

The Fresh & Wonderful World of TIJUANA FLATS

APPETIZERS

Chips & Hand-Made Salsa
Chips & Queso
Chips & Guacamole
Tijuana Trio™
(salsa, queso, guacamole & chips)

STEP

1

CHOOSE YOUR MEAL

All items are MADE to ORDER!

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



BURRITOS

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

Megajuana Tijuana Regular

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

CHIMICHANGAS

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

Megajuana Tijuana Regular

Beef or Chicken (regular or blackened)
Steak or Carnitas
Refried or Black Bean

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.

Dos Tres

Beef or Chicken (regular or blackened)
Steak or Carnitas
Refried or Black Bean
Beef & Bean (refried or black)
Chicken & Bean (refried or black)

FISH TACOS

Two large, soft tortillas loaded with grilled grouper, fresh cabbage & hand-made pico & topped with a Southwest Citrus vinaigrette.

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.

Beef or Chicken (regular or blackened)
Steak or Carnitas
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.

Beef or Chicken (regular or blackened)
Steak or Carnitas
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.

Beef or Chicken (regular or blackened)
Steak or Carnitas
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.

Beef or Chicken (regular or blackened)
Steak or Carnitas
Refried or Black Bean

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 ranch, salsa, avocado ranch or Southwest Citrus vinaigrette dressing.

Beef or Chicken (regular or blackened)
Steak or Carnitas
Refried or Black Bean

FRESH NORRITO BOWL™

No + Burrito = Norrito. Our light salsa based rice, topped with black beans, hand-made pico, fresh guacamole & green onions & served in a bowl with your choice of filling.

Beef or Chicken (regular or blackened)
Steak or Carnitas
Refried or Black Bean

PICK TWO

Choose TWO DIFFERENT items.

Served with rice & refried or black beans.

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

Add steak or carnitas.

QUESADILLAS

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

Cheese
Beef or Chicken (regular or blackened)
Beef & Bean (refried or black)
Chicken & Bean (refried or black)
Steak or Carnitas
Refried or Black Bean

BANGIN' CHOICES

Over 1/3 pound of our crispy chicken tossed in our own Smack My Ass Bangin' Chicken Sauce. Loaded with grilled onions & green peppers, tomatoes, cheese & ranch dressing. Choose from the following:

TIJUANA BANGIN' CHICKEN BURRITO™

DOS BANGIN' CHICKEN TACOS – Choose from crispy corn taco shell or soft tortilla.

BANGIN' CHICKEN SALAD – A large, crispy, whole wheat tortilla shell packed with fresh greens & served with ranch dressing.

BANGIN' CHICKEN TOSTADAS – Eight lightly fried, individual corn tortillas with refried beans & melted cheese. Served with a side of salsa & sour cream.

LITTLE LIZARDS

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

Beef, Chicken or Bean Burrito
Beef, Chicken or Bean Taco (soft or hard shell)
Chicken Fingers
Quesadilla (beef, chicken or cheese)
Nachos (topped with queso)

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

MAKE IT A MEAL

STEP

2

Add rice, beans & a soft drink.

STEP

3

MAKE IT YOURS

MAKE IT WET™

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

MAKE IT A 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

LO

EQUALS ITEMS UNDER 500 CALORIES
When ordered at regular size, whole wheat & power lite (does not include side of chips or salad shell).

SALADS:

Chicken (regular or blackened), Steak, Refried or Black Bean

QUESADILLAS:

Chicken (regular or blackened), Steak, Refried or Black Bean

BURRITOS:

Chicken (regular or blackened), Steak, Refried or Black Bean, Veggie

SINGLE TACO:

Chicken (regular or blackened), Grouper (full order), Steak, Refried or Black Bean

STEP

4

MAKE IT A HAPPY ENDING™

CHURROS - Lightly fried & sprinkled with sugar & cinnamon.

COOKIE DOUGH FLAUTAS

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

DRINKS

Coca-Cola® Soft Drinks

Fresh Brewed Luzianne Iced Tea

Beer

Sangria

White Zinfandel

Pinot Grigio

Chardonnay

Merlot

