

# LA CANTINA

Bar @ Grill



SCAN TO DOWNLOAD MENU



## STARTERS

**SOUP OF THE DAY**  
**CHILI** .....cup 5 bowl 7  
**CHICKEN TENDERS**..... 11  
**\*WINGS** (Naked or Breaded) ..... MP  
6 pz • 10 pz • 20 pz • 30 pz  
**WING SAUCES:**  
BBQ, BBQ Chipotle, Boom Boom,  
Orange Ginger, Garlic Sesame, Buffalo,  
Buffalo Garlic, Chipotle, Cajun,  
Sweet Chili, Teriyaki, Garlic,  
Mango Habanero, Bourbon Molasses,  
Garlic Parmesan & Pineapple Jalapeño.  
**GF NACHOS**..... 12  
Choice of Barbacoa, pulled pork,  
taco meat, carnitas or chili. Pico de gallo,  
cheese & jalapenos.  
**CHORIZO FLATBREAD** ..... 12  
Chorizo, Oaxaca cheese, caramelized  
onion & cilantro.  
**VEGETABLE FLATBREAD** .... 11  
Tomatoes, fire roasted corn, onion &  
poblano pepper bits w/ cilantro lime drizzle.

**QUESADILLAS**..... 12  
Chicken, carnitas or barbacoa with cheese.  
Guacamole, salsa & sour cream.  
**\*With steak** ..... 14  
**With shrimp**..... 15  
**With Birria**..... 14  
**FRIED CALAMARI**..... 12  
Banana cherry pepper, chipotle mayo,  
mango habanero or plain.  
**NACHO FRIES** With chili & cheese. .9  
**JALAPENO POPPERS** .....9  
**GF FRESH GUACAMOLE**  
**& CHIPS**.....8  
**FISH BITES**.....9  
**FRENCH FRIES** .....6  
**SWEET FRIES** .....6  
**ONION RINGS**.....7  
**MOZZARELLA STICKS** ..... 11  
**POTATO SKINS**..... 10  
**QUESO DIP** .....8  
**With Chorizo** ..... 9.5

## SALADS

**DRESSINGS:** Ranch, honey mustard, balsamic, 1000 island,  
parmesan peppercorn, Cilantro Lime & Ranch dressing.  
**HOUSE MADE:** Cream of garlic, blue cheese & Italian

**GF "LA CANTINA" SALAD** .... 14  
Cajun grilled chicken, romaine lettuce,  
tortilla chips, avocado & parmesan cheese.  
**\*With sirloin steak**..... 19  
**\*With shrimp** ..... 20  
**GF \*SOUTH WEST STEAK** .... 19  
10oz blackened steak over mix lettuce, corn,  
beans, tomato, peppers, onion & cucumbers.  
**BUFFALO CHICKEN** ..... 13  
Fried chicken tossed in buffalo sauce  
over mix lettuce, tomato, peppers, onion,  
cucumbers, carrots & celery.  
**GRILLED CHICKEN** ..... 12  
Grilled chicken over mix lettuce, tomato,  
peppers, onion & cucumbers.  
**GF CHEF** ..... 12  
Ham, turkey, American cheese,  
boiled eggs, over mix lettuce, tomato,  
peppers, onion & cucumbers.

**CRISPY CHICKEN**..... 14  
Crispy chicken, spaghetti noodles,  
bacon & monterrey jack cheese  
over house salad.  
**TACO SALAD**..... 13  
Taco meat, mixed lettuce, pico de gallo  
& cheese served in a tortilla bowl.  
Cream & salsa.  
**CARNE ASADA SALAD**..... 19  
Marinated steak with fire roasted corn,  
onions & poblano pepper & guacamole.  
With cilantro lime dressing.  
**TWISTED CAESAR SALAD**.. 16  
Kale tossed w/cotija cheese, pico de gallo,  
black beans, corn & Adobo Chicken.  
With Poblano Ranch dressing.  
**GF ANTIPASTO**..... 12  
Ham, genoa, provolone cheese over  
mix lettuce, tomato, peppers, onion &  
cucumbers.

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fish, beef, shellfish, eggs or poultry reduces the risk of food bourn illness. Individuals with  
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## PIZZA

**MEAT TOPPINGS: 12"** ..... \$1.5  
Pepperoni • Ham • Salami • Turkey • Meatball  
Sausage • Hamburger • Bacon • Chicken  
**VEGGIE TOPPINGS: 12"** .....\$1  
Onion • Tomato • Green Peppers • Jalapenos • Black Olives  
Banana Pepper • Pineapple • Broccoli • Mushroom  
**CLASSIC 12"** ..... 11  
Mozzarella & parmesan on tomato sauce base.  
**CHICKEN ALFREDO 12"** ..... 15  
Grilled chicken on alfredo sauce base.  
**BBQ 12"** ..... 14  
Pulled pork with red onion, cheddar cheese on BBQ sauce base.  
**BUFFALO CHICKEN 12"** ..... 13  
Crispy buffalo chicken on tomato base sauce.  
**RANCH 12"** ..... 14  
Chicken & bacon on ranch base sauce.  
**VEGGIE 12"** ..... 13  
Tomatoes, broccoli, peppers & black olives on tomato OR oil & garlic base.  
**MARGARITA 12"** ..... 13  
Tomatoes & fresh basil on white base sauce.  
**RUEBEN 12"** ..... 16  
Pastrami, sauerkraut & 1000 Island base.  
**CHEESY 12"** ..... 14  
Cheddar, ricotta, Oaxaca cheese & parmesan on white base sauce.  
**MEAT EATERS 12"** ..... 15  
Pepperoni, hamburger, sausage, bacon & ham on red sauce base  
**POTATO 12"** ..... 15  
Sliced potato, bacon & broccoli on alfredo sauce.  
**CARNE ASADA 12"** ..... 17  
Marinated steak with fire roasted corn, onion & poblano pepper  
and cilantro lime drizzle. Served with salsa.  
**ADOBO CLUB 12"** ..... 16  
Adobo chicken, bacon, mozzarella, avocado, fresh tomato & kale  
tossed in chipotle mayo. Served with salsa.

## KIDDOS & SENIORS

**PASTA WITH SAUCE** .....7  
**\*CHEESEBURGER & FRIES** .....8  
**NACHOS (JUST CHEESE)**.....6  
**CHICKEN TENDERS & FRIES**.....8  
**CHICKEN QUESADILLA & FRIES** .....7  
**BEEF OR CHICKEN TACOS** (2 tacos w/cheese & meat, rice & beans).....8  
**CHEESE OR CHICKEN ENCHILADAS** (w/rice & beans) .....8  
**TACO SALAD** (chicken or beef) .....8

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SANDWICHES

- \*SERVED WITH CHOICE OF FRIES, SWEET FRIES OR ONION RINGS (+ \$2.5)
- PRIMO SANDWICH** ..... 13  
Cajun grilled chicken, bacon, avocado, chipotle mayo, lettuce & tomato.
- \*THE BURGER**..... 14  
Lettuce, tomato, onion, pickles, bacon, onion, egg, cheese & 1000 island dressing.
- PASTRAMI RUEBEN** ..... 14  
Pastrami, swiss cheese, sauerkraut & 1000 island dressing.

WRAPS

- \*SERVED WITH CHOICE OF FRIES, SWEET FRIES OR ONION RINGS (+ \$2.5)  
\*WRAPS: Classic, southwest OR spinach.
- CANTINA WRAP** ..... 14  
Broiled salmon, chipotle mayo, lettuce & guacamole.
- BUFFALO CHICKEN WRAP** .. 12  
Crispy chicken, blue cheese, lettuce & tomato.
- \*CHEESEBURGER** ..... 11  
Lettuce, tomato, onion, pickles & cheese.
- BLT** ..... 12  
Bacon, lettuce & tomato. With mayo
- PULLED PORK SANDWICH**..... 11  
BBQ Pulled Pork on Sour Dough bread.

DINNERS

- Pastas: Ziti OR linguini
- \*BLACKENED STEAK**..... 19  
10 oz Sirloin topped with onion, peppers & jalapenos
- CANTINA SALMON** ..... 20  
Broiled salmon w/ mango habanero sauce. Served with rice & guacamole.
- CHICKEN PARMESAN** ..... 16
- CHICKEN ALFREDO**..... 18
- BEEF TIPS** ..... 18  
Teriyaki OR Bourbon sauce with onion & peppers. Over rice pilaf.
- CARIBBEAN SHRIMP** ..... 19  
Calamari & shrimp sautéed in a white wine & mango habanero sauce. Over rice OR pasta.
- ENCHIPOTLADO**..... 18  
Sauteed chicken w/chipotle & tomato sauce. With Onions. Served over rice pilaf.
- \*Steak** ..... 20
- \*Shrimp** ..... 22
- CARNE ASADA** ..... 17  
Marinated flat steak, rice, beans, guacamole, pico de gallo & corn tortillas
- STEAK TAMPIQUENA** ..... 21  
Marinated steak, 2 steak enchiladas, beans, guacamole, pico de gallo & fries.
- CANTINA ESPECIAL** ..... 21  
Chorizo, chicken, steak & shrimp with sautéed onions & peppers, rice, beans, pico de gallo, cheese & corn tortillas.
- ENCHILADAS (VERDES OR ROJAS)**..... 16  
Steak, chicken OR carnitas, cheese, rice & beans.
- CHIMICHANGAS** ..... 14  
Steak, carnitas OR chicken served with rice & beans.
- FAJITAS:** (with flour tortillas)  
With onions & peppers. Served with rice & beans, guacamole, salsa verde, pico de gallo & flour tortillas
- \*with chicken** ..... 17
- \*with steak**..... 19
- \*with veggies** ..... 15
- \*with shrimp**..... 21
- HUARACHE** ..... 15  
House made thick oval corn tortilla with choice of meat, refried beans, lettuce, pico de gallo, avocado, cream & cotija cheese. \*chicken, steak, barbacoa OR carnitas
- SHRIMP CANCUN** ..... 22  
Sauteed shrimp in a red bell pepper creamy sauce. Served over rice pilaf.

SIDES & EXTRAS

- SIDE OF FRIES or SWEET FRIES** .....3
- SIDE OF ONION RINGS**.....4
- SIDE OF VEGGIES**.....4
- BAKE POTATO** .....5
- MASHED POTATOES**.....5
- SIDE SALAD** .....4
- CHIPS & SALSA** .....4
- MEDIUM QUESO** .....3
- SIDE OF RICE**.....4
- SIDE OF BEANS** .....4
- SIDE OF RICE & BEANS** .....7
- EXTRA DRESSINGS, SALSA & SOUR CREAM** ... .50
- SMALL GUACAMOLE** .....2
- MEDIUM GUACAMOLE**..... 3.5

WEEKLY SPECIALS

- MONDAY: CLOSED**
- TUESDAY**
- COUNTRY FRIED CHICKEN WITH MASH & GRAVY** .....10
- WEDNESDAY *Taco day***
- CHICKEN, TEX MEX, BARBACOA OR CARNITAS**..... 1.50 ea
- FISH TACO**..... 4 ea    **SHRIMP TACO**..... 5 ea
- THURSDAY *Pasta Day***
- CHICKEN PARM, SAUSAGE OR MEATBALLS (LINGUINI & ZITI)** .....10
- FRIDAY**
- ½ DOZ CLAM CAKES & BOWL OF CHOWDER** .....10

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BURRITOS

- \*STEAK** ..... 12  
Onion, peppers, cheese, rice & beans.
- \*STEAK & CHORIZO** ..... 12  
Onion, peppers, cheese, rice & beans.
- CHICKEN** ..... 11  
Onion, peppers, cheese, rice & beans.
- SHRIMP** ..... 15  
Blackened shrimp, cheese & rice.
- CARNITAS** ..... 12  
Pico de gallo, rice & cheese.
- BARBACOA** ..... 12  
(Pulled Beef Marinated with Adobo & Cooked With Banana Leaves)  
Pico De Gallo, Mexican Cheese & Rice.
- VEGGIE BURRITO** ..... 10  
Onions, peppers, mushrooms, broccoli, cheese, rice & black beans.
- BURRITO BOWL**..... 12  
Lettuce, pico de gallo, rice, beans & cheese. Choose from: Steak, Carnitas, Chicken, Barbacoa OR Tex mex
- Add Guacamole..... \$2
- Add Avocado ..... \$2



TACOS

- TEX MEX**..... 11  
3 flour tortillas with choice of taco meat OR chicken, lettuce, tomato & cheese.
- FISH**..... 15  
Single Fish Taco ..... 5.5  
3 flour tortillas, fried fish, lettuce, pico de gallo & our special sauce.
- BLACKENED SHRIMP**..... 17  
Single Shrimp Taco.....6  
3 flour tortillas, Cajun shrimp & pico de gallo.
- Gf STEAK** ..... 13  
4 corn tortillas, steak, onion & cilantro. Side of salsa verde.
- Gf STEAK & CHORIZO** ..... 13  
4 corn tortillas, steak & chorizo, onion & cilantro. Side of salsa verde.
- Gf CHICKEN** ..... 11  
4 corn tortillas, chicken, onion & cilantro. Side of salsa verde.
- Gf CARNITAS**..... 12  
4 corn tortillas, carnitas, onion & cilantro. Side of salsa verde.
- Gf PULLED PORK**..... 12  
4 corn tortillas, pulled pork, pico de gallo & chipotle sauce on the side.
- Gf CHORIZO TACOS** ..... 13  
4 Corn tortillas, chorizo, cilantro & onion. side jalapeno salsa
- Gf BARBACOA** ..... 12  
(Pulled Beef Marinated with Adobo & Cooked With Banana Leaves)  
4 corn tortillas, Barbacoa, onion & cilantro. Side of salsa verde.
- Gf LENGUA** (Beef Tongue)..... 16  
4 corn tortillas, lengua, onion & cilantro. Side of salsa verde.
- Gf PASTOR**..... 14  
(Marinated Pork with Grilled Pinneapple)  
4 corn tortillas, pastor, onion & cilantro. Side of salsa verde.
- Gf BIRRIA** (Marinated Beef) ..... 15  
4 corn tortillas, Beef Birria, Oaxaca cheese, onion & cilantro. Side of consome & salsa verde.
- Gf PIBIL** (when available)..... 15  
5 corn tortillas rolled with marinated pork and drowned on a citrus & achiote sauce topped with red onion and habaneros cooked with lime & jalapeno sauce.
- BLACKENED TUNA STEAK TACOS** ..... 18  
3 flour tortillas, Blackened tuna steak, shredded lettuce, Pico de Gallo and our special sauce
- TACO PLATTER** ..... 30  
(2 tex mex, 2 chicken, 2 carnitas, 2 barbacoa, 2 fish)

CATERING MENU

- FAJITAS:**
- \*CHICKEN** ..... 1/2 PAN (6-8 ppl) 90    FULL PAN (12-14 ppl) 180
- \*STEAK** ..... 1/2 PAN (6-8 ppl) 100    FULL PAN (12-14 ppl) 190  
Onion, peppers, cheese, rice, beans, tortillas, salsa jalapeno & guacamole
- ENCHILADAS** ..... (5 ppl) 70    (10 ppl) 140  
(Chicken or steak OR tex mex... VERDES OR ROJAS) Rice & beans.
- NACHOS** ..... ½ PAN 45    FULL PAN 90  
Onion, peppers, cheese, rice & beans. Sour cream and salsa on the side
- LA CANTINA SALAD** ..... ½ PAN 60    FULL PAN 120  
(Grilled OR Cajun Chicken) With romaine lettuce, parmesan cheese, tortilla chips & avocado. Choice of dressing.
- TRIO LOCO** .....20  
7 oz Guacamole, 7 oz Salsa, 7 oz Queso Dip. Tray of corn tortilla chips
- BUILD YOUR TACOS** (5 lbs) ..... (8-10 ppl) 80
- PASTOR - STEAK • CARNITAS • BARBACOA • CHICKEN**  
(36 corn Tortillas, onion, cilantro, limes & salsa verde)
- TEX MEX**  
(36 flour Tortillas, cheese, lettuce, tomato. Salsa & sour cream)
- CHICKEN ALFREDO**.....½ PAN (5 ppl) 80    FULL PAN (10 ppl) 160  
Pasta Choices: Linguini OR Penne
- HOUSE SALAD** ..... ½ PAN (5 ppl) 25    FULL PAN (10 ppl) 50

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