



# LA CANTINA bar & grill

Cedar Rapids 5400 Edgewood Road NE • 319-393-0924 | Marion 3217 7th Ave • 319-409-5582

## CANTINA'S BOTANAS *appetizers*

- Alitas** 9.99 / 13.99  
Fried wings with your choice of 2 sauces with ranch or celery. 6 piece or 12 piece
- Nachos Supreme** 9.25  
Your choice of chicken or beef, topped with cheese dip. Cheese only 7.99
- Esquites** 6.99  
Mexican street corn in a cup. add hot cheetos +1.50
- Tacos De Papa** 7.99  
Fried potato tacos topped with lettuce, queso fresco and sour cream.

**Barrio Nachos** 13.99  
Your choice of steak or grilled chicken, queso, sour cream and guacamole. Topped with shredded cheese and our signature taco sauce. *favorite*

## DE LA HUERTA *salads*

- Taco Salad** 12.50  
Taco bowl layered with lettuce, cheese, sour cream and guacamole, with your choice of chicken or beef.
- Fajita Salad** 11.50  
Your choice of grilled chicken or steak, laid on a bed of lettuce and topped with shredded cheese.
- Zocalo Bowl** 12.50  
Grilled chicken breast marinated in a adobo sauce. Served with lettuce, white rice, black beans, kernel corn, red onions, and avocado. Topped with cilantro.
- Santa Fe Bowl** 11.50  
2 Boiled eggs served on a bed of lettuce, cherry tomatoes, red onion, cucumber, kernel corn, radish, avocado, and nopal.
- Polanco Bowl** 13.50  
Grilled shrimp served on a bed of lettuce, white rice, kernel corn, black beans, cherry tomatoes, red onion and avocado. Topped with cilantro.

**Condesa Bowl** 13.50  
Marinated steak served on a bed of lettuce with rice, black beans, kernel corn, grilled bell peppers, and avocado. Topped with cilantro. *favorite*

## BURGERS *chingonas*

All burgers are served with fries or upgrade to onion rings for +2.00

- The Cheese Burger** 13.50  
Grilled onions and cheddar cheese, lettuce and tomatoes.
- La Chingona Burger** 14.99  
Topped with an over easy egg, grilled jalapenos, grilled onions and cheddar cheese, lettuce and tomatoes.
- La Mexicana** 14.99  
Topped with grilled peppers, onions, mushrooms and pepper jack cheese.
- Tenderloin** 12.99  
A twice tenderized tenderloin, blanketed with a light egg batter and cracker crumb coating. Yum!
- Chicken Avocado Burger** 12.99  
Grilled chicken breast with lettuce, tomatoes, onions, avocado, chile chipotle mayonnaise.
- La Birria Sandwich** 14.50  
Our delicious birria topped with grilled jalapenos, grilled onion and cheddar cheese.

## QUESADILLAS

- Queca** 7.25  
Full sized quesadilla add grilled chicken or steak +2.00
- Coyoacan** 14.99  
Full sized quesadilla. Your choice of steak or grilled chicken with chorizo, bell peppers and onions. Served with rice and beans
- DF** 13.99  
Full sized quesadilla. Your choice of steak or grilled chicken. Served with rice and beans
- Fajita** 14.99  
Full sized quesadilla. Your choice of steak, grilled chicken or pork with grilled veggies. Served with rice and beans
- Acapulco** 16.50  
Shrimp, tilapia and grilled veggies. Served with rice and a guacamole salad.
- Gringa** 14.50  
Our signature marinated pork strips (pastor) grilled with pineapple. Topped with cilantro and onion, served with rice and green sauce.
- La Vegetariana** 12.99  
Fresh bell peppers, onions, tomatoes, and mushrooms all grilled. Served with a guacamole salad.

## LAS CHIMIS

All chimichanga dinners are served with rice and beans, and a side of guacamole salad.

- Shrimp 12.99
- Seafood 14.50
- Fajita 12.99
- Birria 12.99
- Chicken 11.99
- Beef 11.99

## GARNACHAS

- Huaraches** 9.99  
A oblong-shape corn masa base, lightly fried, topped with green or red sauce, your choice of meat, pico de gallo, queso fresco and sour cream.
- Sopes** 9.99  
Two thick corn tortilla-like masa cakes topped with your choice of meat, lettuce, pico de gallo, queso fresco and sour cream. Served with red or green sauce.
- Gorditas** 10.99  
Two thick corn tortilla-like pockets stuffed with your choice of beans, lettuce, sour cream, queso fresco and pico de gallo. Served with green or red sauce.

## CALDOS *steews*

- Birria 15.99
- Camarón 15.99
- Pozole 14.99
- Pollo 12.99

## ENCHILADAS

All enchilada dinners are served with rice and beans.

- Iowa** 13.50  
Three enchiladas with your choice of chicken, beef or cheese. Topped with red sauce, lettuce, sour cream and shredded cheese.
- Verdes** 14.00  
Three enchiladas stuffed with shredded chicken and topped with green sauce, sour cream, raw onions and queso fresco. *favorite*
- De Mole** 14.00  
Three enchiladas with your choice of chicken or beef, topped with one of a kind mole sauce, sesame seeds and raw onions.
- Seafood** 14.99  
Two seafood enchiladas topped with queso, lettuce, and sour cream.
- La Bandera** 15.99  
A representation of the Mexican flag colors with our signature sauces!  
Green sauce with chicken, queso with cheese and red sauce with beef.

## COCINA DE MI MAMA *Mom's Kitchen*

**Barrio's Pollo** 13.99  
Chicken breast and grilled onions simmered in our spicy chipotle sauce. Served with rice, beans and tortillas. *favorite*

- Carnitas** 13.99  
Savory slow cooked pork. Served with rice, beans, guacamole salad, and tortillas.
- Arroz Con Pollo** 12.00  
Juicy grilled chicken on a bed of rice topped with our famous queso.
- Tacos Dorados** 10.99  
Two chicken and two beef tacos served with lettuce, sour cream, guacamole and queso fresco on top.
- Chile Verde o Rojo** 13.99  
Tender shredded pork simmered in your choice of red or green sauce. Served with rice, beans and corn tortillas.
- Milanesa** 16.99  
Your choice of thin cut chicken or steak, breaded then fried to perfection. Served with rice, beans, guacamole salad and tortillas.
- Chilaquiles** 11.99  
A traditional Mexican dish, made of lightly fried, corn tortillas smothered in green or red sauce. Topped with two eggs cooked at your choice, sour cream, queso fresco and raw onions.
- Los Rellenos** 12.99  
Cheese stuffed poblano peppers topped with our house made ranchero sauce. Served with rice and beans.



**Monterey Pollo** 12.99  
Chicken breast topped with monterey jack cheese, grilled onions and peppers. Served with a sour cream salad and a mushroom quesadilla.

**Chile Colorado** 15.99  
A popular Mexican guisado, made with tender pieces of beef cooked in a sauce made from Mexican chiles, served with rice beans and corn tortillas. *favorite*

\*Please tell your server if you have any food allergies. Consuming raw or undercooked items may increase the risk of food borne illness.

# LA CANTINA

## bar & grill

 vegetarian  
 spicy

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### TACOS *del barrio*

	Per Taco
De Asada	3.50
Al Pastor	3.50
Campechanos	3.99
De Birria	4.50
Camaron	4.99
Chimichurri	4.50
Street	2.99
Pescado	4.99
Alambre	4.50
Carnitas	3.50
Buche	4.99
Lengua	4.99
Pollo	3.50
Vegan Chorizo	3.99

Add rice and beans to your tacos for + 3.50

### BURRITOS

<b>Sabanero</b>	<b>14.99</b>
Burrito filled with steak, fries, rice and beans. Topped with our green sauce and delicious queso.	
<b>Camaron</b>	<b>14.99</b>
Burrito filled with shrimp and grilled veggies. Topped with queso, lettuce, and sour cream. served with rice and beans.	
<b>Paisa</b>	<b>14.99</b>
Burrito filled with your choice of steak, chicken or pork, rice or beans, lettuce, sour cream, and shredded cheese.	
<b>Chilango Grande</b>	<b>13.50</b>
Burrito filled with your choice of ground beef or shredded chicken. Topped with ranchero sauce, lettuce, sour cream and shredded cheese. Served with rice and beans.	
<b>Birria</b>	<b>15.99</b>
Burrito filled with the best birria in town, shredded cheese, rice and beans, cilantro, and onions. Served with a cup of birria broth.	

<b>Chepe's</b>	<b>15.99</b>
An oversized burrito stuffed with grilled steak and mushrooms. Served with your choice of rice or beans inside and topped with your choice of red or green sauce.	

*favorite*

### A LA CARTE

Tamale	4.25
Pico de Gallo	2.00
Tortillas	1.25
Arroz	2.99
Frijol	2.99
Jalapeño	1.25
Rice and Beans	3.50
Enchilada	3.50
Chicken or Beef add seafood +1.00	
<b>Burrito</b>	<b>4.25</b>
Chicken or Beef	
<b>Taco</b>	<b>2.50</b>
Soft or Hard shell with Chicken or Beef	

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### LOS FUERTES *de la cantina*

**Fajita 16.00**  
The best in town! Your choice of chicken, beef or pork, grilled with onions and bell peppers. Served with rice, beans, guacamole salad and your choice of flour or corn tortillas.

**La Perrona Fajita  22.99**  
Steak, chicken, pork, shrimp, and chorizo grilled with onions, jalapenos, chipotle and bell peppers, topped with shredded cheese. Served with rice, beans, guacamole salad and your choice of flour or corn tortillas.

*favorite*

**Parrilladas Mar Y Tierra 35.00**  
Steak, chicken, tilapia, shrimp, chorizo, on a bed of grilled veggies. Topped with fried queso fresco, avocado and potato slices. Served with rice, beans, and your choice of tortillas. Serves two.

**El Cantinazo 21.99**  
Steak, chicken, pork, choizo and nopales, all grilled together over our cantinazo signature sauce. Topped with fried queso fresco, avocado, pico de gallo, and jalapeno pepper. Served with rice, beans and tortillas on a molcajete. Add shrimp +4.00

**Carne Asada 17.50**  
Seasoned steak grilled with onions and nopal (cactus). Topped with a chile toreado (jalapeno pepper) and pico de gallo. Served with rice, beans and your choice of tortillas. Add two fried eggs on top for +2.00

**Cantina Skillet 21.99**  
Seasoned steak, shrimp, chorizo, and grilled veggies with queso fresco on a skillet. Served with rice, beans, pico de gallo and tortillas.

**Chori-Pollo 15.50**  
Delicious chicken grilled with chorizo, topped with queso. Served with rice, beans and tortillas.

### PARA TUS *chips* First basket is on us!

<b>Queso</b>	Small	4.99	Large	8.50
<b>Guacamole</b>	Small	5.50	Large	8.99
<b>Bean Dip</b>		9.99		
<b>Queso Fundido</b>		9.99		
<b>Queso Flight</b>		11.99		
Chorizo con Queso, Bean Dip, Queso				
<b>Chorizo con Queso</b>		9.99		
Served on a skillet				

### DEL MAR *seafood*

**Camarones Empanizados 16.99**  
Fried breaded shrimp served with a sweet and spicy sauce, white rice and a guacamole salad.

**Torre de Mariscos 29.50**  
Ceviche style tower with shrimp, octopus, scallops, red onions, cucumbers topped with our special seafood sauce and avocado. Served with rice and tostadoeas.

**Tostadas de Ceviche 14.99**  
Ceviche served on a tostada shell laid with mayonnaise (two tostadas) and topped with avocado and cilantro.

**Cocktel de Camañon 17.99**  
Shrimp, avocados and pico de gallo mixed with our homemade tangy sauce. Served with saltine crackers.

**Camarones Infierno  15.50**  
Grilled shrimp simmered in our signature inferno sauce. Served with white rice and your choice of tortillas.

**Nachos Camaron 15.50**  
Shrimp, crab meat, bell peppers and onions grilled and set atop fresh nacho chips, shredded cheese and queso.

**Camarones al Mojo De Ajo 15.99**  
Mexican garlic shrimp cooked in a garlic butter reduction and seasoned with herbs and lime. Served with white rice and guacamole salad. Delicioso!

**Ceviche 17.99**  
Shrimp marinated in citrus juices, mixed with pico de gallo and topped with avocado. Served with tostadas.

**Aguachiles 19.50**  
Marinated shrimp, submerged in a chile-lime sauce, pineapple, mango-sauce with red onions, cilantro, cucumber and topped with avocado. Served with tostadas.

*favorite*

**Tilapia Veracruzana 16.99**  
A breaded tilapia fillet with shrimp and grilled vegetables, all topped with our ranchero sauce. Served with rice.

### DESSERT *postres* 4.50

Churros	Tres Leches Cake
Flan	Fried Ice Cream

## LUNCH MENU Served from 11 AM - 2 PM, Monday through Friday

**Chepe's Burrito 11.99**  
An oversized burrito stuffed with grilled steak and mushrooms. Served with your choice of rice or beans inside and topped with your choice of red or green sauce.

**Speedy G. 9.99**  
Beef enchilada, beef taco. Served with your choice of rice or beans.

**Beef Burrito Lunch 11.99**  
Stuffed with beef and cheese. Served with rice, beans and a sour cream salad.

**Seafood Chimi Lunch 12.99**  
Stuffed chimichanga with crab and shrimp fried to a golden brown delight. Topped with queso dip, lettuce, sour cream and guacamole.

**Seafood Enchilada Lunch 11.99**  
Filled with crab, shrimp and cheese. Served with rice, beans and a sour cream salad.

**Combo Meal 11.99**  
Pick two items below. Served with rice and beans or a salad

Burrito	Tostada	Quesadilla
Enchilada	Tamale	Enchilada
Taco Soft or Hard	Seafood	

**Huevos 10.99**  
Pick one item below. Served with rice and beans with tortillas.

Rancheros	Con Tocino (bacon)
Con Chorizo	Con Salchicha
A La Mexicana	