

## 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](http://LACABANA.CA) FOR COMPLETE LISTING

## Appetizers

### 7. PLATANOS CON FRIJOLES Y CREMA <sup>✓</sup> 9.00

Fried ripe plantain slices /  
refried beans & sour cream dip

### 8. PLATANOS CON FRIJOLES Y QUESO <sup>✓</sup> 9.00

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

### 9. PLATANOS CON FRIJOLES O CREMA <sup>✓</sup> 8.00

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

### 10. PLATANOS FRITOS <sup>✓</sup> 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 <sup>✓</sup> 3.50

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

### 13. TOSTADA DE FRIJOLES <sup>✓</sup> 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

### 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, 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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@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 18.00

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" <sup>✓</sup> 5.50

### 22. CHIMOL (TOMATO, ONION & CILANTRO) 5.00

### 23. CHORIZO SAUSAGE 7.50

### 24. SOUR CREAM DIP <sup>✓</sup> 3.00

### 25. REFRIED BEANS <sup>✓</sup> 3.50

### 26. GARDEN SALAD <sup>✓</sup> 6.50

### 27. TORTILLAS <sup>✓</sup> (2) 1.00

### 28. QUESO <sup>✓</sup> 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 27.50

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

3 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 4.50**

### 38. PLATO DE CHICHARRÓN 8.50

Crispy pork belly bites

## Soups

### 14. DE CAMARÓN 17.00

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, Tamarindo, Cebada, Chan

► VISIT US NEXT DOOR AT...



TORTILLAS • MASECA • HARINA P.A.N.

• PLANTAINS • DRIED CHILES • PIÑATAS •

QUESO FRESCO • MEXICAN CANDIES+

# LA CABAÑA



pupusería  
y

Restaurante

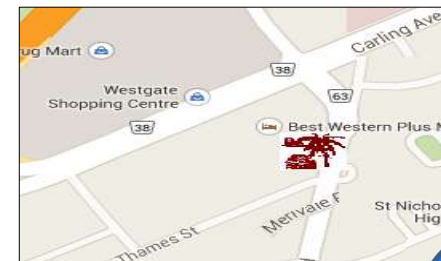
613.724.7762

### BUSINESS HOURS

Mon.....12PM - 7PM

Tues.....CLOSED

Wed to Sun...12PM - 7PM



848-B Merivale Rd.  
Ottawa ON K1Z 5Z4

[LaCabana.ca](http://LaCabana.ca)

  **PupusasOttawa**

\$10  
Minimum  
for  
Take-out