

# OR <sup>12 INCH</sup> BURRITOS

## <sup>8 INCH</sup> 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 - \$7.45**      **12"- \$8.45**

#### 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 - \$8.45**      **12"- \$8.45**

#### CHICKEN CHILI BURRITO

Our delicious 3-bean Tinga chili and chicken in a chili tortilla.  
**BAR SIZE - \$8.45**      **12"- \$8.45**

#### BBQ CHICKEN BURRITO

Hickory-smoked chicken simmered in our tangy BBQ sauce in a tomato tortilla.  
**BAR SIZE - \$8.45**      **12"- \$8.45**

#### BUFFALO CHICKEN BURRITO

Chicken Tenders, breaded and tossed with hot buffalo sauce in a flour tortilla.  
**BAR SIZE - \$8.45**      **12"- \$8.45**

### BEEF

#### EL PICADILLO BURRITO

Our special ground beef picadillo (slightly spicy) with peas and carrots in a chilli tortilla.  
**BAR SIZE - \$7.45**      **12"- \$8.45**

#### BBQ PORK BURRITO

Hickory smoked pork, simmered in our tangy BBQ sauce in a tomato tortilla.  
**BAR SIZE - \$8.45**      **12"- \$8.45**

#### CHILI CON CARNE

Our delicious 3-bean Tinga chili and beef picadillo in a chili tortilla.  
**BAR SIZE - \$8.45**      **12"- \$8.45**

#### BBQ RIB BURRITO

Our succulent BBQ ribs pulled off the bone in a flour tortilla.  
**BAR SIZE - \$8.45**

### VEGETARIAN

#### MISSION BURRITO

Creamy black beans, spanish rice and Monterey Jack cheese in a flour tortilla. **BAR-\$7.45**      **12"- \$8.45**

#### CALIFORNIAN BURRITO

Fresh guacamole, creamy black beans, spanish rice and Monterey Jack cheese in a flour tortilla. **BAR-\$7.95**      **12"- \$8.95**

#### SAUTEED SPINACH BURRITO

Fresh spinach, sauteed with garlic and onions in a spinach tortilla. **BAR-\$8.45**      **12"- \$8.45**

#### VEGETARIAN TINGA CHILI BURRITO

Our delicious 3-bean Tinga chili in a chili tortilla. **BAR-\$8.45**      **12"- \$8.45**

#### PORTABELLA MUSHROOM BURRITO

Grilled Portabella mushroom in a flour tortilla. **BAR-\$8.45**      **12"- \$8.45**

# Tinga

## LUNCH

## Specials

EAT IN • TAKE OUT • DELIVERY

# Tinga

Fresh Mexican

**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

with chips and salsa

- ★ **SAUTEED SPINACH WRAP** \$8.45  
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** \$8.45  
Char-grilled strips of marinated chicken, pico de gallo, Jack cheese and guacamole, wrapped in a flour tortilla.
- ★ **HICKORY-SMOKED CHICKEN WRAP** \$8.45  
Tender chicken simmered in our tangy BBQ sauce, with Jack cheese and lettuce in a tomato tortilla
- ★ **BBQ SANDWICH (Chicken or Pork)** \$8.45  
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** \$8.45  
Fresh chopped romaine lettuce, tender char-grilled chicken, Parmesan cheese, Caesar dressing wrapped in a flour tortilla.
- ★ **BUFFALO CHICKEN WRAP** \$8.65  
Breaded chicken tenders tossed in hot buffalo sauce, with Monterey Jack cheese, onions & lettuce wrapped in a flour tortilla.

## 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** \$8.45
- SAUTEED SPINACH QUESADILLA** \$8.45  
Fresh spinach sauteed with garlic onions
- BAR LA CASA'DILLA & SIDE SALAD** \$8.75  
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** \$8.45  
Fresh grilled portabella mushrooms.

## TACOS

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

- CHICKEN OR BEEF TACOS MEXICANOS** \$8.45  
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** \$8.45  
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.

**LOW  
CARB**

### CHICKEN

\$8.75

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

2  
Per  
Order