**FRESH SALAD**
Whole wheat tortilla shell with mixed greens and choice of filling. Served Tijuana Style with guac and choice of ranch, salsa, avocado ranch or Southwest citrus vinaigrette dressing. Served with a side of chips (588-1334 cal including dressing options)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Crispy Fish

Salad dressings by *KENS*

**ENCHILADAS**
Two corn tortillas, melted cheese, choice of filling, and red or verde sauce. Served Tijuana Style with a side of chips (835-1221 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Cheese

**BANGIN’ CHICKEN**
Crispy chicken tossed in our Smack My Ass Bangin’ Chicken® Sauce, grilled onions and green peppers, and ranch dressing
Burrito Served with a side of chips (988-1026 cal)
Tostadas (924-1236 cal)

**FRESH SALAD by the MAIN MEALS**
Made fresh. Made to order.

**FLAUTAS**
Two lightly fried flour or wheat tortillas and choice of filling. Served Tijuana Style with a side of queso and guac (881-1153 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean

**TOSTADAS**
Lightly fried corn tortillas, refried beans, melted cheese, and choice of filling. Served Tijuana Style with a side of salsa (619-1001 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Cheese

**CHIMICHANGA**
Lightly fried flour or wheat tortilla with choice of filling. Served Tijuana Style with a side of chips (846-1153 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean

**QUESADILLA**
Flour or wheat tortilla, melted cheese, and choice of filling. Served Tijuana Style with a side of chips (981-1089 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Cheese

**BURRITO**
Make it with wet
Flour or wheat tortilla, rice, refried or black beans, and choice of filling. Served Tijuana Style with a side of chips (793-1138 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Veggie (includes pico de gallo)

**BOWL**
Make it with wet
Choice of filling with rice, refried or black beans, and guac. Served in a bowl Tijuana Style with a side of chips (899-1163 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean

**NACHOS**
Choice of filling with rice, refried or black beans, and guac. Served Tijuana Style with a side of chips (886-1153 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Cheese

**MEXICAN PIZZA**
Fried flour or wheat tortilla, melted cheese, choice of red or verde sauce, and filling. Served Tijuana Style (753-1032 cal)
- Chicken (original or blackened)
- Beef
- Steak
- Refried or Black Bean
- Cheese

**ON THE SIDE**

**SALSA / QUESO / BEANS**

**MAKE IT POWERLITE®**
Substitute low-fat cheese and fat-free sour cream on any menu item for free

**STRACTERS**

**ATOM BOMBS**
Lightly fried flour tortillas, cream cheese, fresh jalapeños, and cheese. Served with a side of Smack Sweet sauce and sour cream (1016 cal)

**TIJUANA TRIO**
Chips, Salsa, Queso and Guac (977 cal)

**CHIPS + DIPS**
- Chips and Salsa (832 cal)
- Chips and Queso (990 cal)
- Chips and Guac (1016 cal)

**KIDS CORNER**
For children 12 and under. Comes with cheese, lettuce and tomatoes, chips, unsweetened applesauce or candy and soft drink or apple juice

**FINISH STRONG**

**COOKIE DOUGH FLAUTAS**
*The Original* chocolate chip cookie dough loaded in a flour tortilla, lightly fried and topped with powdered sugar. Served with a side of chocolate syrup (1136 cal)

**CHURROS**
Lightly fried and sprinkled with sugar and cinnamon (370 cal)

**DRINKS**
- (4-269 cal)

**MAKE IT MEGAJUANA + WET**
Go bigger. Get double meat and cheese in any Taco, Bowl, Burrito or Chimichanga (198-465 cal)

**MAKE IT WET + .99**
Sure, some things are better naked—just not burritos or chimis. Smother it all with queso, red or verde sauce (16-132 cal)

**MAKE IT A MEAL +2.49**
Fill the plate. Add rice, beans and a drink (172-367 cal)

**MAKE IT MEGAJUANA**

**MAKE IT MEGAJUANA + WET**

**MAKE IT POWERLITE®**
Substitute low-fat cheese and fat-free sour cream on any menu item for free

**THE MAIN MEALS**
Made fresh. Made to order.
*2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200-1,400 calories per day is used for general nutrition for children ages 4-8 years & 1,400-2,000 calories per day for children ages 9-13 years, but calories may vary. Additional nutritional information is available upon request.

100% of the proceeds benefit the Tijuana Flats Just in Queso Foundation.

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