

# High Tech Burrito

## LOCATION

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Hawthorn, 3122 VIC

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**Australia's First Gourmet Burrito and already a Melbourne favourite!**

"This is the real deal! The ingredients are fresh, portions are large, and care in preparation is superb."

"You have restored my faith in Mexican food! Thank you for your deliciousness!!"

"After eating a burrito at High Tech, I feel good!"

"It's great... lots of choices for vegetarian and vegan meals."

"At High Tech I had the most delicious burrito that I have ever had. Great job guys!"

"If you're in Hawthorn and you're hungry. Eat here, I'm serious, it'll be some of the best food you've ever tasted."

"Hands down the BEST burritos I've had outside the US...!"

"We had some tortilla chips, and they were AMAZINGGGGG!"

"BEST tacos I have had in Australia ... RULERS!"

"The prices are very reasonable and the burritos extremely filling. They have kid sized meals at good prices. "

"Excellent food, excellent service! The burritos and tacos are great! Once you try them, you cannot stop coming back!"

"I eat there about 3-4 times a week. I just love it."

"I'm getting hungry just thinking about it!"

"High Tech food is just like So-Cal Mexican food...YUM!!! This is a great place to eat!"

"I took my mates and now it's a regular place for our Thursday night dinners!"

"Well worth the trip to Hawthorn. It's great value for money and it will make you come back for more!"

"The Fajita Burrito is my favorite cause it's just tastes awesome!"

"I can only wish there were more places like this in Melbourne."

It is the freshest, tastiest, BESTEST Mexican I have ever had - hands down. The hardest part is deciding what amazing combination of beans, sauces and fresh salads to choose! It was quick, affordable, friendly and not over-seasoned or salty.

Dine in or Take away!

✓ **the better way to eat fresh mex**

- Salsas and sauces made fresh on the premises
- No preservatives or sugars added
- Low in fat, no lard, no MSG
- Gluten-free, vegetarian/vegan menu choices



**Born in Mexico  
Raised in California  
Eaten around Melbourne**



Read what Melbourne has to say!



## OUR STORY

Looking back now, it's easy to say that High Tech Burrito was ahead of its time. It was food created for the next generation of customers, those seeking an alternative to unhealthy fast food. It was food for people who knew that a \$1 meal simply couldn't mean quality.

Back in the 80's, there was nowhere to go for a quick, high quality, nutritious meal. Nowhere, that is, except High Tech Burrito in San Rafael, California, where one guy thought that tortillas could hold much more than just beans and rice. He first made classic Mexican burritos with his own authentic salsas, fresh guacamole and salads. He then created gourmet burritos and tacos with exotic flavours and locally inspired unique healthy fillings. Going one step further, he served his customers exactly what they wanted as all burritos were cooked and individually made to order.

His burritos won many awards – and, more importantly, loyal customers from all over California and beyond. Two decades, many locations, and millions of burritos later, High Tech Burrito is known as The Original Gourmet Burrito...and is still growing.

High Tech Burrito is now in Australia and already a Melbourne favourite. Our extensive menu of burritos, tacos and salads is authentic Mexican in heritage and deeply infused with Californian healthy cuisine additions.

## OUR FOOD

At High Tech Burrito, we only have one mission: to make the best burritos. We combine fresh vegetables and grilled meats with the finest ingredients around, with a menu loaded with customised options and unique choices. We promise that our food is always served fresh and made your way, because we believe that the best burritos are the ones custom made to your tastes.

When you order, choose a burrito from our signature "High Tech" selection or customise your own classic burrito. First decide if you feel like lean steak, marinated chicken, low fat chicken breast, pork, seafood or even vegetarian. Then select your favourite type of beans, rice, tortilla and any of our fresh homemade salsas. Choose cilantro, fresh juicy tomatoes, or dig into our own chunky guacamole and much much more. All prepared right before your eyes. You name it and you will get it!

Dine in or Take away. Whether we build it to your desired taste or you choose one of our gourmet burritos, your visit to High Tech Burrito gives you the ultimate burrito experience.

**HEALTHIER. TASTIER.  
FRESHER. BETTER.**

...just five-star cooking with the best ingredients around, made your way. Try our award-winning Burritos – one bite and you'll understand why High Tech Burrito really is "a better way to eat!" since 1986.

## SIDE ORDERS

	Sm	Med
TORTILLA CHIPS V▼	2.90	4.50
WITH CHIPS & SALSA V▼	4.90	8.50
WITH CHIPS & GUAC V▼	5.90	10.50

**SALSAS** Mild, Hot, Nuclear, Pico De Gallo, Pineapple

**NACHOS** V 5.90

Warm tortilla chips smothered in our home made Queso sauce and topped with fresh picco de gallo

Add meat, beans, lime sour cream or guacamole for a small charge

## COMBO YOUR MEAL

Purchase any main item, tortilla chips with any of our dips, and a drink. We'll take \$2.50 off your total purchase price.

	Sm	Med	Lg
FRESH SALSAS V▼	2.20	4.20	8.20
GUACAMOLE V▼ Fresh Hass avocados	3.20	6.20	11.90
LIME SOUR CREAM	2.00	3.50	6.90
		Med	Lg
BLACK OR PINTO BEANS V▼	2.90	4.90	
SPANISH OR BROWN RICE V▼	2.90	4.90	

## "Build your own Classic Burrito"

**Step 1 - Pick a "Classic Burrito"**

**Step 2 - Choose from the following:**

<b>Tortillas</b>	Flour, wheat, roma tomato, low fat
<b>Beans</b>	Black or pinto
<b>Rice</b>	Spanish or brown
<b>Salsas</b>	Mild, hot, nuclear, pico de gallo, pineapple

**Step 3 - Personalize (no extra charge)**

Lettuce, tomatoes, onions, cilantro, jalapenos

**Step 4 - Finish with the following**

## The 3 Amigos for 3.50

Guacamole 1.90 Lime Sour Cream 1.00 Cheese Or Low Fat 1.00

Black olives	.65	Extra beans/rice	.90
Chicken breast	3.50	Extra meat	2.90
Fish/prawns	3.90	Extra veggies/tofu	1.90

## DRINKS \*

	Kids	Reg	Lg
Fountain drinks	2.30	3.20	4.20

**Bottled drinks** Prices posted on drink cooler

\* student discount not applicable





**CLASSIC BURRITOS**  
Classic burritos come wrapped in a freshly grilled flour tortilla with Spanish rice, mild salsa and choice of black or pinto beans. Feel free to build your own burrito at the register.

	Sm	Lg
<b>CLASSIC BURRITO S</b>	9.90	11.90
CHICKEN	Fresh Grilled	
STEAK	Extra Lean Beef	
PORK	Carnitas	
VEGETARIAN	Veggies or Tofu V▼	

**BEAN & CHEESE V S** 8.90  
Beans, Cheese, Rice & Salsa

**HTB SPECIAL™** 12.90  
Pick any two items (chicken, steak, pork, tofu or veggies) comes standard with cheese, beans, Spanish rice and mild salsa in a grilled flour tortilla

**GODZILLA™ The Monster** 15.90  
Steak & chicken, beans, Spanish rice, cheese, guacamole, lime sour cream, lettuce, tomatoes, onions, black olives, and mild salsa in a grilled flour tortilla

**BREAKFAST BURRITO** Served All Day 8.50  
Scrambled eggs with melted cheese, pinto beans, spring onions and salsa in a grilled flour tortilla  
Add Meat 1.90

**VEGETARIANS = V VEGAN = ▼**  
Veggies or tofu can be substituted for meat on any menu item

## Burrito Bowls

**Gluten free**  
**Lower carbs**  
**Lower fat**

Prefer a fork to fingers?  
"Your burrito in a bowl, no tortilla, sub lettuce"



**HIGH TECH BURRITOS**  
Grilled Fajita Burrito 13.90

**GRILLED FAJITA S** 13.90  
Grilled steak or chicken sautéed with bell peppers and onions, melted cheese, Spanish rice, mild salsa, lime sour cream, in a grilled flour tortilla

**CABO SUPREME S** 13.90  
Choice of meat, fresh guacamole, melted cheese, pico de gallo, lime sour cream, in a grilled flour tortilla

**HAWAIIAN TERIYAKI (G)** 13.90  
Chicken or steak sautéed in teriyaki sauce with spring onions and carrots, brown rice, pineapple salsa, in a grilled roma tortilla

**THAI CHICKEN (G)** 13.90  
Chicken sautéed in Thai peanut sauce with an Asian slaw, cilantro, brown rice, sweet chilli sauce, in a grilled roma tortilla

**TUSCAN PESTO** 13.90  
Chicken or prawns sautéed in our tomato pesto with onions and garlic, black beans, lettuce, tomatoes, black olives and cheese, in a grilled roma tortilla

**SPICY CAJUN** 13.90  
Chicken or prawns sautéed in our cajun sauce with onions and garlic, black beans, Spanish rice, lettuce, lime sour cream, in a grilled flour tortilla

**YA-HOO BBQ™ (G)** 13.90  
Chicken or steak sautéed in BBQ sauce with spring onions, Spanish rice, black beans, lettuce, tomatoes, in a grilled flour tortilla

**SURF & TURF** 13.90  
Steak & prawns sautéed in salsa, onions and garlic, with black beans, Spanish rice, in a grilled flour tortilla

**BAJA** 13.90  
Prawns sautéed in salsa, onions and garlic with Spanish rice, black beans, lime sour cream, in a grilled flour tortilla

(G) Sauces are NOT gluten free



**HEALTHY GRILL™**  
**GOURMET SALADS**  
Asian Prawn Salad

**ASIAN PAN SEARED PRAWNS** Cal 325 Fat 13g fibre 6g 14.90  
Romaine lettuce, red cabbage, carrots, pineapple salsa, cilantro, green onions drizzled with Asian dressing and dry aged cheese

**GRILLED STEAK FIESTA** Cal 259 Fat 12g fibre 6g 13.90  
Romaine lettuce, red cabbage, carrots, bell peppers, pico de gallo, cilantro, black olives drizzled with a zesty tomato dressing and dry aged cheese

**GRILLED CHICKEN BREAST** Cal 237 Fat 8g fibre 6g 13.90  
Romaine lettuce, guacamole, red cabbage, carrots, tomatoes, onions with dry aged cheese and a mango vinaigrette dressing on the side

## BURRITOS

**YELLOW CURRY** Cal 399 Fat 6g fibre 4g 13.90  
Chicken breast or prawns pan seared in yellow curry with onions, fresh veggies, brown rice, fresh tomatoes and cilantro in a grilled low fat tortilla

**LOW FAT CHICKEN** Cal 532 Fat 10g fibre 6g 13.90  
Chicken breast pan seared in a mango vinaigrette with lettuce, pico de gallo, black beans and brown rice in a grilled low fat tortilla

**FRESH VEGGIE V▼** Cal 460 Fat 6g fibre 6g 10.90  
Sautéed zucchini, yellow squash, broccoli, bell peppers and onions with black beans, brown rice, mild salsa in a grilled low fat tortilla.

**BRAISED TOFU V▼** Cal 467 Fat 10g fibre 6g 12.90  
Braised tofu, fresh veggies, black beans, brown rice and mild salsa rolled in a grilled low fat tortilla

**CALIFORNIA™ V▼** Cal 475 Fat 11g fibre 9g 10.90  
A salad burrito, romaine lettuce, guacamole, pico de gallo, black beans, brown rice and mild salsa in a grilled low fat tortilla

All items are low in fat and sodium. For more information and complete nutritional breakdown on all our food, visit us on the web.



**TACOS & QUESADILLAS**  
Fish Tacos

**FISH TACOS** 2 for 14.90  
1 for 7.50  
Grilled strips of seasoned fish fresh cabbage slaw, chipotle dressing and pineapple salsa

**STREET TACOS** 2 for 10.90  
1 for 5.50  
Choice of meat, shredded cheese and pico de gallo

**TECH TACOS With Beans** 2 for 10.90  
1 for 5.50  
Choice of meat and beans, lettuce, tomatoes, salsa and crumbled dry aged cheese

**QUESADILLAS V** 8.90  
Grilled flour tortilla with melted low fat cheese, side of salsa, fresh guacamole and sour cream  
Beans can be added at no charge Add Meat 1.90

## SMALL STUFF\*

**ITTY BITTY BEANIE™ V** 3.90  
Pinto beans, melted cheese in a grilled flour tortilla

**ITTY BITTY CHICKEN™** 4.90  
Spanish rice, melted cheese, grilled chicken in a grilled flour tortilla

**QUESA-RITO™ V** 3.50  
A cheese quesadilla, rolled like a burrito

**BURRITO DOG™** 4.90  
All beef hot dog, melted cheese, pinto beans, in a grilled flour tortilla

**STUDENT SIESTA MENU**  
A selection of student meals, classic burritos and our most popular High Tech burritos in "Siesta" snack sizes (marked with "S"). The Siesta Menu is available at the front counter.  
\* student discount not applicable

**Does your party or event need catered food that's as nutritious as it is delicious?**  
With High Tech Burrito's catering services, it's all possible – and affordable – in a fun, buffet style serving arrangement, featuring ingredients designed to satisfy everyone's taste. Our "Taco and Burrito Bar" is fun for parties of any size. Self serve, or we come to you and make fresh burritos and tacos for all of your guests. Party To-Go platters and Burrito Packs are great for office meetings or lunches.  
Call us for further details!