

How to make a Taco Meal



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What is a Taco?

Is a Mexican dish made of a fried tortilla, usually folded, filled with various mixtures, such as seasoned meat, beans, lettuce, and tomatoes. A taco is a traditional Mexican dish with a small hand-sized corn or wheat tortilla topped with a filling. The tortilla is then folded around the filling and eaten by hand.



The 2 Kinds of Tacos are called...



Soft or Hard shell Taco



Taco Salad

Here are the ingredients that you need to buy.

- One pound of Ground Beef
- Chopped Onions
- Taco Seasoning
- $\frac{2}{3}$ of Water
- Bag of Lettuce
- Tomatoes
- Bag of Cheese
- 8 oz. of Sour Cream
- Taco Shells

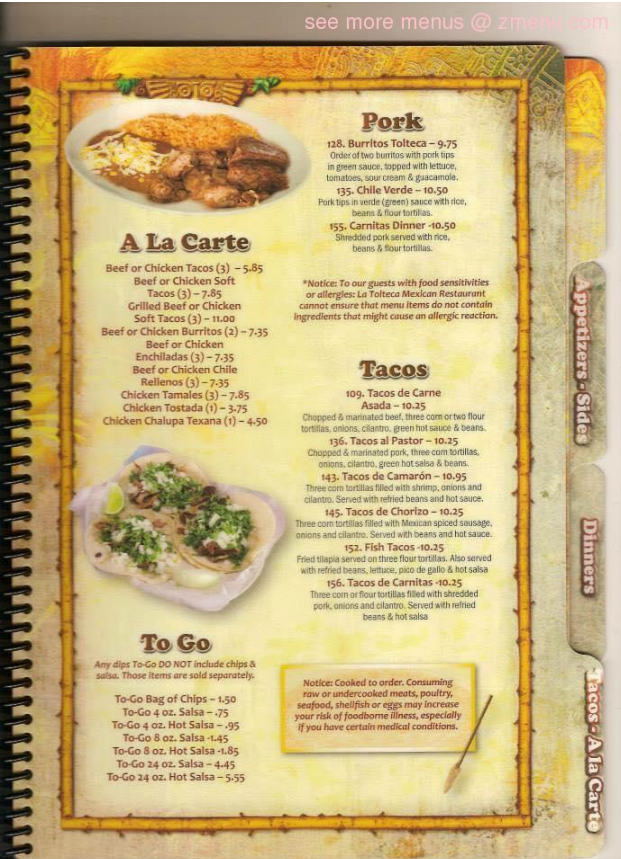


Making Choices at the Grocery Store




Making Choices at the Restaurant

see more menus @ zmenu.com



A La Carte

Beef or Chicken Tacos (3) - 5.85
Beef or Chicken Soft Tacos (3) - 7.85
Grilled Beef or Chicken Soft Tacos (3) - 11.00
Beef or Chicken Burritos (2) - 7.35
Beef or Chicken Enchiladas (3) - 7.35
Beef or Chicken Chile Rellenos (3) - 7.35
Chicken Tamales (3) - 7.85
Chicken Tostada (1) - 3.75
Chicken Chalupa Texana (1) - 4.50



To Go

Any dips To-Go DO NOT include chips & salsa. Those items are sold separately.

To-Go Bag of Chips - 1.50
To-Go 4 oz. Salsa - .75
To-Go 4 oz. Hot Salsa - .95
To-Go 8 oz. Salsa - 1.45
To-Go 8 oz. Hot Salsa - 1.85
To-Go 24 oz. Salsa - 4.45
To-Go 24 oz. Hot Salsa - 5.55

Pork

128. Burritos Tolteca - 9.75
Order of two burritos with pork tips in green sauce, topped with lettuce, tomatoes, sour cream & guacamole.

135. Chile Verde - 10.50
Pork tips in verde (green) sauce with rice, beans & flour tortillas.

155. Carnitas Dinner - 10.50
Shredded pork served with rice, beans & flour tortillas.

**Notice: To our guests with food sensitivities or allergies: La Tolteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.*

Tacos

109. Tacos de Carne Asada - 10.25
Chopped & marinated beef, three corn or two flour tortillas, onions, cilantro, green hot sauce & beans.

136. Tacos al Pastor - 10.25
Chopped & marinated pork, three corn tortillas, onions, cilantro, green hot salsa & beans.

143. Tacos de Camarón - 10.95
Three corn tortillas filled with shrimp, onions and cilantro. Served with refried beans and hot sauce.

145. Tacos de Chorizo - 10.25
Three corn tortillas filled with Mexican spiced sausage, onions and cilantro. Served with beans and hot sauce.

152. Fish Tacos - 10.25
Fried tilapia served on three flour tortillas. Also served with refried beans, lettuce, pico de gallo & hot salsa.

156. Tacos de Carnitas - 10.25
Three corn or flour tortillas filled with shredded pork, onions and cilantro. Served with refried beans & hot salsa.

Notice: Cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Appetizers - Sides
Diners
Tacos - A La Carte