

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 ▲ 4.50/ea

SEE OUR MENU AT LACABANA.CA FOR COMPLETE LISTING

Appetizers

7. PLATANOS CON FRIJOLE Y CREMA [✓] 10.00

Fried ripe plantain slices /
refried beans & sour cream dip

8. PLATANOS CON FRIJOLE Y QUESO [✓] 10.00

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

9. PLATANOS CON FRIJOLE O CREMA [✓] 9.00

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

10. PLATANOS FRITOS [✓] 6.00

Fried ripe & sweet slices of plantain

11. TAMAL DE POLLO 4.00

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

12. TAMAL DE ELOTE [✓] 4.00

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

13. TOSTADA DE FRIJOLE [✓] 6.00

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 22.50

Grilled steak with Chimol

46. BISTEC ENCEBOLLADO O ENTOMATADO 22.50

Grilled steak topped with sautéed onions
or a rich tomato sauce

47. BISTEC PICADO 22.50

Tender, diced steak in a rich Salvadoran sauce

48. CHULETAS DE PUERCO 19.50

Two grilled pork chops, fresh salad

49. CHULETAS DE PUERCO ENCEBOLLADAS 20.00

Two grilled pork chops with sautéed onions

51. MAR Y TIERRA 30.50

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

52. POLLO ASADO 17.50

Grilled chicken breast, fresh salad

53. POLLO TERIYAKI 17.50

Teriyaki-glazed grilled chicken strips, fresh salad

54. POLLO A LA PIÑA 17.50

Pineapple sauce-glazed grilled chicken strips

Follow us for updates
& upcoming promotions!



@PupusasOttawa

@LatinProductsOttawa

Seafood Dishes

39. MOJARRA FRITA Market price

Fried tilapia, rice, & salad

40. CAMARONES AL AJO 19.00

Garlic butter shrimp, rice, & salad

41. CAMARONES RANCHEROS 19.00

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

43. PESCADO AL AJO 19.00

Fish filet broiled in garlic butter, rice, & salad

44. PESCADO A LA PLANCHA 22.00

Grilled haddock, rice, & salad

Seafood Cocktails

56. SHRIMP, OCTOPUS OR ASSORTED 14.50

Choice seafood with diced tomatoes, onions
& fresh cilantro

Sides • Sides • Sides

20. RICE 3.50

21. CASAMIENTO "RICE & BEANS" [✓] 6.50

22. CHIMOL (TOMATO, ONION & CILANTRO) 6.00

23. CHORIZO SAUSAGE 9.00

24. SOUR CREAM DIP [✓] 3.00

25. REFRIED BEANS [✓] 4.50

26. GARDEN SALAD [✓] 7.00

27. TORTILLAS [✓] (2) 1.25

28. QUESO [✓] 3.50

House Specials

29. EL GUANACO SAMPLER 18.00

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

30. EL CABAÑOZO 29.50

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

31. EL CAMPESINO 18.50

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

32. CHORIZO CON CASAMIENTO 18.00

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

34. CARNE DESHILADA 18.50

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

35. TACOS: CARNE, POLLO, OR CHORIZO 16.00

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

37. YUCA FRITA 8.50

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

+Add Chicharrón for only \$5

38. PLATO DE CHICHARRÓN 9.50

Crispy pork belly bites

Soups

14. DE CAMARÓN 22.50

Shrimp in a spicy broth with an egg dropped in

15. DE SIETE MARES 26.50

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

16. DE PESCADO Y CAMARÓN 22.50

Haddock and shrimp in a spicy broth

17. DE PESCADO 20.00

Haddock morsels in a tasty consommé

18. DE PATA 18.50

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

19. DE RES 18.50

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...

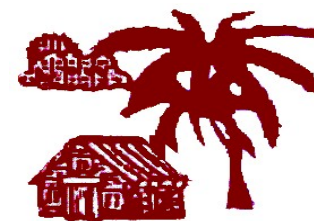


TORTILLAS • MASECA • HARINA P.A.N.

• PLANTAINS • DRIED CHILES • PIÑATAS •

QUESO FRESCO • MEXICAN CANDIES +

LA CABAÑA



**Pupusería
y
Restaurante**

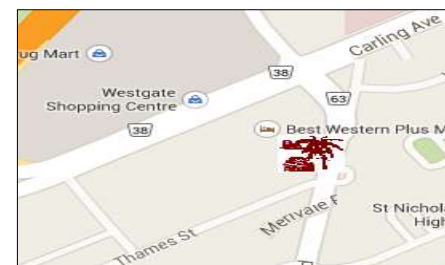
613.724.7762

BUSINESS HOURS

Mon.....12PM - 7PM

Tues.....CLOSED

Wed to Sun...12PM - 7PM



**848-B Merivale Rd.
Ottawa ON K1Z 5Z4**

LaCabana.ca

PupusasOttawa



**\$10
min. for
Take-out**