

# 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**  
**HEALTH MEX**  
**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