

South Loop · Chicago · Mexican

Dine-In · Carryout · Delivery · Catering

BOTANAS/APPETIZERS

* MEXICAN CEVICHE tilapia, carrots, red onions, cilantro, and habanero peppers marinated in lime juice (no substitutions or changes please) 17.95 add jumbo shrimp 8

COCTEL DE CAMARONES shrimp cocktail in tomato sauce with

MINI QUESADILLAS two quesadillas cut into 8 pieces 11.95 add chicken or steak 3

OUESO FUNDIDO melted chihuahua cheese served with your choice

MINI-CHIMICHANGAS 4 mini-burritos stuffed with rice, beans,

GUACAMOLE our mouth watering guacamole made with only the

MAYAN TAMALES choice of 2 handmade pork or chicken filled

SOPES 2 fried masa cups with bean spread, topped with choice of

FLAMING QUESO PANELA panela cheese in olive oil, garlic,

FRIED OR GRILLED SHRIMP jumbo butterflied shrimp breaded &

ENSALADAS/SALADS

GARDEN SALAD romaine lettuce, tomatoes, onions, carrots, green &

CAESAR SALAD hearts of romaine, croutons and caesar dressing 13.95

CHIPOTLE CHICKEN SALAD romaine lettuce, diced tomatoes, diced

TACO SALAD lettuce, tomatoes, guacamole, cheese, rice, beans & sour



TORTILLA SOUP cup 5.95 bowl 12.95

SOPA CHICKEN SOUP cup 5.95 bowl 12.95

POZOLE VERDE cup 5.95 bowl 12.95

@CantinaSouthLoop / /LaCantinaGrillChicago

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.

CHICKEN 21.95

PORK 21.95

STEAK 31.95 **SHRIMP** 25.95 rooms) 19.95

STEAK & SHRIMP 33.95 **CHICKEN & SHRIMP** 32.95

VEGETARIAN (includes mush-

STEAK AND CHICKEN 33.95

QUESADILLAS

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

CHEESE 15.95

CHICKEN 16.95

STEAK 17.95

PORK 16.95

GROUND BEEF 16.95

TILAPIA 17.95

TILAPIA & SHRIMP 21.95

SHRIMP 19.95

VEGETARIAN GRILLED 17.95

CHORIZO 17.95

STEAK TINGA 17.95

POBLANO PEPPERS 16.95

AL PASTOR 17.95

NACHO **PLATTERS**

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

GROUND BEEF 16.95

GRILLED VEGGIES 16.95

CHEESE 15.95 **CHICKEN** 16.95 **STEAK** 17.95

PORK 16.95

SHRIMP 20.95

AL PASTOR 17.95

BURRITOS

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

CHICKEN 15.95

STEAK 17.95

PORK 15.95

GROUND BEEF 15.95

TILAPIA 17.95

TILAPIA & SHRIMP 19.95

SHRIMP 18.95

VEGETARIAN GRILLED 15.95

CHORIZO 15.95

CHICKEN TINGA 15.95

STEAK TINGA 17.95

CHICKEN & MOLE 16.95

AL PASTOR 17.95

TACOS LA CANTINA

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

CHICKEN 15.95

PORK CARNITAS 15.95

GROUND BEEF 15.95

AL PASTOR 16.95

STEAK 17.95

CHICKEN TINGA 15.95

STEAK TINGA 17.95

CHORIZO 15.95

BEER-BATTERED TILAPI 17.95

VEGETARIAN 15.95

CHICKEN MOLE SAUCE served

in its own sauce 16.95

SIDE ORDERS

TACO 3.95

SHRIMP TACO 5.45

TILAPIA TACO 5.45

STEAK TACO 4.45

TOSTADA 3.95

ENCHILADA 3.95

TAMALE 5.95

RICE 3.95

BEANS 3.95

SOUR CREAM 1.95

GUACAMOLE 1.95

PICO DE GALLO with chips 9.95

CACTUS SALAD 3.95

LIMES 1.50

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 17.95

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 16.95

CHILE RELLENOS (2) mild pablano peppers stuffed with chihuahua cheese & topped with salsa roja & sour cream. served with rice, beans & pico de gallo 17.95

SOUP - CALDO DE POLLO homemade chicken soup served with rice, cilantro, onion, lime, and tortillas upon request 14.95

STUFFED QUESADILLA stuffed with lettuce, tomato, sour cream & guacamole. served with rice & beans 17.95

add steak or steak tinga 4 | 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 16.95 add steak 1

CHIMICHANGA burrito stuffed with cheese and your choice of meat

deep-fried & topped with sour cream, guacamole, and served with pico de gallo 16.95

sub shrimp 6 add steak 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 16.95 sub steak 1 or steak milanesa 2

TOSTADAS flat, crispy tortillas topped with choice of meat with lettuce, tomato, beans, cheese & sour cream 16.95 | sub shrimp 6

FLAUTAS 4 crispy flautas filled with juicy pulled chicken topped with cheese and sour cream. served with rice, beans & pico de gallo 17.95

ALAMBRES grilled chicken sautéed with bacon, onions, green peppers, & mushrooms. Topped with cheese & avocado. served with your choice of tortillas 19.95 sub steak 1

QUESABIRRIA our tender beef birria with melted chihuahua cheese, cilantro and onions, folded in a corn tortilla, with consomme on the side, served with rice and beans 18.95

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. 99.95

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. 23.95

EL GORDO 2 steak, chicken or pork tacos, two chicken enchiladas & two chicken tostadas. 24.95

ESPECIALIDADES DE LA CASA served with beans & rice.

MEAT & CHICKEN

*ZAMORA char-grilled steak or chicken topped with charro beans & served with cactus salad 24.95 chicken 36.95 steak

*TAMPIQUEÑA

marinated steak or chicken breast char-grilled served with a cheese enchilada, guacamole & sour cream 24.95 chicken 36.95 steak

BISTEC A LA MEXICANA sauteéd skirt steak strips, green peppers, onions, tomatoes, salsa roja, jalapeños & cilantro 27.95

LOMO A LA CANTINA steak or chicken with onions, tomato, cilantro with fried potatoes in our mild salsa roja 22.95 chicken 27.95 steak steak or chicken simmered in spicy chile de arbol sauce with tomatillo 22.95 chicken 27.95 steak

POLLO EN SALSA VERDE tender slices of chicken breast simmered in spicy salsa verde with zucchini and onions 22.95

PUERCO EN SALSA VERDE

tender carnitas simmered in our spicy salsa verde with zucchini and onions 20.95

POLLO MICHOACANO (POLLO EN MOLE)

tender whole pieces of chicken simmered in our delicious mole sauce 23.95

/ **&**

PESCADO/SEAFOOD

CAMARONES AL MOJO DE AJO

jumbo shrimp cooked just right & basted with a fresh garlic butter sauce featuring cilantro, onions & fresh tomatoes 24.95

TILAPIA A LA DIABLA tilapia fillet simmered in spicy guerrero sauce 21.95

TILAPIA AL MOJO DE AJO tilapia cooked just right and basted with a fresh garlic butter sauce featuring cilantro, green onions and fresh tomatoes 21.95

FRIED SHRIMP jumbo butterflied shrimp breaded & fried. served with french fries. (does not include rice, beans, & pico de gallo) 24.95

FILETE DE PESCADO fresh tilapia breaded & fried or unbreaded & broiled 19.95

CAMARONES A LA DIABLA jumbo butterflied shrimp in spicy guerrero sauce 24.95

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 diabla guerrero sauce 21.95 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 diabla guerrero sauce 24.95

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.

GUACAMOLE with chips 12.95

PICO DE GALLO with chips 9.95

MINI-CHIMICHANGAS

served with pico de gallo, guacamole, sour cream & cheese.
Stuffed with cheese, rice & beans
GRILLED VEGGIE 16.95
CHORIZO 16.95
AL PASTOR 16.95

QUESADILLAS

served with rice & beans.
all quesadillas available stuffed
with guacamole, vegan sour cream
lettuce, & tomato for additional 4
CHEESE 17.95
GRILLED VEGGIE 18.95
CHORIZO 18.95
POBLANO 17.95
AL PASTOR 18.95

BURRITOS

stuffed with vegan sour cream, tomatoes, lettuce, beans & cheese & served with rice and beans GRILLED VEGGIE 16.95
BEAN AND CHEESE 16.95
CHORIZO 17.95
AL PASTOR 17.95

All burritos available Suizo for an

TACOS

3 tacos topped with lettuce, tomatoes & cheese & served with rice & beans CHORIZO 16.95 GRILLED VEGGIE 16.95 AL PASTOR 16.95

CHIMICHANGAS stuffed with chase

guacamole, sour cream & cheese & served with rice and beans

GRILLED VEGGIE 17.95 AL PASTOR 16.95

ENCHILADAS

salsa verde or mole sauce, cheese & sour cream. Served with rice & beans.

CHORIZO 18.95
GRILLED VEGGIE 17.95

NACHOS topped with salsa ranchera, refried beans lettuce, tomatoes, sour cream & jalapeños en vinagre.

CHEESE 16.95 CHORIZO 17.95 GRILLED VEGGIE 17.95 AL PASTOR 17.95

SIDE DISHES

CACTUS SALAD 3.95
PICO DE GALLO 1.95 BEANS 3.95
GUACAMOLE 1.95 RICE 3.95

SIDE TACOS CHORIZO 4.5 AL PASTOR 4.5





Items & prices subject to change without notice.

20% service charge on tables of 5 or more. 20% service charge will be applied to all tables seated the last hour we are open. No split checks.

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

DESSERT

SOPAPILLAS crisp tortillas covered in cinnamon and sugar served with scoop of vanilla ice cream, topped with whipped cream, chocolate and cherry 11.95

FLAN traditional mexican favorite baked custard 6.95

FLAN WITH ROMPOPE traditional flan topped with sweet mexican liquor

CHURROS deep fried churros rolled in cinnamon, suga,r served with vanilla ice cream, topped with chocolate syrup 11.95

Student & Lunch Menu 13.95 served with rice and beans Sub shrimp 4. Sub tilapia 2.

available 11AM-2PM 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 3 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.

