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EL PARRAL IS A HISTORIC CITY IN THE MEXICAN STATE OF CHIHUAHUA. IT IS THE SEAT OF THE MEXICAN REVOLUTION.


# APPETIZERS 

## CHICKEN WINGS

Plain, hot or mango habanero with celery and ranch dressing
(6) -6.75 (12) -12.75

## FLAUTAS

Four shredded chicken deep-fried corn taquitos. Topped with lettuce, sour cream and sprinkled with queso fresco-9.75

## SEASONED FRENCH

 FRIES - 4.00
## DIPS FOR CHIPS

## CHEESE DIP

Melted cheese - 4.75

## SPINACH DIP

Cooked spinach with melted cheese-5.75

## CHORIZO DIP

Mexican sausage and
melted cheese - 7.00

## GUACAMOLE DIP

Smashed avocado with onions, cilantro and tomatoes - 4.50

## BUFFALO SHRIMP

Lightly breaded shrimp in our hot buffalo sauce - 10.00

## MEXICAN STREET CORN

Delicious corn on the cob
topped with Tajín, mayonnaise and Cotija cheese - 4.25

## CARNE ASADA FRIES

A bed of crispy French fries topped with grilled steak, our housemade queso and scallions - 12.25

## SEAFOOD DIP

Grilled shrimp and scallops mixed with creamy chipotle and cheese dip - 8.50

## BEAN DIP

Beans and melted cheese - 5.25

## FRESH GUACAMOLE

Our chunky guacamole made with diced avocado, onions, tomatoes and cilantro - 7.00

## PICO DE GALLO

Diced tomatoes, onions, cilantro
and jalapeños - 3.00

NACHOS
All nachos served with melted cheese! Extra cheese 1.25

NACHOS CON CARNE
Topped with ground beef - 9.50

## NACHOS SUPREMOS

Topped with ground beef or
shredded chicken, lettuce, tomatoes and sour cream - 11.00

## NACHOS SANTA FE

Topped with ground beef, refried beans, shredded chicken, pico de gallo and sour cream - 11.00

## NACHOS CON POLLO

Topped with shredded chicken - 9.50

## NACHOS FAJITA

Topped with grilled steak strips or chicken, onions and bell peppers - 11.50

## NACHOS TEXANOS

Topped with grilled steak strips, chicken, shrimp, onions and bell peppers - 12.50

## BOWLS, SALADS \& SOUP

## ELP. BOWLS

Each bowl contains fresh spring mix. Served with tomatoes, cucumbers, corn, black beans and rice.
Choose your protein:
Grilled Chicken - 10.50
Grilled Steak - 11.00
Grilled Shrimp - 12.00

## TACO SALAD

A crispy flour tortilla bowl filled with your choice of ground beef or shredded chicken, refried beans, lettuce, tomatoes, cheese and sour cream - 9.00

## FAJITA TACO SALAD

A crispy flour tortilla bowl filled with grilled chicken strips or steak, grilled onions, bell peppers, refried beans, lettuce, tomatoes, cheese and sour cream - 10.50

## POLLO SALAD

Grilled chicken strips served on a bed of romaine lettuce, cucumbers, tomatoes, red onions and shredded cheese - 9.75 Add chipotle sauce - 1.00

## SHRIMP SALAD

Grilled shrimp on a bed of romaine lettuce, cucumbers, red onions, tomatoes, bell peppers, mushrooms and shredded cheese - 10.75

## CHICKEN SOUP

Delicious shredded chicken in broth, served with rice, tomatoes, onions, cilantro, avocado and a wedge of lime for a kick of flavor - 9.00

## SEAFOOD

## hOI camarones a la diabla

Grilled shrimp cooked with spicy sauce and onions. Served with rice, refried beans, pico de gallo and tortillas - 14.75

## CAMARONES A LA MEXICANA

Grilled shrimp cooked with three colors of bell peppers, onions tomatoes and cilantro. Served with rice or refried beans, lettuce, pico de gallo, jalapeño and tortillas - 15.00

## HOT CAMARONES CHIPOTLE

Grilled tender shrimp cooked with our spicy chipotle sauce and bacon. Served with rice, refried beans, pico de gallo and tortillas - 15.00

## CAMARONES CANCÚN

Grilled shrimp cooked with red onions, pineapple, zucchini and our special cheese blend. Served with rice, lettuce, pico de gallo and tortillas - 15.00

## PESCADO EL PARRAL

Two grilled tilapia fillets and six shrimp grilled with peppers, onions and tomatoes. Served with rice, lettuce, pico de gallo, sour cream and tortillas - 15.25

## SHRIMP COCKTAIL

Cold boiled shrimp mixed in our special cocktail sauce and served with onions, tomatoes, cilantro, cucumbers and avocado - 14.50

## TOSTADA DE CAMARÓN

Corn tostada topped with mayonnaise, shrimp, pico de gallo and avocado. One - 4.25

## CAMARONES CON ARROZ

Grilled shrimp and zucchini on a bed of rice
covered with melted cheese - 12.75

## CALDO DE CAMARÓN O

PESCADO (TILAPIA FILLET)
Delicious seafood broth with vegetables and
your choice of shrimp or fish - 14.50

## TACOS DE PESCADO O CAMARÓN

Three flour tortillas filled with grilled tilapia strips or grilled shrimp, topped with red cabbage, pico de gallo and our homemade chipotle sauce. Served with rice and beans - 13.50

## STEAKS

All steaks are marinated and cooked at your request. Served with a fresh tossed salad and one of the following sides: Rice, Fries, Mashed Potatoes, Whole Black Beans or Seasoned Steamed Vegetables (Squash, Broccoli and Zucchini)

8 OZ. RIB-EYE STEAK - 15.25
8 OZ. T-BONE STEAK - 14.75

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## BURRITOS

## OMG! BURRITO

A large tortilla filled with black beans, rice, cheese and steak. Topped with salsa verde, queso, pico de gallo, avocado and more steak! - 13.00

## BURRITO MEXICANO

A large flour tortilla filled with grilled chicken strips, steak, shrimp, bacon, grilled onions and pico de gallo. Topped with mole sauce, green sauce and melted cheese - 13.00

## BURRITO PERDIDO

A large flour tortilla filled with grilled chicken strips and chorizo then covered with rice and melted cheese - 12.50

## BURRITO CALIFORNIA

A large flour tortilla filled with grilled chicken strips or steak, grilled onions, beans, sour cream and cheese. Topped with melted cheese and mole sauce - 12.50

## BURRITO HAWAIANO

A flour tortilla filled with grilled chicken strips and pineapple topped with melted cheese, six grilled shrimp, red onions, tomatoes and parsley. Served with rice - 12.75

## BURRITOS DELUXE

Two combination burritos, one shredded chicken with beans and one ground beef with beans. Topped with red sauce, cheese, lettuce, tomatoes and sour cream - 11.75

## BURRITOS DE CAMARONES

Two soft flour tortillas filled with grilled shrimp topped with melted cheese. Served with rice, lettuce, jalapeño and pico de gallo - 13.00

## BURRITOS ROQUETA

Two soft flour tortillas filled with grilled chicken strips or steak simmered in beer and topped with melted cheese and mole sauce. Served with rice or beans and pico de gallo - 12.50

## BURRITOS VERDES

Two flour tortillas filled with your choice of shredded fried pork grilled chicken or steak strips. Topped with melted cheese, green sauce and pico de gallo. Served with beans - 12.50

## QUESADILLAS

All quesadillas are served with rice or beans, fresh lettuce, sour cream and tomatoes. Extra cheese 1.25

## QUESADILLA MEXICANA

A large flour tortilla filled with cheese, shredded chicken or ground beef - 10.75

## QUESADILLA FAJITA

A large flour tortilla filled with cheese, grilled chicken
strips or steak, bell peppers and onions - 12.00

## QUESADILLA TEXANA

A large flour tortilla filled with cheese, grilled chicken strips, steak, shrimp, onions and peppers - 12.75

## OUESADILLA CON CAMARONES

A large flour tortilla filled with cheese, grilled
shrimp, onions and peppers - 13.00

## QUESADILLA AZTECA

A large cheese quesadilla topped with delicious shredded chicken, cheese sauce and red sauce - 10.75


## ENCHILADAS

ENCHILADAS SUPER

A combination of four enchiladas ground beef, shredded chicken, beef tips and beans. Topped with enchilada sauce, lettuce, tomatoes, onion slices, queso fresco and sour cream - 11.50

## ENCHILADAS VERDES

Three enchiladas filled with shredded chicken. Topped with cheese and green sauce. Served with rice or beans, lettuce, tomatoes and sour cream - 11.50

## HEALTHY COMBOS

Cooked with no oil.
GRILLED CHICKEN OR STEAK
Served with grilled onions, red peppers and mushrooms - 11.00
GRILLED CHICKEN BREAST
Topped with grilled mushrooms, onions and spinach - 10.75

## GRILLED SHRIMP

Served with grilled onions, red peppers and mushrooms - 12.00

## MIXED DISHES FROM THE GRILL

## EL PASO

Chopped grilled steak or chicken and bacon, red, green and yellow bell peppers, onions and tomatoes. Served with rice, refried beans and flour tortillas - 13.50

## CAZUELÓN

A 4 oz. rib-eye steak and 40 . grilled chicken breast, marinated overnight, topped with chorizo and grilled onions. Served with rice, refried beans, pico de gallo and flour tortillas - 14.50

## TRES COMPADRES

A 40 oz. rib-eye steak and 40 . grilled chicken breast with grilled shrimp and strips of red peppers. Served with rice and beans - 14.50

## CARNE ASADA

An 8 oz. rib-eye steak served with refried beans, lettuce, pico de gallo, avocado, jalapeño and tortillas - 14.00

## MILANESA

Breaded chicken or beef served with rice, lettuce, avocado, pico de gallo, jalapeños and tortillas - 14.00

## ARROZ CON STEAK

Grilled cubed steak and zucchini on a bed of rice covered with melted cheese - 12.25

## ARROZ TEXANO

Grilled chicken strips, steak and shrimp with peppers and onions. Covered with melted cheese - 12.75

## MEXICAN

## CHEESE STEAK

Two flour tortillas filled with grilled chicken strips or steak, grilled onions and melted cheese. Served with rice or beans, lettuce, tomatoes and sour cream - 12.00

## CARNE EN SU JUGO

One of the most traditional dishes, which is the steak in its own juice, grilled steak strips, bacon, in a mild tomatillo sauce. Topped with pinto beans, onions and cilantro. Served with tortillas - 13.50

## CHIMICHANGA

Two fried or soft flour tortillas filled with shredded chicken or beef tips and topped with melted cheese, red sauce, lettuce, tomatoes and sour cream. Served with rice or beans -12.50

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## CHICKEN

## ARROZ CON POLLO

Grilled chicken on a bed of rice with melted cheese - 11.50

## POLLO LOCO

8 oz. grilled chicken breast served with rice, lettuce, pico de gallo, jalapeño and tortillas - 12.50

## POLLO TAPATIO

8 oz. grilled chicken breast topped with grilled mushrooms, spinach, onions and melted cheese. Served with rice, beans and tortillas - 13.25

## POLLO CON CHORIZO

8 oz. grilled chicken breast topped with Mexican sausage and melted cheese. Served with rice or beans, lettuce, pico de gallo and tortillas - 13.75

## POLLO AL FOGÓN

8 oz. grilled chicken breast topped with grilled shrimp, red peppers and melted cheese. Served with rice, lettuce and tomatoes - 14.00

## POLLO GRATINADO

8 oz. grilled sliced chicken breast topped with creamy spinach. Served with rice and seasoned steamed vegetables (squash, broccoli and zucchini) - 13.25

## POLLO TROPICAL

8 oz. grilled chicken breast topped with grilled mushrooms onions and pineapple smothered with a special blend of cheese. Served with rice and seasoned steamed vegetables (squash, broccoli and zucchini) - 13.75

## POLLO CHIPOTLE

Grilled chopped chicken and mushrooms marinated in chipotle and cheese sauce. Served with rice, beans and tortillas - 12.50

POLLO FELIZ
Grilled chicken strips on a bed of rice with green squash, red peppers and special melted cheese - 12.50

## POLLO FIESTA

Grilled chicken strips on a bed of rice with mushrooms and spinach, topped with melted cheese -12.50

## sizzung FAIITAS

All fajitas are cooked with bell peppers, onions and tomatoes. Served with rice, beans and a salad that includes fresh lettuce, sour cream, tomatoes and flour tortillas.

## POLLO

Grilled chicken strips
For One - 13.75 For Two - 21.25

## CARNE

Grilled steak strips
For One - 14.75 For Two - 22.75

## POLLO \& CARNE

Grilled chicken strips and steak For One - 14.00 For Two - 22.00

## TEXAS

Grilled chicken strips, steak and shrimp For One - 15.00 For Two - 22.75

## CAMARÓN

Grilled shrimp
For One - 16.25 For Two - 25.25

## FAJITAS CHIHUAHUA

Grilled chicken strips, steak and
bacon topped with cheese.
For One - 15.00 For Two - 24.00

## FAJITAS VEGETARIANAS

Grilled red and green bell peppers
mushrooms, onions, zucchini and tomatoes
For One - 12.00 For Two - 18.50

## COMBINACIONES DE LACASA

## Make Your own DINNER COMBINATION

All combinations come with rice and beans.
Filled with your choice of ground beef or shredded chicken.
ONE ITEM - 9.25 TWO ITEMS - 10.75
STEAK OR GRILLED CHICKEN - 1.25 EXTRA

~ Burrito<br>Enchilada<br>~ Taco (hard or soft)<br>~ Quesadilla

## VEGETARIAN <br> ACV

Grilled mixed vegetables (zucchini, red peppers, onions and mushrooms)
served on a bed of rice and topped with melted cheese - 10.50

## BURRITO VEGETARIANO

A large flour tortilla filled with black beans, rice, grilled veggies (zucchini, bell peppers and onions) topped with melted cheese -10.50

## QUESADILLA VEGETARIANA

A large flour tortilla filled with cheese, grilled veggies (tomatoes, spinach, mushrooms and onions). Served with whole black beans - 10.50

## SIDE ORDERS <br> RICE - 3.75

RICE WITH CHEESE - 5.00
REFRIED BEANS - 4.00
WHOLE BLACK BEANS - 3.50
SOUR CREAM - 3.00

## BURRITOS

Shredded Chicken or Ground Beef - 6.00
Grilled Strips Chicken or Steak - 7.00

## ENCHILADAS

Shredded Chicken or Ground Beef - 3.50
Grilled Strips Chicken or Steak - 4.25

## QUESADILLA

Cheese - 4.00 Shredded Chicken or Ground Beef - 4.75
Grilled Strips Chicken or Steak - 5.25 Grilled Shrimp - 5.75

## TACOS - HARD OR SOFT

Shredded chicken or ground beef, with lettuce and cheese. (1) - 3.25 (3) - 8.50

## TACOS SUPREMOS

Filled with ground beef or shredded chicken, lettuce, cheese,
sour cream and tomatoes. (1) - 3.50 (3) - 9.25


Served to children younger than 10 years. Soft drink included. Dine-in only.

1. TACO \& ENCHILADA
2. TACO \& BURRITO
3. TACO, RICE \& BEANS
4. CHEESE QUESADILLA \& RICE
5. QUESADILLA \& FRIES
6. CHICKEN FINGERS \& FRIES
7. CHEESEBURGER \& FRIES
8. ARROZ CON POLLO
9. CHICKEN NACHOS
10. MACARONI \& CHEESE

# STREET TACOS, TORTAS \& SOPES 

## TACOS

Three corn tortillas
topped with your choice of protein. Served with rice, beans, cilantro and fresh onions - 12.00

TORTAS
Ciabatta bread filled with your choice of protein, refried beans tomato, onion, jalapeños, mayonnaise and avocado. Served with fries - 11.00

## SOPES

Three thick tortillas topped with beans, your choice of protein, lettuce, tomato, queso fresco and sour cream - 11.00

CHOOSE YOUR PROTEIN FOR THE ABOVE:
CARNE ASADA (Steak); POLLO ASADO (Chicken); CARNITAS (Pork); CHORIZO (Mexican Sausage); AL PASTOR (Marinated Pork);
A LA DIABLA (Spicy Grilled Steak Strips with Mexican Sausage)

## TACOS BIRRIA

Three birria beef-style tacos Served with cilantro, onions and a small consommé soup - 12.00

## BURGERS

Served with French fries.

## LOADED BURGER

Traditional American burger with bacon, lettuce, tomatoes, red onions, grilled mushrooms, cheddar cheese and mayonnaise - 10.25

## PORK

## CARNITAS

Delicious pork chop cooked to a golden brown and served with rice, beans, jalapeño, pico de gallo and tortillas - 13.00

## QUESA-BIRRIA

Three birria beef-style tacos with cheese. Served with cilantro, onions and a small consommé soup - 13.00

## CHORIZO BURGER

Grilled chicken breast topped with chorizo (Mexican sausage), melted cheese, lettuce, tomatoes, red onions and mayonnaise - 10.75

## DESSERTS

Add one scoop of ice cream, 1.00 extra.

## FLAN

Mexican custard - 5.00

## MEXICAN CHURROS

Caramel-5.50
FRIED ICE CREAM - 5.50

## SOPAPILLA

Fried pastry tortilla with honey, butter, cinnamon and whipped cream - 4.25

## XANGO

Sweet, crisp shell coated with sugar, cinnamon and creamy cheesecake filling - 5.50

CHEESECAKE - 6.00

## BEVERAGES

## SOFT DRINKS

Coke, Diet Coke, Sprite,
Pibb Xtra, Mello Yello,
Pink Lemonade, Iced Tea

MILK, CHOCOLATE MILK, ORANGE JUICE No free refills

COFFEE


# LUNCH 

Served Monday - Saturday, 11:00 a.m. - 3:00 p.m. After hours, 1.25 extra

## SPEEDY GONZALEZ

One beef taco, one beef enchilada and your choice of rice or beans - 8.00

## LUNCH COMBO 1

One beef burrito and one beef
taco served with rice - 8.50

## LUNCH COMBO 2

One beef burrito, one chicken
enchilada and one beef taco - 8.75

## BURRITO CALIFORNIA

Burrito filled with grilled chicken or steak, grilled onions, refried beans, cheese and sour cream. Topped with melted cheese and mole sauce - 8.25

## BURRITO DELUXE

Burrito filled with ground beef or shredded chicken and beans, topped with red sauce, cheese, lettuce, tomatoes and sour cream - 7.50

## BURRITO CON CREMA

One fried chicken burrito topped with melted cheese and drizzled sour cream. Served with rice and beans - 8.50

## BURRITO ROQUETA

One flour tortilla filled with grilled chicken simmered in beer, topped with melted cheese and mole sauce. Served pico de gallo and rice or beans - 8.50

## BREAKFAST BURRITO

A flour tortilla stuffed with eggs and chorizo and topped with melted cheese. Served with beans and pico de gallo-8.50

## CHIMICHANGA

One soft or fried flour tortilla filled with shredded chicken or beef tips topped with melted cheese, red sauce, lettuce, tomatoes and sour cream. Served with rice or beans - 8.75

## ENCHILADAS <br> CON CREMA

Two chicken enchiladas topped with melted cheese and sour cream. Served with rice -8.25

## ENCHILADAS MARÍA

Two enchiladas, one shredded chicken and one ground beef, topped with red sauce, cheese, tomatoes and drizzled with sour cream. Served with rice or beans - 8.25

## ARROZ CON POLLO

Grilled chicken strips on a bed of rice covered with melted cheese - 8.75

## QUESADILLA FAJITA

One quesadilla filled with cheese grilled chicken or steak, bell peppers and onions. Served with lettuce, tomatoes, sour cream and rice or beans - 9.25

## QUESADILLA VERDE

A flour tortilla filled with cheese and shredded chicken or ground beef. Topped with melted cheese and served with lettuce, tomato and guacamole - 8.25

## MEXICAN

CHEESE STEAK
Soft flour tortilla filled with grilled steak or chicken, grilled onions and melted cheese. Served with lettuce, tomatoes, sour cream and rice or beans - 8.50

## CAMARONES

## CON ARROZ

Grilled shrimp and zucchini on a bed of rice covered with melted cheese - 9.75

## HUEVOS CON <br> CHORIZO

Two eggs with Mexican sausage. Served with rice, beans, jalapeño and flour tortillas - 8.75

## MiOHUEVOALA MEXICANA

Two scrambled eggs with tomatoes, onions and peppers. Served with rice, beans and tortillas - 8.50

## LUNCH FAJITAS

All fajitas are cooked with bell peppers, onions and tomatoes. Served with rice, refried beans and a salad that includes fresh lettuce, sour cream, tomatoes and flour tortillas.

## POLLO

Grilled chicken strips - 9.50

## CARNE

Grilled steak strips - 9.75

## CAMARÓN

Grilled shrimp - 11.25

## POLLO Y CARNE

Grilled chicken strips
and steak - 9.75

## TEXANAS

Grilled chicken strips, steak
and shrimp - 10.25

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LUNCH FAJITAS TEXANAS

## FULL BAR EXOTIC DRINKS

## MONTERREY MAI-TAI

Light rum, dark rum, pineapple juice, orange juice, triple sec and lime juice

## AMARETTO SOUR

Amaretto and sour mix

## ANTIFREEZE

Barton Vodka, Midori, blue
curaçao and sour mix

## BAHAMA MAMA

Malibu, vodka, grenadine and pineapple juice

## BLUE MOTORCYCLE

Barton Vodka, blue curaçao and sour mix

## COSMOPOLITAN

Peach schnapps, triple sec, vodka and cranberry juice

## 7 \& 7

Crown Royal and Sprite

## ELECTRIC CHAIR

House tequila, sour mix and Bacardí 151

## LONG ISLAND ICED TEA

House tequila, sour mix, Coke and a lemon slice

## SINGAPORE SLING

Gin, Presidente Brandy, cherry juice, grenadine and sour mix

## ZOMBIE

Tequila, rum, vodka, gin, sour mix, orange juice, grenadine and Bacardí 151

## MOJITO

Rum with organic agave nectar, lemon and mint Leaves

## CIELITO LINDO

Tequila, blue curaçao, coconut cream and pineapple juice

## CANTARITO

Tequila, lemon, agave, orange juice, salt, Squirt soda, chamoy and a Tajín rim

## MEXICAN CANDY

Tequila, Gran Gala, mango purée, orange juice, chamoy and a Tajín rim

## PALOMA NEGRA

Coconut tequila, grapefruit soda, salt, fresh citrus, activated charcoal, chamoy and a Tajín rim

## EL PARAISO

Tequila, muddled mango, strawberries, Malibu and orange juice

## MEXICAN TIHI

Tequila, organic agave nectar, fresh passion fruit, chamoy and a Tajín rim

MARGARITAS
All margaritas are made with our own homemade margarita mix! On the rocks or frozen.

TRADITIONAL MARGARITA
Silver Tequila, triple sec and margarita mix Regular Jumbo

## TEXAS MARGARITA

Jose Cuervo, Grand Marnier, triple sec and margarita mix.
Regular Jumbo
FLAVOR MARGARITA
Choose from Strawberry,
Peach, Mango, Banana.
Regular Jumbo

## BLUE MARGARITA

Silver Tequila, triple sec, margarita mix and blue curaçao. Regular Jumbo

## FLAVORED DAIQUIRIS

Banana, Piña Colada, Mango Regular Jumbo

## MANGONADA

Tequila with mango purée, chamoy and lime juice. Garnished with a chile rim. Regular Jumbo

## THIRST QUENCHERS

## MEXICAN BEER

Corona, Corona Light, Tecate,
Dos Equis (XX) Lager, Dos Equis (XX) Dark, Bohemia, Modelo Especial, Negra Modelo, Pacífico, Sol, Carta Blanca, Heineken

## DOMESTIC BEER

Michelob Ultra, Michelob Light, Miller Lite, Budweiser, Bud Light, Bud Light Lime, Bud Select, Natural Light, Coors Light, Ice House, Smirnoff Ice

## DRAFT BEER

Bud Light, Miller Lite
20 oz. Mug 34 oz. Mug Pitcher
Dos Equis (XX)
20 oz. Mug 34 oz. Mug Pitcher

## MICHELADA

House Michelada mix with your choice of beer. Topped with chamoy and served in a glass with a Tajín rim

## WINES

SANGRIA, WHITE ZINFANDEL, ROSÉ, CABERNET SAUVIGNON, MERLOT, CHARDONNAY, PINOT GRIGIO
Glass $1 / 2$ Carafe

We are delighted to have you dine with us. If there is anything we can do to make your visit more enjoyable, please let us know. Your satisfaction is our number one goal. Come back often and come back soon. Thank you.



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