

ADELANTE RESTAURANT

Traditional Favorites

Each entrée includes rice, non-refried pinto or black beans, guacamole salad or cup of soup, and a whole wheat or corn tortilla.

A complimentary basket of chips comes with all entrees—Dine-in only.

Special Tacos \$8.75

Two tacos of your choice, with lettuce & tomatoes

Tamales Adelante \$8.75

Your choice of any two homemade Adelante tamales with enchilada sauce, topped with Monterrey Jack cheese. Ask your food server for today's tamale selection.

Enchiladas Adelante \$8.75

Two corn tortillas filled with cheddar or Monterrey Jack cheese—with enchilada sauce or turkey chili

Green Enchiladas \$8.75

Two corn tortillas filled with chicken or Monterrey Jack Cheese—topped with a green tomatillo sauce & sour cream

Vegetable Enchiladas \$8.75

Two corn tortillas filled with broccoli, carrots, mushrooms, spinach, red bell pepper & green onions—with enchilada sauce & Jack cheese

Spinach Enchiladas \$8.75

Two corn tortillas filled with spinach, mushrooms, red onion, —with enchilada sauce & Monterrey Jack cheese

Chicken Fajitas \$9.75

Lean chicken, grilled with onions & served with pico de gallo

Veggie Fajitas \$9.75

Grilled vegetables served with Adelante's Southwest Sauce

Southwest Poblano Enchiladas \$8.75

Poblano pepper, corn, potato, sweet potato & Monterrey Jack cheese topped with chipotle ranchero or tomatillo sauce

Tofu Enchiladas \$8.75

Two corn tortillas with sautéed veggies & tofu. Topped with your choice of sauce.

Adelante Combo \$9.75

Your choice of one enchilada, one tamale, & one taco. An Adelante favorite!

Tacos Served with lettuce & tomatoes on your choice of whole wheat, crispy, puffy, or soft corn tortilla, or (red handmade masa tortillas add \$.25)

Bean \$1.75 Non-refried pinto or black beans | **Chicken \$2.50**
Chicken fajitas \$2.50 | **Turkey picadillo \$2.50** | **Guacamole \$2.50**
Veggie \$2.50 | **Southwest Taco \$2.50**

Add Cheddar or Jack cheese \$1.00, Guacamole \$1.00, Feta cheese \$1.00

Quesadillas

See description of preparation under Plate Specials. With Feta, add \$1.00.

On red handmade masa, add \$.25 each

Cheese \$1.75 | **Vegetable \$2.00** | **Spinach \$2.50** | **Chicken \$2.50**
Zucchini poblano with Feta **\$2.75** | **Portabello** with Feta **\$2.75** |
Southwest with Feta **\$2.75** | **Tuna** with Feta **\$2.75**

Appetizers

Chili con queso and tostados

Cup **\$3.25** | Bowl **\$5.25**

Fried sweet potatoes \$3.75 with red onion

Chips & hot sauce \$1.75

Guacamole & Chips \$4.75 Dine in only

Nachos

Half dozen per order. Your choice of non-refried pinto or black beans with cheddar or Monterrey Jack cheese.

Cheese Nachos – \$3.00 cheese & jalapeños

Bean & Cheese Nachos – \$3.50 beans, cheese, & jalapeños

Guacamole, Bean, & Cheese Nachos – \$4.50 with jalapeños

Veggie Nachos – \$4.75 beans, cheese, guacamole, & jalapeños

Chicken Nachos – \$6.00 beans, cheese, guacamole, & jalapeños

Tofu Nachos – \$4.75 beans, cheese, guacamole, & jalapeños

Soups & Salads

GRANDE SALADS - \$7.95

Chicken Fajita Grande - Spring mix, grilled red bell pepper, red onions, guacamole, jack cheese and dressing.

Portabello Grande - Spring mix, zucchini, red bell peppers, red onions, guacamole, jack cheese & dressing.

Tuna Grande - Spinach, mushrooms, red bell peppers, red onions, guacamole, feta cheese and dressing.

Guacamole Salad \$2.95

Taco Salad \$5.25

Your choice of veggie, rice, chicken or turkey picadillo, non-refried pinto or black beans, Monterrey Jack or cheddar cheese, with guacamole, tomatoes, sour cream, lettuce & Adelante's southwest sauce in a golden taco shell.

Garden Salad Small **\$3.25** | Large **\$4.75**

Spinach Salad Small **\$3.25** | Large **\$4.75**

Spinach, red onion, tomatoes, mushrooms, & feta cheese.

Fruit Platter \$4.95 Fresh fruits of the Season

Poblano Cheese Soup Cup **\$3.00** | Bowl **\$4.25**

Borracho Bean Soup Cup **\$3.00** | Bowl **\$4.25**

Turkey Chili Cup **\$3.25** | Bowl **\$5.25**

A la Carte

Two enchiladas of any kind \$4.75
One enchilada of any kind \$2.75

For the Kids

(12 & under only)

One bean tamale, rice & beans \$3.75
One cheese enchilada, rice & beans \$3.75
One bean & cheese taco, rice & beans \$3.75

Drinks

Banana Smoothie \$3.50

with choice of one fruit

With each additional fruit, add \$.75

All-Natural

Adelante Tamales

Our taste-tempting, all-natural Adelante tamales are lovingly filled with nature's freshest ingredients. Ask your foodserver for today's selection.

Sorry, we do not accept credit cards.
CASH OR CHECKS ONLY

Adelante respects your dietary needs and asks that you let us know of any special requests in the preparation of your meal.

There is an additional charge for substitutions.
Please remember good food takes time to prepare.

ADELANTE
RESTAURANT
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GOOD FOOD



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Plate Specials

A complimentary basket of chips comes with all entrees—Dine In only.

Feta Taco Plate \$8.75

Two whole wheat tortillas with Monterrey Jack cheese, feta cheese, grilled eggplant, mushrooms, red onion & tomatoes—served with a fresh garden salad

Santa Fe Taco Plate \$8.75

Two whole wheat tortillas with Monterrey Jack cheese, sautéed zucchini, corn, poblano peppers, & green onions, then grilled—served with a fresh garden salad

Summer Plate \$8.75

One puffy taco with your choice of filling—served with a chili con queso chip & a guacamole salad

Veggie Taco Plate \$8.75

Two whole wheat tortillas with tomatoes, carrots, red onion, red cabbage, avocado, sprouts, Monterrey Jack & cheddar cheese—served with fresh fruit of the day.

Quesadillas Plate \$7.00

Three grilled corn tortillas with Monterrey Jack cheese, onions, cilantro, jalapeños, & red peppers—served with black beans & brown rice.

Spinach Quesadillas Plate \$8.25

Two grilled, spicy corn tortillas with spinach, mushrooms, red onion & Monterrey Jack cheese—served with black beans & brown rice. With feta, add \$1.25

Portabello Quesadillas Plate \$8.25

Three grilled, corn tortillas with Portobello mushrooms, jack cheese, feta cheese, onions, cilantro, jalapeños, red peppers, & spinach—served with black beans & brown rice

Tuna Quesadillas Plate \$9.25

Three grilled corn tortillas with tuna, feta cheese, jack cheese, onions, cilantro, jalapeños, red peppers, sour cream, & cabbage—served with black beans & brown rice

Chicken Quesadillas Plate \$8.25

Three grilled corn tortillas with chicken, cheese, onions, cilantro, jalapenos, & red peppers—served with black beans & brown rice.

Zucchini Poblano Quesadillas Plate \$8.25

Three grilled corn tortillas with zucchini, corn, poblano, green onion, jack cheese & feta cheese—served with black beans & brown rice

Veggie Quesadillas Plate \$8.25

Three grilled corn tortillas with sautéed vegetables, mushrooms, green onion & Monterrey Jack cheese—served with black beans & brown rice. With Feta, add \$1.50

Southwest Quesadillas Plate \$8.25

Three grilled corn tortillas with poblano pepper, corn, potato, sweet potato, jack & feta cheese

Quesadillas Sampler Plate \$9.75

One each of any three quesadillas described above—served with black beans & brown rice

Adelante Lite Plate \$6.75

Your choice of one: Enchilada, or tamale, or quesadilla, or taco—served with beans & brown rice.

Chalupas

With lettuce, tomatoes & Monterrey Jack or cheddar cheese

Non-refried pinto or black beans \$3.25

Chicken \$3.75

Turkey picadillo \$3.75

Veggie Tofu with non-refried pinto or black beans (no cheese) **\$3.75**

With guacamole, add \$1.00 | With non-refried pinto or black beans, add \$.50

To Go

Non-refried beans ½ pint **\$2.95** | Pint **\$4.75**

Black beans ½ pint **\$2.95** | Pint **\$4.75**

Brown rice ½ pint **\$2.95** | Pint **\$4.75**

Chili con queso ½ pint **\$5.50** | Pint **\$9.25**

Guacamole ½ pint **\$5.50** | Pint **\$9.25**

Pico de gallo ½ pint **\$2.75** | Pint **\$4.75**

Hot sauce ½ pint **\$2.75** | Pint **\$4.75**

Tortillas Corn or whole wheat **\$.35** ea. Red masa **\$.50** ea.

Homemade chips & salsa \$1.75

HOURS:

Open
TUESDAY - SATURDAY
11 am - 9 pm
Closed
Sunday & Monday

Ph. 210.822.7681