

Lunch Menu

CHICKEN ENCHILADAS 5.99
Two chicken enchiladas topped with sour cream and our Poblano Salsa, served with refried beans and Mi Tenampa Pureed Papas.



GROUND BEEF ENCHILADAS 5.99
Two ground beef enchiladas topped with the most authentic salsa served next to Mexican rice and Mi Tenampa Pureed Papas.

CHEESE ENCHILADAS 5.99
Two cheese enchiladas topped with the most authentic salsa served with Mexican rice and Mi Tenampa Pureed papas.

AVOCADO ENCHILADAS 5.99
Two vegetarian enchiladas stuffed with guacamole and topped with our Poblano Salsa and your choice of any side.

LUNCH QUESADILLA 6.99
Your choice of grilled chicken or steak, with melted cheese, green onions and your choice of 2 sides.

LUNCH TAMALES 5.99
Your choice of salsa verde, salsa roja or Papas (sliced jalapeno peppers, melted Panela cheese, onions and tomatoes) with sides of refried beans and Mexican rice.

LUNCH BURRITO GUERRERO 6.25
Shredded chicken or beef stuffed burrito topped with our queso sauce and your choice of two sides.



HUEVOS RANCHEROS 5.99
Two eggs (any style) served with 2 enchiladas (1 cheese with green salsa and 1 cheese with chiles). Served with 2 sides of pureed papas and rice.

BURRITO SUPERIOR 6.99
10 tortilla with beans and rice and your choice of ground beef or shredded chicken. Topped with lettuce, sour cream and Pico de Gallo.

LUNCH TACOS 5.99
Two tacos with your choice of meat filling (ground beef, shredded beef or chicken). Topped with lettuce, tomatoes and cheese and served with rice and beans.

LUNCH CHIMICHANGA 6.99
Deep fried tortilla fillet with choice of meat fillings and toppings listed above. Served with pureed Papas and rice.

LUNCH FAJITA TACOS 7.99
Chicken or steak with toppings and sides as Lunch tacos above.

LUNCH FAJITA 7.99?
Four oz. of meat (chicken or steak) with grilled onions, green peppers. Served with beans and rice.

ARROZ CON POLLO 5.99
Tender chicken and rice. Served with Mi Tenampa Pureed Papas.

MI TENAMPA TACO SALAD 7.99
Fried crispy tortilla shell filled with lettuce, tomato, onions, shredded chicken or beef and topped with queso dip, sour cream.

Desserts

FROST CON CREMA 4.99

(Strawberries with cream)

An exclusive dessert. Our freshly picked fresh con crema. Sweetened strawberry halves bathed in our Crema Dulce. A recipe straight from our abuelitas. So sweet to the tooth it will make you smile!

CHOCO Y FLAN 4.99

This is for chocolate cake and flan lovers. We are joining the best of two cultures together. It's a little chocolate cake topped with flan and dolloped with delicious whipped cream.

FLAN 3.99

You know you can't go wrong with an authentic Mexican flan!

Mi Tenampa Sides

BEANED BEANS, MEXICAN RICE, FRENCH FRIES

MI TENAMPA PURCED PAPAS.

LUCY'S QUESO AND SPINACH



Beverages

Soft Drinks \$1.49

Coke, Diet Coke, Sprite, Mellow Yellow, Lemonade, Fruit Punch

Unsweetened Iced Tea

Hot Coffee * Regular & Decaf

Hot Tea



From the Bar

Beers

Bottled 12 oz.

Domestic 2.99

Budweiser Bud Light, Coors Light, WGO, Miller Lite, Michelob Ultra, Milwaukee Light

Imported 3.25

One Light, Corona, Pacifico, Negra Modelo, Modelo Especial, Carta Blanca, Bol, Heileman, Budweiser, Tecate, Habbeman

Draft

Domestic 12oz \$2.50 23oz \$3.99 32oz \$4.99 Pitcher \$7.25

Miller Lite, Coors Light, Bud Light

Imported 12oz \$2.99 23oz \$4.50 32oz \$5.50 Pitcher \$7.99

One KA, One KA Amber, One Moon

Margaritas

Regular

12oz \$4.99 21oz \$5.99 28oz \$7.99 Monarch 48oz \$10.99 Pitcher 60oz \$17.99

Flavored * Strawberry Peach, Pine Colada

BURRITO GUERRERO 7.50
 Shredded chicken or beef stuffed burrito topped with our queso sauce and your choice of two sides.

TAMALES MEXICANOS 7.99
 Authentic Tamales Mexicanos, the best in town! Your choice of our salsas sided with refried beans and Mexican Rice.

MEXICAN TRIO 8.99
 One taco, one enchilada and one burrito, with your choice of ground or shredded chicken and cheese and sides of refried beans and Mexican rice.

EL JINETE 7.99
 Shredded beef burrito topped with queso sauce and a taco with your choice of beef and shredded chicken with sides of refried beans and Mi Tenampa pureed papas.

QUESADILLA AL TORNADO 8.99?
 Grilled chicken or steak with melted cheese, lettuce pico de Gallo, guacamolle on top. Served refried beans and rice.

CARNE AZADA ENCHILADAS 10.99
 Three Carne Azada Enchiladas topped with enchilada sauce, red onions and shredded cheese melted to perfection served with a side of Mexican rice, refried beans and Pico de Gallo.

CAMARONES AL MAJO DE AJO 12.99
 12 shrimp sauteed in butter with fresh garlic served with Mexican rice and mixed vegetables.

FIESTA DE FAJITAS

Our own party in a skillet, faltas cooked to perfection with fresh mixed vegetables accompanied with you choice of refried beans or Mexican rice. This party is finished with a fajita salad!

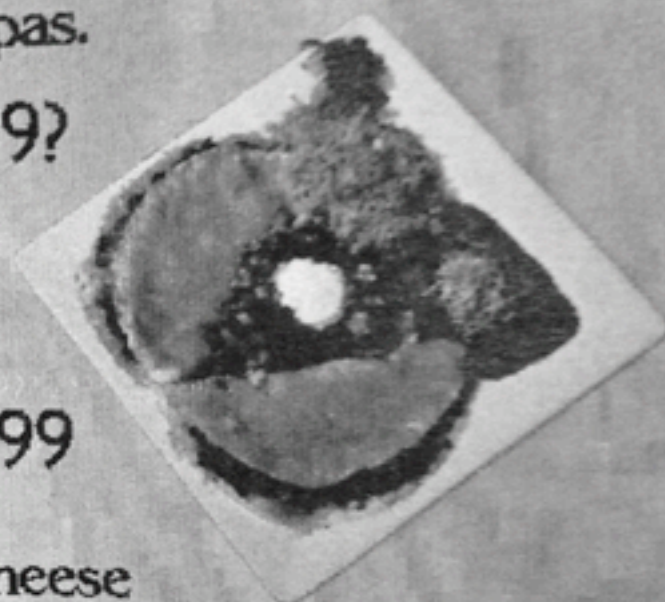
STEAK OF CHICKEN FAJITA 11.99

STEAK AND CHICKEN FAJITA 12.99

SHRIMP FAJITA 13.99

STEAK OR CHICKEN AND SHRIMP 13.99

TRIO FIESTA 14.99



Starters

- UN CLASICO MEXICANO** 4.99
 Our homemade guacamole is made daily from fresh picked ingredients and our classic Mi Tenampa seasoning.
- CHILE CON QUESO** 4.99
 A sensational homemade queso dip infused with an exquisite golden velvet cheese melted to perfection with fresh peppers and vegetables.
- BEAN DIP** 3.99
 Refried beans covered with Chile con Queso then topped with guacamole and sour cream.
- QUESO DIP** 4.99
 Melted Cheese with Jalapeno peppers.
- LOS TRES DE MI TENAMPA** 6.99
 A sensational platter of our Tres Amigos guacamole dip, bean dip and chile con queso.
- NACHOS & MAS NACHOS**
 We top our nachos with lettuce, cheese, guacamole and your choice of shredded beef or chicken, Pico de Gallo and sour cream.
- FOR TRADITIONAL CHEESE ONLY NACHOS.** 5.50
- SIZZLING FRESH OFF THE GRILL CHICKEN OR STEAK.** 6.99
- PESCADITOS (LITTLE FISH)** 6.99
 An authentic appetizer from the heart of Mexico. Mi Tenampa battered Tilapia. This trio is served with wedges of lime and a side of spicy Valentina sauce.

Salads

- MI TENAMPA SALAD** 7.99
 A refreshing Spring mix, cherry tomatoes, avocado slices, Mandarin orange slices and mozzarella cheese. Add you choice of grilled steak, chicken or shrimp. Served in a bowl of large lettuce leaves and a touch of our homemade citrus dressing.
- MI TENAMPA TACO SALAD** 7.99
 Fried crispy tortilla shell filled with lettuce, tomato, onions, shredded chicken or beef topped with queso dip, sour cream, and guacamole.



ENCHILADAS VERACRUZ 10.99
 Three crepe tortillas stuffed with Mi Tenampa guacamole and topped with Veracruz sauce that has a little kick in taste with the added shrimp. Served with rice and mixed vegetables.

TILAPIA GUERRO 12.99
 Lightly Grilled 8z. Tilapia topped with our signature Guerrero sauce. Flanked with shrimp sided with a medley of mixed vegetables and Mexican rice.

PESCADO VERACRUZ 12.99
 Directly from the state of Veracruz, Mexico. An 8oz. Mahi-Mahi fillet grilled with Mi Tenampa seasoning and topped with our creamy Veracruz salsa. Accompanied with sauteed shrimp, red peppers, Poblano peppers, mushrooms and baby spinach.

TACOS DE PESCADO 12.99
 A trio of diced Tilapia filled tacos seasoned with ~~julienned~~ red onions topped with a red pepper sauce, Pico de Gallo and a touch of avocado. Served with rice and mixed vegetables.

BANDERA ENCHILADA 8.99
 Your choice of shredded chicken or ground beef topped with three different sauces: red tomato sauce, white creamed sauce and our Salsa Verde.

THREE ENCHILADAS 7.99
 Choice of shredded beef or chicken, avocado or cheese. Served with beans and pureed papas.

ENCHILADAS PRESIDENCIALES 15.99
 Two 5 oz. grilled steaks wrapped with bacon and cooked to order. Accompanied with your choice of two of any of our homemade enchiladas and sides of our delicious Mi Tenampa pureed papas and our choice of any other side.

GUADALAJARA SPECIAL 8.99?
 Two enchiladas (one cheese and one chicken) and a ground beef taco. Served with pureed papas and Lucy's queso spinach.

DOS AMIGOS 15.99
 A 10oz. grilled rib-eye steak cooked to order accompanied with his major amigo, the chicken burrito with sides of refried beans, grilled onions and your choice of any other side.

CHILE RELLENO 8.99
 A slightly charred grilled Chile Relleno, a fully stuffed Poblano pepper with light smoky flavor.

FAJITA BURRITO 7.99
 Choice of chicken or steak and served with guacamole salad and Mi Tenampa Pureed Papas.

ARROZ CON POLLO 7.99
 Tender marinated chicken strips over rice with cheese sauce. Served with Mi Tenampa Pureed Papas.

