

OR ^{12 INCH} BURRITOS

^{8 INCH} BAR SIZE

SERVED WITH SALAD

Add small guacamole 1.50 ★ Make it wet! Add sofrito sauce 1.25

A 12" tortilla filled with creamy black beans, spanish rice and Monterey Jack cheese. Served with salsa bambino and sour cream or Tofu "sour cream" on the side.

CHICKEN

CLASSIC CHICKEN BURRITO

Tender char-grilled chicken in a flour tortilla.
BAR SIZE - \$6.95 12"- \$7.95

CHICKEN TINGA BURRITO

Tender char-grilled chicken covered in a Tinga style salsa made of Chipotle pepper, tomatoes and onions, in a flour tortilla.
BAR SIZE - \$7.95 12"- \$7.95

CHICKEN CHILI BURRITO

Our delicious 3-bean Tinga chili and chicken in a chili tortilla.
BAR SIZE - \$7.95 12"- \$7.95

BBQ CHICKEN BURRITO

Hickory-smoked chicken simmered in our tangy BBQ sauce in a tomato tortilla.
BAR SIZE - \$7.95 12"- \$7.95

BUFFALO CHICKEN BURRITO

Chicken Tenders, breaded and tossed with hot buffalo sauce in a flour tortilla.
BAR SIZE - \$7.95 12"- \$7.95

BEEF

EL PICADILLO BURRITO

Our special ground beef picadillo (slightly spicy) with peas and carrots in a chilli tortilla.
BAR SIZE - \$6.95 12"- \$7.95

BBQ PORK BURRITO

Hickory smoked pork, simmered in our tangy BBQ sauce in a tomato tortilla.
BAR SIZE - \$7.95 12"- \$7.95

CHILI CON CARNE

Our delicious 3-bean Tinga chili and beef picadillo in a chili tortilla.
BAR SIZE - \$7.95 12"- \$7.95

BBQ RIB BURRITO

Our succulent BBQ ribs pulled off the bone in a flour tortilla.
BAR SIZE - \$7.95

VEGETARIAN

MISSION BURRITO

Creamy black beans, spanish rice and Monterey Jack cheese in a flour tortilla. **BAR-\$6.95** 12"-\$7.95

CALIFORNIAN BURRITO

Fresh guacamole, creamy black beans, spanish rice and Monterey Jack cheese in a flour tortilla **BAR-\$6.95** 12"-\$7.95

SAUTEED SPINACH BURRITO

Fresh spinach, sauteed with garlic and onions in a spinach tortilla. **BAR-\$7.95** 12"-\$7.95

VEGETARIAN TINGA CHILI BURRITO

Our delicious 3-bean Tinga chili in a chili tortilla. **BAR-\$7.95** 12"-\$7.95

PORTABELLA MUSHROOM BURRITO

Grilled Portabella mushroom in a flour tortilla. **BAR-\$7.95** 12"-\$7.95

Tinga

LUNCH

Specials

EAT IN • TAKE OUT • DELIVERY



WE DELIVER!

MONTCLAIR 215 Bellevue Ave. 973-509-8226
 also in **WESTFIELD** 110 Central Ave

MONDAY - FRIDAY
LUNCH ★ 11:30 - 3:00

Order from us online at GrubHub, Seamless or Eat 24
Salads, Wraps, Sandwiches, Burritos, Quesadillas and Tacos

FRESH SALADS

MEXICAN TACO SALAD \$8.25
 Fresh Romaine, pico de gallo and guacamole served in a crisp tortilla shell, topped with shredded Jack cheese
 YOU CAN ADD GRILLED CHICKEN 2.50

FRESH SPINACH SALAD \$8.45
 Fresh spinach, grilled portabella mushrooms, tomatoes and egg wedges. Topped with Parmesan cheese and served in a crispy tortilla shell with vinaigrette dressing on the side.

BUFFALO CHICKEN SALAD \$9.25
 Chopped Romaine lettuce, tomatoes, and onions with breaded chicken tenders tossed in hot buffalo sauce. Served in a crispy tortilla with Bleu cheese dressing on the side

AMIGO SALAD \$9.75
 Fresh spinach sprinkled with gorgonzola cheese, red onion, pears and garnished with tomatoes. Served with vinaigrette on the side.

CHICKEN CAESAR SALAD \$8.95
 Fresh chopped romaine lettuce, tender char-grilled chicken, Parmesan cheese and chopped tomatoes, served in a crispy tortilla shell, with Caesar dressing on the side.

WRAPS & SANDWICHES

- ★ **SAUTEED SPINACH WRAP** \$7.95
 Fresh spinach (sauteed with garlic and onions) with pico de gallo, lettuce, shredded Jack cheese and tofu "sour cream" wrapped in a spinach tortilla.
- ★ **MEXICAN CHICKEN WRAP** \$8.15
 Char-grilled strips of marinated chicken, pico de gallo, Jack cheese and guacamole, wrapped in a flour tortilla.
- ★ **HICKORY-SMOKED CHICKEN WRAP** \$7.95
 Tender chicken simmered in our tangy BBQ sauce, with Jack cheese and lettuce in a tomato tortilla
- ★ **BBQ SANDWICH (Chicken, Pork or Brisket)** \$7.95
 Hickory-smoked pulled chicken, pulled pork or brisket on a roll.
- ★ **CHICKEN FAJITA SANDWICH** \$7.95
 Char-grilled strips of chicken topped with melted Jack cheese on a roll
 • YOU CAN ADD grilled onions and peppers \$1
- ★ **TINGA WRAP** \$8.75
 Fresh sliced avocados, Monterey Jack cheese, grilled portabella mushrooms and chipotle mayonnaise in a tomato wrap.
- ★ **CHICKEN CAESAR WRAP** \$8.25
 Fresh chopped romaine lettuce, tender char-grilled chicken, Parmesan cheese, Caesar dressing wrapped in a flour tortilla.
- ★ **BUFFALO CHICKEN WRAP** \$8.15
 Breaded chicken tenders tossed in hot buffalo sauce, with Monterey Jack cheese, onions & lettuce wrapped in a flour tortilla.

LOW CARB

CHICKEN \$8.25
 Chicken served with fresh spinach (sauteed with garlic and onions) and topped with melted Monterey Jack cheese.

QUESADILLAS

A 12" flour tortilla, lightly grilled and folded over melted Monterey Jack cheese. Served with salsa bambino on the side

- CHAR-GRILLED CHICKEN QUESADILLA** \$7.95
- SAUTEED SPINACH QUESADILLA** \$7.95
 Fresh spinach sauteed with garlic onions
- BAR LA CASA'DILLA & SIDE SALAD** \$8.45
 A smaller version of our La Casa'Dilla served with fresh salad of mixed greens and tomatoes, with our mustard vinaigrette dressing.
- PORTABELLA MUSHROOM QUESADILLA** \$7.95
 Fresh grilled portabella mushrooms.

2
 Per
 Order

TACOS

Soft corn shell inside a hard corn shell and sour cream on the side.

- CHICKEN OR BEEF TACOS MEXICANOS** \$7.95
 Choose our ground-beef picadillo with peas and carrots (slightly spicy) or char-grilled chicken (or one of each) with pico de gallo, Monterey Jack cheese & lettuce.
- VEGETARIAN TACOS** \$7.95
 Spanish rice, creamy black beans, Monterey Jack cheese, pico de gallo & lettuce.
- BBQ TACOS (Chicken or Pork)** \$8.45
 BBQ Chicken or BBQ Pork (choose 2 fillings) - with pico de gallo, Monterey Jack cheese & lettuce.