



LA TROPICANA

MEXICAN MARKET & RESTAURANT

2743 86TH ST URBANDALE, IA 50322

(515) 334-3456

TROPICANAMEXFOOD@GMAIL.COM

OPEN 9 AM - 9 PM DAILY

BREAKFAST

CHILAQUILES - \$10.99

Start your morning off right with our delicious chilaquiles. With your choice of sauce and your choice of eggs. Topped off with red onions, sour cream, avocado, and fresh cotija cheese.

HUEVOS CON CHORIZO - \$8.99

Our famous chorizo and egg scramble. Served with your choice of Mexican rice and pinto beans or breakfast potatoes.

HUEVOS A LA MEXICANA - \$8.99

Three fresh scrambled eggs with chopped onion, tomatoes, and jalapenos. Served with your choice of Mexican rice and pinto beans or breakfast potatoes.

EL PLATO FELIZ - \$14.99

Sure to bring a smile to your face! Our signature plate comes with carne asada, Mexican style ribs, and eggs smothered with our homemade salsa. Served with Mexican rice, pinto beans, and tortillas.

HUEVOS RANCHEROS - \$8.99

Three fried eggs topped with our delicious ranchero sauce. Served with your choice of Mexican rice and pinto beans or breakfast potatoes.

FAJITA OMELETTES - \$10.99

Three egg cheese omelette topped off with red and green peppers, onions, tomato, sour cream, and shredded cheese. Served with breakfast potatoes.

SUNNY SIDE UP - \$8.99

Three sunny side up eggs served with your choice of Mexican rice and beans or breakfast potatoes.

CHORI / POTATO BURRITO - \$8.99

Chorizo mixed with potatoes and cheese wrapped up in a 12" flour tortilla. Served with Mexican rice and pinto beans or breakfast potatoes.

PANCAKES - \$7.99

Three fresh made pancakes served with butter and breakfast potatoes.



LUNCH SPECIALS

BURRITO MEXICANO - \$10.99

12" flour tortilla filled with your choice of chicken or beef and covered with red or green salsa. Served with Mexican rice and pinto beans.

TILAPIA QUESADILLA - \$11.99

A cheesy 12" tortilla filled with fresh tilapia fish and red and green bell peppers. Served with lettuce, tomatoes, sour cream, and salsa.

GARDEN QUESADILLA - \$10.99

A cheesy 12" tortilla with a mixture of red and green bell peppers, onion, tomatoes, zucchini, and mushrooms. Served with lettuce, sour cream, and salsa.

CRUNCHY TACOS SUPREME - \$9.99

Three hard shell tacos with your choice of chicken or steak with cilantro and onion. Served with radishes, limes, green hot sauce, Mexican rice, and pinto beans.

MEXICAN STREET TACOS - \$9.99

Three soft or flour corn tortillas with your choice of chicken or steak with cilantro and onion. Served with radishes, limes, green hot sauce, Mexican rice, and pinto beans.

TORTAS - \$10.99

A fresh grilled bread with pinto beans, lettuce, tomatoes, mayo, cheese, avocado, and your choice of chicken, steak, or al pastor. Served with fresh French fries.

TOSTADAS - \$10.99

Three crunchy tostadas with your choice of beef, chicken, or pinto beans. Topped with lettuce, tomatoes, queso fresco, avocado, and sour cream.

SYNCRONIZADA - \$9.99

12" grilled tortilla with shredded cheese and ham. Served with lettuce, tomatoes, sour cream, and salsa.

CHEESEBURGER - \$10.99

A grilled meat pattie with American cheese, lettuce, tomatoes, onion, mayo. Served with fresh French fries.

CHICKEN BLT SANDWICH - \$10.99

A grilled sandwich with grilled chicken breast, bacon, lettuce, tomatoes, and mayo. Served with fresh French fries.



APPETIZERS

NACHOS - \$9.99

Fresh crispy tortilla chips with pinto beans, sour cream, guacamole, lettuce, tomatoes, cheddar cheese.

CHICKEN FINGERS - \$9.99

Five crispy chicken fingers served with fresh French fries.

FAJITA NACHOS - \$10.99+

Fresh crispy tortilla chips with cheese sauce, lettuce, red and green bell peppers, sour cream, guacamole, pinto beans, pico de gallo.

MOZZARELLA STICKS - \$8.99

Eight pieces of cheesy sticks served with mozzarella sauce.

QUESO DIP - \$3.99

Fresh creamy delicious homemade queso served with complementary fresh tortilla chips.

QUESADILLA - \$8.99+

Grilled flour tortilla filled with shredded cheese and your choice of meat. Served with lettuce, tomatoes, sour cream and salsa.

GUACAMOLE DIP - \$3.99

Freshly made guacamole with pico de gallo served with complementary fresh tortilla chips.

CHORIZA QUESO DIP - \$4.99

Fresh creamy delicious homemade queso with chorizo served with complementary fresh tortilla chips.

CARNE ASADA FRIES - \$10.99

Our highly requested asada fries are here! Comes with your choice of carne asada or chicken. Served with sour cream, jalapenos, pico de gallo, cilantro, and onions. Try it out with our homemade salsas.



ENTREES

THE THREE AMIGOS - \$16.99

Carne asada, grilled chicken, and six grilled shrimp cooked to perfection with lettuce, onion, tomatoes, sour cream, guacamole. Served with Mexican rice and pinto beans.

T-BONE STEAK A LA MEXICANA - \$17.99

T-bone cooked to your liking sauteed with onions, red and green pepper, and tomatoes. Served with lettuce, tomatoes, onions, avocados, lime, Mexican rice, and pinto beans.

CARNE ASADA A LA MEXICANA - \$16.99

Our famous 8oz thin steak sauteed with onions, red and green pepper, and tomatoes. Served with lettuce, tomatoes, onions, avocado, lime, Mexican rice, and pinto beans.

CARNITAS - \$13.99

Our famous slow deep fried pork covered with cilantro, onion, and pico de gallo. Served with Mexican rice and pinto beans.

CHILE RELLENOS - \$11.99

Two large poblano peppers stuffed with melting cheese covered with our famous sauce. Served with Mexican rice and pinto beans.

MEXICAN FIESTA BOWL - \$12.99

Our fiesta bowl comes with your choice of steak or chicken. Served with Mexican rice, pinto beans, avocado, tomatoes, corn, red onion, pico de gallo, lime, and our locally famous green salsa.

CHORI POLLO - \$13.99

Chicken breast grilled with our famous chorizo sauteed with our onion and mushrooms and covered with our delicious cheese sauce. Served with our famous Mexican rice and pinto beans.

CHICKEN FLAUTAS - \$9.99

Three of our corn tortillas filled with shredded chicken, slowly deep fried to perfection, and topped off with cheese sauce, lettuce, tomatoes, and sour cream. Served with Mexican rice and pinto beans.

PORK CHOPS - \$11.99

Two pork chops cooked to perfection. Served with Mexican rice, pinto beans, and red sauce.

STEAK RANCHERO - \$16.99

T-bone cooked to your liking sauteed with onions and covered with our famous ranchero sauce. Served with Mexican rice and pinto beans.

ACAPULQUENO - \$16.99

T-bone cooked to your liking and sauteed with onion, red and green pepper and covered with our famous red hot sauce. Accompanied with lettuce, tomatoes, onion, lime, and avocado. Served with Mexican rice and pinto beans.

ULTIMATE CHICKEN FLAUTAS - \$10.99

Five of our corn tortillas filled with shredded chicken, slowly deep fried to perfection, and topped with refried pinto beans, lettuce, tomatoes, sour cream, and queso fresco.

POLLO ASADA - \$11.99

Whole tender chicken breast grilled to perfection and sauteed with onion, red and green bell peppers. Served with lettuce, tomatoes, onion, lime, Mexican rice, and pinto beans.

POLLO LOCO - \$11.99

Whole tender chicken breast grilled to perfection and sauteed with onion and mushrooms covered with our famous cheese sauce. Served with Mexican rice and pinto beans.

CARNITAS DE RES - \$12.99

Tender strips of sirloin grilled to perfection sauteed with red bell peppers and onion. Accompanied with lettuce, tomatoes, onion, and avocados. Served with Mexican rice and pinto beans.

ENCHILADAS DE MOLE - \$10.99

Our homemade mole marinated enchiladas come with your choice of beef, beans, chicken or cheese, avocado, sour cream, fresh cotija cheese and served with rice and beans.

PLATO DE AZTECA - \$15.99

Bring out the warrior within with our fully loaded Aztec plate. Smoked pork chops, carne asada, and our spice filled chicken breast topped off with caramelized onions. Served along with Mexican style rice, pinto beans, lettuce, tomatoes, and lime.





SIZZLING FAJITAS

All sizzling fajitas come with Mexican rice, pinto beans, lettuce, shredded cheese, sour cream, guacamole, and flour tortillas.

ALOHA FAJITA - \$16.99

Six grilled shrimp with grilled chicken breast and chunks of pineapple, red and green bell peppers, and onions.

FAJITAS MEXICANAS - \$15.99

Fajita steak, chorizo, chicken topped with queso, onion, red and green bell peppers.

VEGETARIAN FAJITA - \$13.99

Sizzling red and green bell peppers, onions, tomatoes, mushrooms, broccoli, and zucchini.

ORIGINAL STEAK FAJITA - \$14.99

ORIGINAL CHICKEN FAJITA - \$14.99

ORIGINAL SHRIMP FAJITA - \$15.99

ORIGINAL PULLED PORK FAJITA - \$14.99

ORIGINAL MIXED COMBO FAJITA - \$16.99



A LA CARTE

CRUNCHY TACO - \$3.50+

Your choice of chicken or beef accompanied with lettuce, tomatoes, and shredded cheese.

BURRITO - \$8.99

Single 10" flour tortilla with your choice of beef, chicken, or beans. Filled with Mexican rice and pinto beans.

TOSTADAS - \$3.99

Crunchy corn tortilla with your choice of beef, chicken, or beans. Topped with lettuce, tomatoes, queso fresco, sour cream, and avocado.

ENCHILADAS - \$3.50

Single enchilada with your choice of beef, chicken, beans, or cheese.

CHILE RELLENO - \$3.99

Single bell pepper stuffed with melting cheese. Covered with our famous red sauce.

CHICKEN TAMALES - \$2.99

Our famous homemade tamales.

RICE & BEANS - \$3.99

Our famous rich in flavor side of Mexican rice and pinto beans.



DAILY SPECIALS

MONDAY

HALF PRICED APPETIZERS

With the purchase of an Entree!

TUESDAY

\$2 TACOS *APPLIES TO SELECT TACOS*

WEDNESDAY

\$2.99 MARGARITAS

THURSDAY

KIDS EAT FREE- 12PM-2PM, 5PM-7PM

With the purchase of an Entree!

FRIDAY

FREE QUESO DIP

With the purchase of an Entree!

SATURDAY

KARAOKE

Every other week!

SEAFOOD

FISH TACOS - \$11.99

Three soft flour tortilla shells with red and green peppers, fresh cilantro, and lime. Served with Mexican rice and coleslaw.

GRILLED TILAPIA WITH SHRIMP - \$15.99

Two fresh tilapia filet served with six grilled shrimp with lettuce, tomatoes, lime, and avocado. Served with Mexican rice and pinto beans.

MOJARRA FRITA - \$13.99

Our whole fried tilapia fish accompanied by lettuce, tomatoes, onion, avocados, and lime. Served with Mexican rice and pinto beans.

CAMARONES A LA DIABLA - \$13.99

Our famous shrimp hot sauce with onion, lime, and mushrooms. Served with Mexican rice and pinto beans.

CAMARONES CHIPOTLE - \$12.99

A mixture of shrimp, mushrooms, pico de gallo, and lime. Covered with our green salsa. Served with Mexican rice and pinto beans.

SHRIMP BURRITO - \$12.99

Fresh flour tortilla with grilled shrimp, mushrooms, pico de gallo, and lime. Covered with our green salsa. Served with Mexican rice and pinto beans.

TOSTADAS DE CEVICHE - \$11.99

Three tostadas topped with cilantro and lime. Marinated in citric juice which adds flavor and causes the proteins in the shrimp or tilapia to "cook" without heat.

CARNITAS COM CAMARONES - \$12.99

Our famous pulled pork served with six grilled shrimp cooked with onions, red and green pepper, and mushrooms. Served with lettuce, tomatoes, lime, Mexican rice, and pinto beans.

MOJARRA A LA DIABLA - \$14.99

Our whole fried tilapia fish with our delicious red hot sauce and red and green peppers. Accompanied by lettuce, tomatoes, onion, avocados, and lime. Served with Mexican rice and pinto beans.

FISH CHIMICHANGA - \$12.99

Our famous deep fried tilapia fish chimichanga. Filled with pinto beans. Served with lettuce, tomatoes, sour cream, guacamole, lime, queso, and cole slaw.

SALADS

TACO SALAD FAJITA - \$10.99

A deep fried flour tortilla bowl filled with lettuce, shredded cheese, tomatoes, red and green peppers, onion, guacamole, and sour cream. With your choice of chicken or steak.

TACO SALAD - \$9.99

A deep fried flour tortilla bowl filled with lettuce, shredded cheese, tomatoes, cucumbers, onion, and salsa. With your choice of chicken or beef.

CAESAR SALAD - \$7.99

Traditional Caesar salad mixed with croutons and the famous Caesar dressing.

CHICKEN CAESAR SALAD - \$9.99

Traditional grilled chicken caesar salad mixed with croutons and the famous Caesar dressing.

SHRIMP SALAD - \$12.99

Fresh lettuce, shredded cheese, tomatoes, cucumbers, lime, and twelve grilled shrimps.



VEGETARIAN

VEGETARIAN ENTREE #1 - \$9.99

One bean burrito, one cheese y enchilada, and one bean tostada topped with lettuce, tomatoes, shredded cheese, and avocado.

VEGETARIAN ENTREE #2 - \$9.99

One bean burrito, one cheesy enchilada, and one cheese quesadilla.

VEGETARIAN ENTREE #3 - \$9.99

A cheesy chile relleno, one cheesy enchilada, Mexican rice, and pinto beans.

VEGETARIAN ENTREE #4 - \$9.99

Two bean burritos with queso sauce, lettuce, and tomatoes.

VEGETARIAN ENTREE #5 - \$9.99

One cheese quesadilla, one cheesy chile relleno, and Mexican rice.

VEGETARIAN ENTREE #6 - \$9.99

One veggie burrito with lettuce, tomatoes, onion, red and green peppers, and cilantro. Topped off with white cheese sauce. Served with Mexican rice and pinto beans.



ENCHILADAS

SEAFOOD ENCHILADAS - \$11.99

Three cheesy fish enchiladas topped with pico de gallo, cilantro, and lime. Served with Mexican rice and cole slaw.

ENCHILADAS VERDES - \$9.99

Three green salsa enchiladas with your choice of beef, beans, chicken, or cheese, served with Mexican rice and pinto beans.

ULTIMATE ENCHILADAS - \$10.99

Five cheesy enchiladas with your choice of beef, chicken, cheese, or beans. Topped with shredded cheese, lettuce, tomatoes, sour cream, radishes, pico de gallo, avocados, and queso fresco.

ENCHILADAS MEXICANA - \$9.99

Three cheesy enchiladas filled with pulled pork, onion, red and green peppers. Served with Mexican rice and pinto beans.

ENCHILADAS ROJAS - \$9.99

Three red salsa enchiladas with your choice of beef, beans, chicken, or cheese. Served with Mexican rice and pinto beans.



BURRITOS

VIVA EL BURRITO - \$13.99

12" flour tortilla filled with your choice of beef or chicken along with pico de gallo, sour cream, lettuce, guacamole, red and green peppers, Mexican rice, and pinto beans. Topped off with red salsa, green salsa, and cheese sauce.

FAJITA BURRITO - \$12.99

12" flour tortilla with your choice of steak or chicken. Filled with sauteed onion, tomatoes, red and green peppers covered with our famous red salsa. Served with lettuce, guacamole, sour cream, Mexican rice, and pinto beans.

TWIN BURRITO - \$10.99

Two identical burritos filled with shredded cheese, pinto beans, and your choice of beef or chicken. Topped off with our delicious cheese sauce, lettuce, and tomatoes. Served with Mexican rice and pinto beans.

GOOD MORNING BURRITO - \$10.99

A mixture of scrambled eggs, chorizo, and shredded cheese all wrapped up in a 12" flour tortilla. Served with your choice of Mexican rice and pinto beans or breakfast potatoes.

CHIMICHANGA - \$10.99

Deep fried burrito filled with pinto beans and your choice of beef or chicken. Topped off with our delicious cheese sauce. Served with lettuce, tomatoes, sour cream, guacamole, and Mexican rice.

MEAT LOVERS BURRITO - \$12.99

A combination of steak, pulled pork, al pastor, and chorizo wrapped up in our 12" flour tortilla. Served with Mexican rice and pinto beans.

CARNITAS BURRITO - \$10.99

12" flour tortilla filled with our famous pulled pork, pico de gallo, shredded cheese, cilantro, and onion. Served with Mexican rice and pinto beans.

COMBONATIONS

COMBONATION #1 - \$10.99

Enchilada, crunchy taco, Mexican rice, and pinto beans.

COMBONATION #2 - \$10.99

Tamale, enchilada, crunchy taco.

COMBONATION #3 - \$10.99

Tostada, enchilada, Mexican rice.

COMBONATION #4 - \$10.99

Chile relleno, enchilada, Mexican rice, and pinto beans.

COMBONATION #5 - \$10.99

Burrito, crunchy taco, enchilada.

COMBONATION #6 - \$10.99

Tamale, burrito, enchilada.

COMBONATION #7 - \$10.99

Enchilada, tamale, Mexican rice, and pinto beans.

COMBONATION #8 - \$10.99

Tacos, enchilada, chile relleno.

COMBONATION #9 - \$10.99

Burrito, enchilada, chile relleno.

COMBONATION #10 - \$10.99

Taco enchilada, Mexican rice, and pinto beans.

COMBONATION #11 - \$10.99

Chile relleno, tostada, Mexican rice.

COMBONATION #12 - \$10.99

Burrito, enchilada, Mexican rice, and pinto beans.

COMBONATION #13 - \$10.99

Burrito, tostada, chile relleno.

COMBONATION #14 - \$10.99

Enchilada, chile relleno, and pinto beans.

COMBONATION #15 - \$10.99

Crunchy taco, chile relleno, Mexican rice.

COMBONATION #16 - \$10.99

Burrito, tostada, tamale.

COMBONATION #17 - \$10.99

Burrito, tostada, and crunchy taco.

COMBONATION #18 - \$10.99

Burrito, chile relleno, and Mexican rice.

COMBONATION #19 - \$10.99

Burrito, taco, Mexican rice, and pinto beans.

COMBONATION #20 - \$10.99

Chile relleno, Mexican rice, and pinto beans.

KIDS MENU

All kids items come with a choice of Mexican rice and beans OR french fries. Drink included.
For children 12 years and under.

CHEESY QUESADILLA - \$8.99

BURRITO - \$8.99

Beef, chicken or beans

CRUNCHY TACOS (2) - \$8.99

Beef or chicken

CHICKEN FINGERS (3) - \$8.99

HAMBURGER - \$8.99

CHEESEBURGER - \$8.99

GRILLED CHEESE - \$8.99

PANCAKES - \$8.99

SCRAMBLED EGGS (2) - \$8.99



BEVERAGES

SODA

COKE	\$2.99
DIET COKE	\$2.99
SPRITE	\$2.99
PIBB XTRA	\$2.99
ORANGE	\$2.99
FANTA	\$2.99
CHERRY COKE	\$2.99
MELLO YELLOW	\$2.99
JARRITOS	\$2.99

OTHER

LEMONADE	\$2.99
ICED TEA	\$2.99
HORCHATA	\$2.99
JAMAICA	\$2.99
HORCHATA	\$2.99
MILK	\$2.99
CHOCOLATE	\$2.99
MILK	\$2.99
COFFEE	\$2.99

DESSERTS

ICE CREAM - \$4

Traditional ice cream with or without chocolate syrup.

CHURROS (2) - \$4.50

Two deep fried churros coated with cinnamon and sugar. Served with whipped cream and chocolate syrup.

FLAN WITH ICE CREAM - \$5.50

A scoop of ice cream with our famous flan covered with whipped cream and chocolate syrup.

SOPAPILLAS - \$4.50

A deep fried flour tortilla covered with cinnamon, sugar, whipped cream, chocolate syrup, and honey.

SOPAPILLAS WITH ICE CREAM - \$5.50

A deep fried flour tortilla covered with cinnamon, sugar, whipped cream, chocolate syrup, and honey. Accompanied by a scoop of ice cream.