

TINGA LUNCH SPECIALS

Add House Salad or Soup or Fries and Fountain Drink for \$2.95 ONLY (No Free Refills)

To any of the Menu Items

Fresh Salads

Mexican Taco Salad \$8.25

Fresh Romaine, pico de gallo & guacamole served in a crispy tortilla shell, topped with shredded Monterey jack cheese Mustard Vinaigrette on side.

ADD GRILLED CHICKEN \$2.50

Fresh Spinach Salad \$8.45

Fresh Spinach, grilled Portobello mushrooms, tomatoes & egg wedges, topped with parmesan cheese, served in crispy tortilla shell with vinaigrette dressing on side.

ADD CHICKEN \$2.50

Tinga Salad \$8.95

Fresh Romaine, pico de gallo, corn, black beans & guacamole in crispy tortilla shell, topped with cheddar jack cheese & crispy corn strips.

ADD GRILLED CHICKEN \$2.50

Buffalo Chicken Salad \$9.25

Chopped Romaine Lettuce, Tomatoes & onions with breaded chicken tenders tossed in hot Buffalo sauce. Served in crispy tortilla shell with bleu cheese dressing on side.

Chicken Caesar Salad \$8.95

Fresh chopped Romaine lettuce, tender char-grilled chicken, parmesan cheese & chopped tomatoes, served in crispy tortilla shell with Caesar dressing.

Cucumber Salsa Salad \$8.25

Fresh chopped Romaine lettuce topped with our special cucumber salsa & pico de gallo with tomatoes. Served with vinaigrette dressing on side. Served in crispy tortilla bowl

Amigo Salad \$9.75 (Add Chicken \$2.50)

Fresh spinach sprinkled with Gorgonzola cheese, red onions, pears & garnished Fresh chopped Romaine lettuce topped with our special Cucumber salsa & pico de gallo with tomatoes. Served with vinaigrette dressing on side. And served in crispy tortilla bowl.

Burritos 12" or 8" Bar size w/ salad

(All Burritos come with Monterey jack cheese, rice & black beans) Served with salsa & sour cream.

Classic Chicken Burrito Tender char-grilled chicken in a flour tortilla.	\$7.95
Mission Burrito (Black beans, rice & cheese)	\$7.95
El Picadillo Burrito Our special ground beef picadillo (slightly spicy) with peas & carrots in a chili tortilla.	\$7.95
Chicken Tinga Burrito Tender char-grilled chicken in a Tinga salsa made of chipotle peppers, tomatillo & onions.	\$7.95
Chicken Chili Burrito Our delicious 3-bean chili & chicken in a chili tortilla.	\$7.95
BBQ Chicken OR BBQ Pork Hickory smoked chicken, pork or brisket simmered in Tangy BBQ sauce in a tomato tortilla.	\$7.95
Buffalo Chicken Burrito Chicken tenders, breaded and tossed with hot buffalo sauce in a flour tortilla.	\$7.95
Chili Con Carne Our delicious 3-bean Tinga chili & beef picadillo in a chili tortilla.	\$7.95
California Burrito Fresh guacamole, creamy black beans, Spanish rice & cheese.	\$7.95
Vegetarian Tinga Chili Burrito (in a chili tortilla)	\$7.95

Combo *Bar Size Burrito + House salad + Fountain Drink = \$9.95 Only* (No Free Refills)

Enchilada Platter \$9.95 (Add chicken, or beef picadillo, or portobello mushrooms, or spinach for \$2.00)

Soft corn tortillas folded over beans, topped with choice of green or sofrito sauce & melted jack cheese.

Served with rice, lettuce, pico de gallo, guacamole and sour cream on the side.

Low Carb Steak \$11.95 or Chicken \$8.95 or Shrimp \$11.95

Served with fresh spinach (sautéed with garlic & onions) topped with melted cheese.

Quesadillas

A 12" Flour Tortilla, lightly grilled & folded over melted Monterey jack cheese. Served with salsa bambino & sour cream.

Char-grilled Chicken Quesadilla	\$7.95
Sautéed Spinach Quesadilla (Fresh spinach sautéed with garlic & onions).	\$8.25
BarLa Casa'dilla with Salad (Cheese, Black beans, jalpeno's & pico de galo)	\$8.95
Portobello Mushroom Quesadilla	\$8.25

Combo *8inch Quesadilla+ House Salad+ Fountain Drink = \$9.95 Only* (No Free Refills)

Tacos 2 per order

(Soft Corn Shell inside a Hard Shell with sour cream, rice & beans on the side)

Chicken OR Beef Tacos Mexicano	\$8.25
Choose from our ground-beef picadillo with peas & carrots (slightly spicy) or char-grilled chicken (or one of each) with pico de gallo, jack cheese & lettuce.	
Vegetarian Tacos (Served with house salad) Spanish rice, creamy black beans, Monterey jack cheese, pico de gallo & lettuce.	\$7.95
BBQ Tacos BBQ Chicken or BBQ Pork with pico de gallo, cheese & lettuce.	\$8.45
Blackened Catfish Tacos	\$9.95
Pan blackened catfish with cheese, shredded cabbage & carrots, cucumber salsa and delicious Chipotle mayo dressing on the side.	

Add House Salad or Soup + Fountain Drink to the Tacos for \$2.50 Only (No Free Refills)

Wraps & Sandwiches

Sautéed Spinach Wrap	\$7.95
Fresh spinach sautéed with garlic & onions, with pico de gallo, lettuce, shredded Monterey jack cheese & tofu sour cream, wrapped in a spinach tortilla.	
Mexican Chicken Wrap	\$8.25
Char-grilled marinated chicken, pico de gallo, Jack cheese, guacamole & lettuce in a tomato tortilla.	
Hickory Smoked Chicken Wrap	\$7.95
Char-grilled marinated chicken, pico de gallo, Jack cheese, guacamole & lettuce in a tomato tortilla.	
Tinga Wrap	\$8.75
Fresh sliced Avocado, Monterey jack cheese, grilled portabella mushrooms and chipotle mayo in a tomato tortilla.	
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	\$8.25
Breaded chicken tenders tossed in hot buffalo sauce with Monterey jack cheese onions and lettuce in a flour tortilla.	
BBQ Sandwich (Chicken, Pork or Brisket)	\$7.95
Hickory smoked pulled chicken, pulled pork or brisket with BBQ sauce on a roll.	

Any of the above Wraps or Sandwiches+ Salad or Fries+ Fountain Drink = \$ 9.95 Only (No Free Refills)

110 Central Avenue, Westfield, NJ-07090. Tel 908 301 0100. www.tingausa.com

EAT IN - TAKE OUT - DELIVERY.

