



South Loop • Chicago • Mexican

Dine-In • Carryout • Delivery • Catering

@CantinaSouthLoop
/LaCantinaGrillChicago

BOTANAS

- * **CEVICHE CANTINA** tilapia fillet marinated in lime juice, garlic, ginger, cilantro, hot pepper, onion, corn & spices 15.95 add jumbo shrimp 8
- * **MEXICAN CEVICHE** tilapia, carrots, red onions, cilantro, and habanero peppers marinated in lime juice (no substitutions or changes please) 15.95 add jumbo shrimp 8
- COCTEL DE CAMARONES** shrimp cocktail in tomato sauce with diced onions, cilantro, avocado, lime juice & a hint of jalapeño 21.95
- MINI QUESADILLAS** two quesadillas cut into 8 pieces 9.95 add chicken or steak 3
- QUESO FUNDIDO** melted chihuahua cheese served with your choice of our salsa verde or roja, served with tortillas 12.95 add chorizo, grilled onions or poblano peppers 1
- MINI-CHIMICHANGAS** 4 mini-burritos stuffed with rice, beans, cheese and choice of steak or chicken & topped with sour cream, guacamole 12.95 add steak 1
- GUACAMOLE** our mouth watering guacamole made with only the freshest ingredients 10.95
- MAYAN TAMALES** choice of 2 handmade pork or chicken filled tamales 9.95
- SOPES** 2 fried masa cups with bean spread, topped with choice of meat, lettuce, tomato, cheese & sour cream 9.95
- FLAMING QUESO PANELA** panela cheese in olive oil, garlic, oregano & thyme, served in our ranchera sauce 12.95
- FRIED OR GRILLED SHRIMP** jumbo butterflied shrimp breaded & deep fried or grilled, served with cocktail sauce 21.95

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

ENSALADAS

add grilled chicken or ground beef 3 add tilapia 5 add shrimp 8
add skirt steak 12 add taco steak 5
dressings: balsamic vinaigrette, creamy caesar, french, classic italian, creamy ranch.

SALADS

- GARDEN SALAD** romaine lettuce, tomatoes, onions, carrots, green & red peppers, cheese & garnished with fried tortilla strips & avocado 11.95
- SPINACH SALAD** fresh spinach with hearts of romaine, vine ripe tomatoes, cucumbers, white onions & carrots with your choice of dressing 12.95
- CAESAR SALAD** hearts of romaine, croutons and caesar dressing 11.95
- CHIPOTLE CHICKEN SALAD** romaine lettuce, diced tomatoes, diced onions, cheese, cucumbers with our homemade creamy chipotle ranch dressing, topped with a grilled chipotle-marinated chicken breast 14.95
- TACO SALAD** lettuce, tomatoes, guacamole, cheese, rice, beans & sour cream, served in a homemade tortilla bowl 13.95
- VILLAGE SALAD** green & red peppers, onions, cucumbers, avocado, tomatoes, panela cheese drizzled with olive oil 13.95

SOUP

- SHRIMP SOUP** cup 6.95
- TILAPIA SOUP** cup 5.95
- TORTILLA SOUP** cup 5.95 bowl 8.95
- CHICKEN SOUP** cup 5.95 bowl 8.95
- POZOLE VERDE** cup 5.95 bowl 8.95

TACOS *La Cantina*

served with choice of cilantro, onions, lettuce, tomato & cheese.
served with beans & rice.

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| CHICKEN 14.95 | STEAK TINGA 15.95 |
| PORK CARNITAS 13.95 | CHORIZO 13.95 |
| GROUND BEEF 13.95 | EGG & CHORIZO 13.95 |
| STEAK 15.95 | BEER-BATTERED TILAPIA 14.95 |
| AL PASTOR 14.95 | VEGETARIAN 13.95 |
| CHICKEN TINGA 13.95 | |
- SERVED IN ITS OWN SAUCE:
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| TILAPIA & SHRIMP ROJA 19.95 | SHRIMP SALSA ROJA 17.95 |
| TILAPIA SALSA ROJA 14.95 | CHICKEN MOLE SAUCE 13.95 |

Items & prices subject to change without notice.
20% service charge on tables of 5 or more. No split checks.
We automatically add 18% service charge to all tables seated the last hour we are open

QUESADILLAS

flour tortillas filled with melted chihuahua cheese, served with beans & rice.

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| CHEESE 14.95 | TILAPIA 16.95 | STEAK TINGA 15.95 |
| CHICKEN 15.95 | TILAPIA & SHRIMP 20.95 | POBLANO PEPPERS 14.95 |
| STEAK 15.95 | SHRIMP 18.95 | MUSHROOMS 14.95 |
| PORK 14.95 | VEGETARIAN GRILLED 16.95 | GRILLED JALAPEÑO 14.95 |
| GROUND BEEF 14.95 | CHORIZO 14.95 | |

NACHO *Platters*

made with chihuahua cheese, beans, jalapeños, tomatoes, lettuce, salsa ranchera & sour cream topped with your choice of:

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| GROUND BEEF 14.95 | CHEESE 13.95 | STEAK 15.95 |
| GRILLED VEGGIES 14.95 | CHICKEN 14.95 | PORK 14.95 |
| | | SHRIMP 19.95 |

FAJITA *Grill*

grilled with onions, bell peppers, tomatoes, & zucchini & served with your choice of warm corn or flour tortillas. comes with rice, beans, guacamole, and pico de gallo.

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| CHICKEN 18.95 | SHRIMP 23.95 | TILAPIA & SHRIMP 24.95 |
| PORK 16.95 | STEAK & SHRIMP 29.95 | VEGETARIAN (includes mushrooms) 15.95 |
| STEAK 24.95 | CHICKEN & SHRIMP 27.95 | |

BURRITOS

a large tortilla packed with beans, cheese, lettuce, tomatoes, & sour cream, served with beans & rice.

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| CHICKEN 14.95 | TILAPIA 15.95 | CHORIZO 13.95 |
| STEAK 15.95 | TILAPIA & SHRIMP 18.95 | CHICKEN TINGA 13.95 |
| PORK 13.95 | SHRIMP 17.95 | STEAK TINGA 15.95 |
| GROUND BEEF 13.95 | VEGETARIAN GRILLED 14.95 | CHICKEN & MOLE 15.95 |

SIDE ORDERS

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| TACO 3.95 | ENCHILADA 3.95 | GUACAMOLE 1.95 |
| SHRIMP TACO 5.45 | TAMALE 4.95 | PICO DE GALLO with chips 7.45 |
| TILAPIA TACO 5.45 | RICE 3.45 | CACTUS SALAD 3.95 |
| STEAK TACO 4.45 | BEANS 3.45 | |
| TOSTADA 3.95 | SOUR CREAM 1.95 | |

VEGAN MENU

We use Upton’s seitan chorizo, al pastor, and ground beef. Good Planet vegan mozzarella cheese, Tofutti vegan sour cream, and bulkfoods.com vegan chicken base.

MINI-QUESADILLAS

served with pico de gallo & sour cream
Cheese 12.95
Chorizo 14.95
Ground Beef 14.95
Grilled Veggie 14.95
Al Pastor 14.95

GUACAMOLE with chips 9.95
PICO DE GALLO with chips 7.95

MINI-CHIMICHANGAS

served with pico de gallo, guacamole, sour cream & cheese. Stuffed with cheese, rice & beans
Grilled Veggie 12.95
Chorizo 14.95
Ground Beef 14.95
Al Pastor 14.95

QUESADILLAS

served with rice & beans.
all quesadillas available stuffed with guacamole, vegan sour cream, lettuce, & tomato for additional 4
Cheese 14.95
Grilled Veggie 15.95
Ground Beef 16.95
Chorizo 16.95
Poblano 14.95
Al Pastor 16.95

BURRITOS

stuffed with vegan sour cream, tomatoes, lettuce, beans & cheese & served with rice and beans
Grilled Veggie 13.95
Bean and Cheese 14.95
Chorizo 15.95
Ground Beef 15.95
Al Pastor 15.95

All burritos available Suizo for an additional 5

TACOS

3 tacos topped with lettuce, tomatoes & cheese & served with rice & beans
Chorizo 14.95
Grilled Veggie 12.95
Ground Beef 14.95
Al Pastor 14.95

CHIMICHANGAS

stuffed with cheese, topped with guacamole, sour cream & cheese & served with rice and beans
Chorizo 14.95
Grilled Veggie 13.95
Ground Beef 14.95
Al Pastor 14.95

ENCHILADAS

topped with choice of salsa roja, salsa verde or mole sauce, cheese & sour cream. Served with rice & beans.
Cheese 14.95
Chorizo 15.95
Grilled Veggie 14.95
Ground Beef 15.95

NACHOS topped with salsa ranchera, refried beans lettuce, tomatoes, sour cream & jalapeños en vinagre.
Cheese 14.95
Chorizo 15.95
Grilled Veggie 14.95
Ground Beef 15.95
Al Pastor 15.95

ENSALADAS

Dressing: Balsamic Vinaigrette
Garden Salad
romaine lettuce, tomatoes, onions, cheese with fried tortilla strips & avocado 10.95

Taco Salad
lettuce, tomatoes, guacamole, cheese, rice, beans & sour cream, served in a homemade tortilla bowl 12.95

Spinach Salad
fresh spinach with hearts of romaine, vine ripe tomatoes, cucumbers, white onions & carrots 11.95

add chorizo, ground beef, or grilled veggies 5

SIDE DISHES

Cactus Salad 3.95
Pico de Gallo 1.95
Guacamole 1.95
Rice 3.45
Beans 3.45

SIDE TACOS

Chorizo 4
Ground Beef 4
Al Pastor 4

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COMIDAS TRADICIONALES MEXICANAS

ENCHILADAS 4 rolled corn tortillas stuffed with chicken & topped with cheese, sour cream, and your choice of sauce. served with rice, beans, pico de gallo 15.95

MAYAN TAMALES 2 tamales filled with choice of tender pork or chicken wrapped in corn husks topped with salsa roja or salsa verde and sour cream. with rice, beans & pico de gallo 14.95

CHILE RELLENOS (2) mild pablano peppers stuffed with chihuahua cheese & topped with salsa roja & sour cream. served with rice, beans & pico de gallo 15.95

SOUP - CALDO DE POLLO homemade chicken soup served with rice, cilantro, onion, lime, and tortillas upon request 11.95

CHIMICHANGA burrito stuffed with cheese and your choice of meat deep-fried & topped with sour cream, guacamole, and served with pico de gallo 15.95
sub shrimp 6 steak add 1

FLAUTAS 4 crispy flautas filled with juicy pulled chicken topped with cheese and sour cream. served with rice, beans & pico de gallo 15.95

COMBINATIONS

served with beans & rice.

PARRILLADA MIXTA (SERVES 2-4)

mixed grilled steak, chicken, pork, shrimp, chorizo, tilapia, green onions, cactus, grilled jalapeños, panela cheese. served with rice, beans, guacamole, pico de gallo & choice of tortillas. 74.95

STUFFED QUESADILLA quesadilla stuffed with lettuce, tomato, sour cream & guacamole. served with rice & beans & your choice of meat for an additional charge 14.95
add steak or steak tinga 4
add chicken, chicken tinga, pork, al pastor, or ground beef 3 shrimp 6 tilapia 4

SOPES 2 fried masa cups filled with bean spread, lettuce, tomato, cheese & sour cream & choice of meat. served with rice & beans 13.95 steak add 1

TORTA mexican-style sandwich with choice of chicken, ground beef, pork, or al pastor topped with lettuce, tomato, beans, cheese, guacamole & sour cream on butter toasted mexican bread 14.95
sub steak 1 or steak milanesa 2

TOSTADAS flat, crispy tortillas topped with choice of meat with lettuce, tomato, beans, cheese & sour cream 13.95
Sub shrimp 6

ALAMBRES grilled chicken sautéed with bacon, onions, green peppers, & mushrooms. Topped with cheese & avocado. served with your choice of tortillas 16.95

FLAUTAS Y ENCHILADAS 3 crispy chicken flautas & two chicken enchiladas with your choice of our famous mole sauce or our tasty salsa verde or roja. 17.95

EL GORDO 2 steak, chicken or pork tacos, two chicken enchiladas & two chicken tostadas. 19.95

DESSERT

SOPAPILLAS crisp tortillas covered in cinnamon and sugar served with scoop of vanilla ice cream, topped with whipped cream, chocolate and cherry 10.95

CHIMICHANGA DE PLATANO sweet chimichanga stuffed with bananas, chocolate, vanilla ice cream, sprinkled with sugar, topped with whipped cream, cherry 9.95

HELADO FRITO (fried ice cream)
scoop of vanilla ice cream in a batter top with whipped cream and a cherry 9.95

FLAN traditional mexican favorite baked custard 6.95

FLAN WITH ROMPOPE traditional flan topped with sweet mexican liquor 7.95

CHURROS deep fried churros rolled in cinnamon, sugar served with vanilla ice cream, topped with chocolate syrup 10.95

ESPECIALIDADES DE LA CASA

served with beans & rice.

Meat & Chicken

*** ZAMORA** char-grilled steak or chicken topped with charro beans & served with cactus salad 20.95 chicken 28.95 steak

*** BISTEC O POLLO A LA TAMPIQUEÑA** marinated steak or chicken breast char-grilled served with a cheese enchilada, guacamole & sour cream 19.95 chicken 27.95 steak

BISTEC A LA MEXICANA sautéed skirt steak strips, green peppers, onions, tomatoes, salsa roja, jalapeños & cilantro 23.95

LOMO A LA CANTINA steak or chicken with onions, tomato, cilantro with fried potatoes in our mild salsa roja 17.95 chicken 23.95 steak

LOMO EN SALSA DE ARBOL steak or chicken simmered in spicy chile de arbol sauce with tomatillo 17.95 chicken 23.95 steak

Pescado/Seafood

CAMARONES AL MOJO DE AJO jumbo shrimp cooked just right & basted with a fresh garlic butter sauce featuring cilantro, onions & fresh tomatoes 23.95

TINGA DE CAMARONES grilled shrimp with tomatoes, onions, & chipotle pepper sauce 23.95

TILAPIA A LA DIABLA tilapia fillet simmered in our spicy guerrero sauce 17.95

TILAPIA AL MOJO DE AJO tilapia cooked just right & basted with a fresh garlic butter sauce featuring cilantro, green onions & fresh tomatoes 17.95

FILETE DE PESCADO fresh tilapia breaded & fried or unbreaded & broiled 16.95

*** GRILLED ARRACHERA** char-grilled marinated skirt steak with french fries, not served with rice and beans 27.95

POLLO EN SALSA VERDE tender slices of chicken breast simmered in spicy salsa verde with zucchini and onions 16.95

PUERCO EN SALSA VERDE tender carnitas simmered in our spicy salsa verde with zucchini and onions 16.95

POLLO MICHOACANO (POLLO EN MOLE) tender whole pieces of chicken simmered in our delicious mole sauce 18.95

POLLO EN SALSA CHIPOTLE chipotle grilled chicken breast sautéed with onions, tomatoes in chipotle salsa 17.95

PECHUGA REYENA chicken breast stuffed with chihuahua cheese, spinach, onions, bacon, garlic, covered in salsa poblano 18.95 allow 35 minutes

FRIED SHRIMP jumbo butterflied shrimp breaded & fried. served with french fries. (does not include rice, beans, & pico de gallo) 23.95

CAMARONES A LA DIABLA jumbo butterflied shrimp in our spicy guerrero sauce 23.95

TILAPIA AL MOJO DE AJO CON DIABLA tilapia cooked just right & basted with a fresh garlic butter sauce featuring cilantro, green onions & fresh tomatoes combined with diablo guerrero sauce 17.95 add shrimp 9

CAMARONES AL MOJO DE AJO CON DIABLA jumbo shrimp basted with a fresh garlic butter sauce featuring cilantro, green onions & fresh tomatoes with diablo guerrero sauce 21.95

Student & Lunch Menu

served with rice and beans **Sub shrimp 4. Sub tilapia 2.** 10.95
available 11:00AM-1:30PM Monday- Friday. available ALWAYS with valid & current student ID.

TACOS 2 tacos packed with your choice of meat, lettuce, tomato & cheese on a corn or flour tortilla.

BURRITO your choice of meat loaded with beans, lettuce, tomato, cheese, & sour cream.

CHIMICHANGA fried burrito with choice of meat with cheese, sour cream & guacamole.

QUESADILLAS choice of meat grilled with cheese on a flour tortilla.

FLAUTAS flute-shaped taco filled with shredded chicken & fried, garnished with sour cream, & cheese.

TORTA choice of meat with beans, lettuce, tomato, guacamole, sour cream & cheese.

ENCHILADAS 3 rolled up corn tortillas filled with choice of meat or cheese topped with cheese, sour cream and your choice of salsa.