

# Lunch Menu



**La Bamba**  
MEXICAN & SPANISH RESTAURANT

Monday thru Friday

11:30 AM - 2:30 PM

Add Cup of Soup \$1

Chips & Salsa \$5 - Dine in Only

## Quesadilla / 10

1 Pressed Flour Tortilla + Monterey Jack + Cheddar + Taco Sauce + Refried Beans

**Add Shredded Chicken / 13**

**Add Ground Beef / 13**

## Enchilada / 11

2 Soft Corn Tortilla + Cheese, Chicken or Beef + Sauce + Melted Cheese + Yellow Rice + Refried Beans

## Tostada Combo / 10.5

3 Crispy Corn Tortilla + Refried Beans + Chicken or Beef + Lettuce + Tomato + Cotija Cheese + Sour Cream + Taco Sauce + Yellow Rice + Refried Beans

## Burro Combo / 13

4 Flour Tortilla + Chicken or Beef + Sauce + Melted Cheese + Yellow Rice + Refried Beans

## Pork Burro Verde / 13

5 Flour Tortilla + Carnitas + Pico de Gallo + Verde Sauce + Melted Monterey Jack + Yellow Rice + Refried Beans

## Ropa Vieja / 12.5

6 Stewed Shredded Beef + Onions + Peppers + Tomato + White Rice + Black Beans + Plantains

## Baby Palomilla / 13.5

7 Pounded Tri-Tip Sirloin + Fresh Raw Onions and Parsley + White Rice + Black Beans + Plantains

## Picadillo / 12.5

8 Ground Beef + Onions + Olives + Peppers + White Rice + Black Beans + Plantains

## Pollo a la Plancha / 13

9 Marinated Chicken Breast + Mojo Criollo + White Rice + Black Beans + Plantains

**Add Sautéed Onions / 13.5**

## Masa de Puerco / 12.5

10 Marinated Pork Chunks + Raw Onions + Mojo Criollo + White Rice + Black Beans + Plantains

## Hamburguesa / 11

11 1/2 lb. Ground Sirloin + Lettuce + Tomato + Onions + French Fries / **Add cheese / 12**

## Fish Taco / 11.5

12 Soft Flour Tortilla + Haddock Filet + Cabbage Medley + Sweet Corn + Homemade Chipotle Sauce + Yellow Rice + Refried Beans

## Taco / Beef or Chicken / 11

13 Crispy Corn Tortilla + Protein + Lettuce + Tomato + Cheese + Taco Sauce + Yellow Rice + Refried Beans

## Taco / Grilled Chicken / 11.5 / Steak / 12

14 Served with Yellow Rice & Refried Beans  
See Dinner Menu For Descriptions

## Grilled Chicken Avocado Salad / 13.5

15 Marinated Chicken Breast + Lettuce + Tomato + Carrots + Cheese + Avocado + Crispy Tortilla Bowl

## Fajita Bowl / Chicken / 13 / Steak / 13.5

16 Pan Roasted Bell Peppers + Onions + Tomatoes + White Rice + Black Beans + Guacamole + Pico de Gallo

## Lechon Asado / 12.5

17 Slow Roasted Pulled Pork + Mojo & Lime Marinade + Sautéed Onions + White Rice + Black Beans + Plantains

*\*Notice: Consuming raw or under cooked meat, poultry, shellfish or seafood may increase your risk of food borne illness. Especially if you have certain medical conditions*



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## Locations

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- 1 Plantation**  
10169 W Sunrise Blvd.  
Plantation, FL 33322
  - 2 Margate**  
5452 W Sample Rd.  
Margate, FL 33073
  - 3 Fort Lauderdale**  
4245 N Federal Hwy.  
Fort Lauderdale, FL 33308

- 4 Delray Beach**  
4285 W Atlantic Ave.  
Delray Beach, FL 33445
  - 5 North Palm Beach**  
730 US-1  
North Palm Beach, FL 33408
  - 6 Fort Lauderdale - Harbor Shops**  
1901 Cordova Rd.  
Fort Lauderdale, FL 33316
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