered in a fresh Ranchero sauce and melted cheese.

Served with Pico De Gallo and sour cream.

8.49

TACOS ^{GF}

Two soft tortillas, lettuce, cilantro-lime ranch, two cheeses, and filled with your choice of meat. Served with Pico De Gallo and sour cream.

7.99

QUESADILLA

Stuffed with your choice of meat, Cheddar and Monterey Jack cheese, mild green chilies, topped with scallions. Served with Pico De Gallo and sour cream.

7.99

CILANTRO-LIME QUESADILLA

Stuffed with chicken, Cheddar, Monterey Jack and Feta cheese, corn, cilantro-lime pesto, topped with scallions. Served with Pico De Gallo and sour cream.

8.99

BLEU QUESADILLA

Stuffed with steak, Cheddar, Monterey Jack and bleu cheese, topped with scallions. Served with Pico De Gallo and sour cream.

8.49

SANTA CRUZ QUESADILLA

Stuffed with your choice of meats or vegetarian, Feta, Cheddar and Monterey Jack cheese, black beans, and Pico De Gallo.

Served with Pico De Gallo and sour cream.

8.99

BAJA FISH TACOS ^{GF}

Two soft tacos filled with grilled seasonal fresh fish, guacamole, lettuce, Pico De Gallo, and cilantro-lime ranch.

9.49

GRILLED SHRIMP TACOS ^{GF}

Two soft tacos filled with grilled jumbo shrimp, guacamole, lettuce, and mango salsa.

9.49

^V Can be made Vegan upon request

^{GF} Can be made Gluten Free upon request

Substitute tofu on any dish, no extra charge