

TIJUANA FLATS MENU



GET STARTED

Appetizers

- Chips & Hand-Made Salsa
- Chips & Queso
- Chips & Beefy Queso (Our house queso mixed with fresh ground beef)
- Chips & Guacamole
- Tijuana Trio (salsa, queso, guacamole & chips)

CHOOSE YOUR MEAL

Entrées

BURRITOS

A great hand-rolled toasted burrito! Loaded with cheese, your choice of filling & stuffed with all the toppings!

- Carnitas, Beef or Chicken (reg. or blackened)
- Beef & Bean (refried or black)
- Chicken & Bean (refried or black)
- Steak
- Veggie (includes beans, rice & salsa)
- Refried or Black Bean

Megajuana Tijuana Regular

CHIMICHANGAS

Our huge chimichanga is made with a fresh, lightly fried tortilla. Loaded with cheese & all the toppings, plus your choice of filling.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

Megajuana Tijuana Regular

DOS O TRES TACOS

Choose from a giant, crispy corn taco shell or soft tortilla. Loaded with plenty of cheese, your choice of filling & all the toppings.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean
- Beef & Bean (refried or black)
- Chicken & Bean (refried or black)

Dos Tres

NACHOS

A pile of fresh chips loaded with melted cheese & topped with our freshly made guacamole. Served with all the toppings & a side of salsa.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

FLAUTAS

Two lightly fried tortillas, tightly rolled & loaded with your choice of filling plus cheese & all the toppings. Served with a side of queso, guacamole & sour cream.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

TOSTADAS

Eight lightly fried, individual corn tortillas with refried beans & melted cheese. Your choice of filling & loaded with all the toppings. Served with a side of salsa & sour cream.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean
- Cheese (no beans)

DOS ENCHILADAS

Two large, corn tortilla flats loaded with your choice of filling & topped with our very own chipotle red sauce or verde sauce & melted cheese. Finished off with all the toppings.

- Carnitas, Beef or Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

CHECK OUT THE HOT BAR

All items are **MADE TO ORDER!**

Includes:
Black Olives,
Jalapeños, Onions,
Lettuce, Tomatoes
& Sour Cream

FRESH SALADS

A large, crispy, whole wheat tortilla shell packed with fresh greens, cheese & your choice of filling, plus all the toppings. Served with guacamole & your choice of salsa, ranch, avocado ranch or lite vinaigrette dressing.

- Carnitas or Beef
- Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

RICE BOWLS

A large, whole wheat shell loaded with rice, black beans, grilled onions & green peppers topped with tomatoes & green onions. Served with a side of salsa.

- Carnitas or Beef
- Chicken (reg. or blackened)
- Steak
- Refried or Black Bean

BIG BOMBIN' BURRITOS

BANGIN' CHICKEN BURRITO™

Crispy chicken tossed in our own **Smack My Ass Bangin'** Chicken sauce, loaded with grilled onions & green peppers, tomatoes, cheese & ranch dressing. (Tijuana size)

STEAK & CHEESY BURRITO™

Our Tex-Mex version of the classic cheese steak! Seasoned steak with grilled onions & green peppers topped with mozzarella cheese. (Tijuana size)

BLACKENED CHICKEN CAESAR BURRITO

Blackened chicken & Romaine lettuce tossed with lite Caesar dressing & parmesan cheese. Wrapped in a whole wheat tortilla. (Tijuana size)

CRISPY QUESADILLAS

A large tortilla flat loaded with your choice of filling, melted cheese & all the toppings.

- Cheese
- Carnitas or Beef
- Chicken (reg. or blackened)
- Beef & Bean (refried or black)
- Chicken & Bean (refried or black)
- Steak
- Refried or Black Bean
- Spinach & Artichoke (served with tomatoes, jalapeños & green onions)

RIDICULOUSLY TOASTY

LITTLE LIZARDS

Comes with cheese, lettuce & tomatoes. Includes chips, soft drink & your choice of applesauce or a sweet treat!

- Carnitas, Beef, Chicken or Bean Burrito
- Carnitas, Beef, Chicken or Bean Taco (soft or hard shell)
- Chicken Fingers
- Cheese Quesadilla
- Nachos (topped with queso)

Kid's menu is only available for children 12 & under. All white, hormone-free chicken in all Little Lizards items.

PICK TWO

Choose **TWO DIFFERENT** items.

Served with rice & beans.

- BURRITO • TACO • CHIMICHANGA •
- QUESADILLA • ENCHILADA •

For steak, add per item.

LO™ ITEMS UNDER 500 CALORIES

When ordered at regular size, whole wheat & power lite. (Does not include side of chips or salad shell.)

Salads:

Chicken, Blackened Chicken, Steak, Refried or Black Bean

Quesadillas:

Chicken, Blackened Chicken, Steak, Refried or Black Bean

Burritos:

Chicken, Blackened Chicken, Steak, Veggie, Refried or Black Bean

Single Taco

Chicken, Blackened Chicken, Steak, Refried or Black Bean

MAKE IT A MEAL

Add rice, beans & a soft drink.

Make it WET

Top any item with Queso, Salsa, Chipotle Red Sauce or Verde Sauce

Make it POWER LITE

Using low-fat cheese & fat-free sour cream on any menu item! **FREE**

Make it WHEAT

Change any flour tortilla to a whole wheat tortilla **FREE**

MAKE IT A HAPPY ENDING

CHURROS

Lightly fried & sprinkled with sugar & cinnamon.

★ THE ORIGINAL COOKIE DOUGH FLAUTAS

Chocolate chip cookie dough loaded into a flour tortilla, lightly fried & topped with powdered sugar. Served with a side of chocolate syrup.

DRINKS

Luzianne.

Fresh Brewed Iced-Tea
Beer • Sangria

Pinot Grigio
Chardonnay • Merlot • White Zinfandel

Soft Drinks



Crushed ice takes me to my happy place