

STARTERS

ATOM BOMBS **IT'S BACK**

Lightly fried flour tortillas, cream cheese, fresh jalapeños, and cheese. Served with a side of Smack Sweet sauce and sour cream (1016 cal) 4.99

TIJUANA TRIO

Chips, Salsa, Queso, and Guac (977 cal) 4.49

CHIPS + DIPS

Chips and Salsa (632 cal) 2.99
Chips and Queso (1060 cal) 4.09
Chips and Guac (1016 cal) 4.19

ON THE SIDE (37-531 cal)

SMALL / LARGE

SALSA .99 / 1.89
QUESO 1.89 / 3.19
GUAC 1.99 / 3.29
RICE .99 / 1.79
BEANS .99 / 1.79
[REFRIED OR BLACK]

KIDS CORNER


For children 12 and under. Comes with cheese, lettuce and tomatoes, chips, unsweetened applesauce or candy and soft drink or apple juice 4.69

BURRITO Beef, Chicken or Bean (702-941 cal)

TACO Beef, Chicken or Bean (soft or hard shell) (570-789 cal)

CHICKEN NUGGETS (598-709 cal)

QUESADILLA Beef, Chicken or Cheese (794-1039 cal)

NACHOS (topped with queso) (812-934 cal) 

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) 2.99

CHURROS

Lightly fried and sprinkled with sugar and cinnamon (370 cal) 2.99

DRINKS (0-266 cal)



GET SAUCED



Available for purchase in-store & online.

SMACK MY ASS & CALL ME SALLY HABAÑERO 5oz 5.99

SMACK MY ASS & CALL ME SALLY JALAPEÑO 5oz 5.99

SMACK MY SWEET ASS & CALL ME SALLY 15oz 6.99

SMACK MY ASS & CALL ME SALLY BANGIN' CHICKEN® SAUCE 12oz 6.99

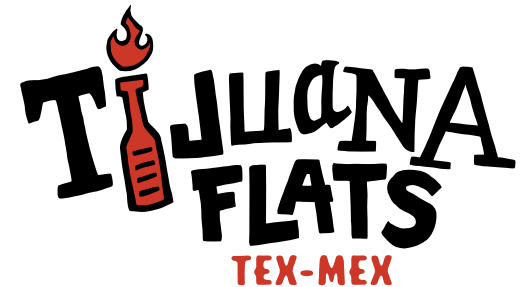


JASON'S MOM'S SAUCE 5 oz 6.99

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

SKIP THE LINE. ORDER ONLINE.

Available at most locations.



TF-TG-19-1-0S



@TIJUANAFLATS /TIJUANAFLATS

THE MAIN MEALS

MADE FRESH. MADE TO ORDER.

TIJUANA STYLE

All items made to order with cheese and fresh jalapeños, onions, lettuce, tomatoes, and sour cream

ADD A TACO TO ANY ENTRÉE +3

Excludes Fish

Try one of our famous hot sauces at the Hot Bar or buy a bottle at the counter and bring home the heat

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)

Beef 7.19	Chicken (original or blackened) 6.99
Steak 8.19	Refried or Black Bean 6.69
Crispy Fish 8.69	Salad dressings by 

ENCHILADAS **IT'S BACK**

Two corn tortillas, melted cheese, choice of filling, and red or verde sauce. Served Tijuana Style with a side of chips (835-1221 cal)

Beef 7.49	Chicken (original or blackened) 7.19
Steak 8.39	Refried or Black Bean 6.99
Cheese 6.79	

CHIMICHANGA **MAKE IT MEGAJUANA + WET**

Lightly fried flour or wheat tortilla with choice of filling. Served Tijuana Style with a side of chips (866-1153 cal)

Beef 7.09	Chicken (original or blackened) 6.89
Steak 8.09	Refried or Black Bean 6.59

QUESADILLA

Flour or wheat tortilla, melted cheese, and choice of filling. Served Tijuana Style with a side of chips (681-1089 cal)

Beef 7.39	Chicken (original or blackened) 7.09
Steak 8.19	Refried or Black Bean 6.49
Cheese 6.39	

FLAUTAS

Two lightly fried flour or wheat tortillas and choice of filling. Served Tijuana Style with a side of queso and guac (886-1153 cal)

Beef 7.19	Chicken (original or blackened) 6.99
Steak 8.19	Refried or Black Bean 6.69

TOSTADAS **IT'S BACK**

Lightly fried corn tortillas, refried beans, melted cheese, and choice of filling. Served Tijuana Style with a side of salsa (619-1001 cal)

Beef 7.69	Chicken (original or blackened) 7.49
Steak 8.69	Refried or Black Bean 7.19
Cheese 7.09	

NACHOS

Chips, queso, melted cheese, and choice of filling. Served Tijuana Style with guac and a side of salsa (1336-1920 cal)

Beef 7.29	Chicken (original or blackened) 7.09
Steak 8.29	Refried or Black Bean 6.79
Cheese 6.69	

MEXICAN PIZZA **IT'S BACK**

Fried flour or wheat tortilla, melted cheese, choice of red or verde sauce, and filling. Served Tijuana Style (753-1202 cal)

Beef 7.39	Chicken (original or blackened) 7.09
Steak 8.29	Refried or Black Bean 6.99
Cheese 6.79	

BANGIN' CHICKEN[®]

Crispy chicken tossed in our Smack My Ass Bangin' Chicken[®] Sauce, grilled onions and green peppers, tomatoes, cheese, and ranch dressing

Tostadas (1204-1326 cal) 7.99	Burrito Served with a side of chips (988-1026 cal) 7.99
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**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.*

MAKE IT MEGAJUANA **+1.59**

Go bigger. Get double meat and cheese in any Taco, Bowl, Burrito or Chimichanga (199-465 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 **+2.69**

Fill the plate. Add rice, beans, and a drink (172-367 cal)

FLATS FAVES

BURRITO **MAKE IT MEGAJUANA + WET**

Flour or wheat tortilla, rice, refried or black beans, and choice of filling. Served Tijuana Style with a side of chips (978-1318 cal)

Beef 7.19	Chicken (original or blackened) 6.99
Steak 8.29	Veggie (includes pico de gallo) 6.69

BOWL **MAKE IT MEGAJUANA**

Choice of filling with rice, refried or black beans, and guac. Served in a bowl Tijuana Style with a side of chips (899-1165 cal)

Beef 7.19	Chicken (original or blackened) 6.99
Steak 8.29	Refried or Black Bean 6.69

DOS TACOS **MAKE IT MEGAJUANA**

Hard corn, soft flour or wheat tortilla, and choice of filling. Served Tijuana Style with a side of chips (785-1072 cal)

Beef 6.99	Chicken (original or blackened) 6.79
Steak 7.69	Refried or Black Bean 6.29
Crispy Fish 8.19	

MAKE IT POWERLITE[®]

Substitute low-fat cheese and fat-free sour cream on any menu item for free