

Pupusas Corn or Rice Flour

Warm, handmade GF tortillas stuffed with:
Chicharrón (pork), Cheese, Mixed (pork, cheese,
& beans), Bean & Cheese, or Cheese with Loroco

MIN. 2 PER ORDER ▲ 4.00 - 4.50/ea

SEE OUR MENU AT LACABANA.CA FOR COMPLETE LISTING

Appetizers

7. PLATANOS CON FRIJOLES Y CREMA [✓] 9.00

Fried ripe plantain slices /
refried beans & sour cream dip

8. PLATANOS CON FRIJOLES Y QUESO [✓] 9.00

Fried ripe plantain slices /
refried beans & a wedge of cheese

9. PLATANOS CON FRIJOLES O CREMA [✓] 8.00

Fried ripe plantain slices /
either refried beans **or** sour cream dip

10. PLATANOS FRITOS [✓] 5.00

Fried ripe & sweet slices of plantain

11. TAMAL DE POLLO 3.50

Lightly spiced masa wrapped and steamed in a
banana leaf, filled with chicken, potato & olive

12. TAMAL DE ELOTE [✓] 3.50

Mildly sweetened corn masa wrapped and
steamed in corn husks +Add Crema for 2.00 more

13. TOSTADA DE FRIJOLES [✓] 5.00

A crunchy tortilla topped with refried beans,
crumbled Feta & shredded lettuce
+Add Chorizo or Chicken for 2.50 more

From the Grill

45. CARNE ASADA 18.50

Grilled steak with Chimol

46. BISTEC ENCEBOLLADO O ENTOMATADO 18.50

Grilled steak topped with sautéed onions
or a rich tomato sauce

47. BISTEC PICADO 18.50

Tender, diced steak in a rich Salvadoran sauce

48. CHULETAS DE PUERCO 17.50

Two grilled pork chops, fresh salad

49. CHULETAS DE PUERCO ENCEBOLLADAS 17.50

Two grilled pork chops with sautéed onions

50. CHULETON DE RES Market price

Jumbo grilled T-Bone steak, casamiento,
queso, & Chimol

51. MAR Y TIERRA 27.50

Grilled steak or chicken breast, with juicy shrimp,
fresh salad

52. POLLO ASADO 16.50

Grilled chicken breast, fresh salad

53. POLLO TERIYAKI 16.50

Teriyaki-glazed grilled chicken strips with
fresh salad

54. POLLO A LA PIÑA 16.50

Pineapple sauce-glazed grilled chicken strips

55. POLLO ENCEBOLLADO 16.50

Juicy, crispy quarter chicken leg with sautéed
onions in a tomato-based Salvadoran sauce



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and upcoming promotions!



@PupusasOttawa
@LatinProductsOttawa

Seafood Dishes

39. MOJARRA FRITA Market price

Fried tilapia, rice, & salad

40. CAMARONES AL AJO 18.00

Garlic butter shrimp, rice, & salad

41. CAMARONES RANCHEROS 17.00

Stir-fried shrimp, green pepper strips and onion
in a rich, tangy sauce, & rice

43. PESCADO AL AJO 16.50

Fish filet broiled in garlic butter, rice, & salad

44. PESCADO A LA PLANCHA 16.50

Grilled haddock, rice, & salad

Seafood Cocktails

56. SHRIMP, OCTOPUS OR ASSORTED 12.00

Choice seafood with diced tomatoes, onions
& fresh cilantro

Sides • Sides • Sides

20. RICE 3.00

21. CASAMIENTO "RICE & BEANS" [✓] 5.00

22. CHIMOL (TOMATO, ONION & CILANTRO) 5.00

23. CHORIZO SAUSAGE 7.50

24. SOUR CREAM DIP [✓] 3.00

25. REFRIED BEANS [✓] 3.00

26. GARDEN SALAD [✓] 6.50

27. TORTILLAS [✓] (2) 1.00

28. QUESO [✓] 3.00

House Specials

29. EL GUANACO SAMPLER 16.50

1 tamal, 1 pupusa, fried plantains, refried beans & a wedge of Feta cheese

30. EL CABAÑAZO 27.00

Steak & chorizo sausage, casamiento, a wedge of Feta cheese & Chimol

31. EL CAMPESINO 16.00

Fried ripe plantain, casamiento, sour cream dip & a wedge of Feta cheese

32. CHORIZO CON CASAMIENTO 16.50

Salvadoran sausage, rice & beans, sour cream dip, a wedge of Feta cheese & tortillas

34. CARNE DESHILADA 16.50

Shredded beef, stir-fried with egg, sliced green pepper & onions, rice, refried beans & tortillas

35. TACOS: CARNE, POLLO, OR CHORIZO 13.50

Three soft corn tortillas filled with steak, chicken or chorizo, diced tomatoes, cilantro & onions

37. YUCA FRITA 8.00

Thick slices of cassava, fried to a golden brown, served with curtido

+Add Chicharrón for only 4.00

38. PLATO DE CHICHARRÓN 8.00

Crispy pork belly bites

Soups

14. DE CAMARÓN 16.50

Shrimp in a spicy broth with an egg dropped in

15. DE SIETE MARES 19.50

Shrimp, fish, octopus, clam and mussels in a spicy broth

16. DE PESCADO Y CAMARÓN 17.00

Haddock and shrimp in a spicy broth

17. DE PESCADO 16.50

Haddock morsels in a tasty consommé

18. DE PATA 16.50

Salvadoran-style beef soup, also known as Sopa de Mondongo

19. DE RES 16.50

Beef and vegetables in a savoury bone broth

Beverages

JARRITOS SOFT DRINKS

Mexi-Cola, Guava, Grapefruit, Jamaica, Lime, Tamarindo, Mandarin, Strawb, Mango, Pineapple

FRESCOS

HOUSE-MADE Horchata, Tamarind, Cebada, Chan

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La Tiendita
LATINPRODUCTSOTTAWA.CA

TORTILLAS • MASECA • HARINA P.A.N.
• PLANTAINS • DRIED CHILES • PIÑATAS •
QUESO FRESCO • MEXICAN CANDIES +

LA CABAÑA



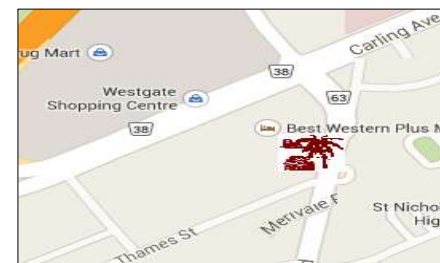
**pupusería
y
Restaurante**
613.724.7762

BUSINESS HOURS

Mon.....12PM - 7PM

Tues.....CLOSED

Wed to Sun...12PM - 7PM



848-B Merivale Rd.
Ottawa ON K1Z 5Z4

LaCabana.ca
PupusasOttawa

**\$10
Minimum
for
Take-out**

 VEGETARIAN ITEM • PRICES SUBJECT TO ALL APPLICABLE TAXES • SUBSTITUTION REQUESTS WILL BE ADDED TO YOUR TAB • PRICES SUBJECT TO CHANGE WITHOUT NOTICE