









LA CARRETA

FRESH · FUN · FESTIVE

PONCHATOULA, LA

EST. 2013

LIVE MUSIC THURSDAY–MONDAY

DAILY SPECIALS

MON
$2, $3, $4
MARTINIS
MON-FRI $1 TEA
11AM-3PM

TUES
$1.99 TACOS
$8 TACO SALAD
DINE-IN
OR TO GO

WED
SELECT DRAFT
$2.95 ALL DAY
FAJITAS FOR 2 $28

THURS
HAPPY HOUR
ALL DAY
$3 MARGARITAS
$2.95 SELECT DRAFT

FRI
$5 PALOMAS

SAT
BRUNCH
11AM-3PM
$5 BLOODY MARY
ALL DAY

SUN
BRUNCH
11AM-3PM
$5 BLOODY MARY LUNCH
MENU
ALL DAY

Picadillo = Ground Beef
Tinga = Shredd Chicken



TACOS

MEXICAN TACOS
2 corn tortilla tacos, topped with cilantro & onions, salsa verde, rice, & black beans
tinga/ picadillo **$13.95**
carne asada/ barbacoa / carnitas pastor/ grilled chicken **$15.95**

SEAFOOD TACOS
2 flour tortilla tacos with red fish or imported shrimp tossed with chipotle sauce, topped with cabbage, cilantro, pineapple, queso fresco, tortilla soup **$17.95**

QUESABIRRIA TACOS
2 corn tortilla tacos, brisket, cheese, consome, onion, cilantro, rice & black beans **$18.95**

DRIVE-THRU TACOS
2 flour tortilla tacos, picadillo, lettuce, crema, tomatoes, rice & black beans **$13.50**

BROCHETA TACOS
2 flour tortilla tacos, bacon wrapped shrimp, cream cheese stuffed jalapeno, cabbage, spicy-mayo, pinto beans & rice **$19.50**

AVOCADO TACOS
2 flour avocado tacos topped with cotija cheese, corn, pico, tortilla soup **$12.50**

CAULIFLOWER TACOS
2 corn tortilla tacos, spicy-mayo, pineapple, avocado, cabbage, rice & pinto beans **$12.95**

DIPS

LA CARRETA QUESO $7.00/$10.00
CHORIQUESO $11.95
BEAN & QUESO DIP $8.95
SPINACH & ARTICHOKE DIP
queso, spinach, wheat chips **$10.95**

GUACAMOLE $7.00/$10.00
TABLE SIDE GUACAMOLE $13.95
TRIO DIP
queso, pinto beans & guacamole $17.95



APPS

NACHOS
carnitas, black beans, cheese, lettuce, pico, crema & jalapeño **$15.95**
½ ODER $11.95



CARRETA FRIES
steak, fries, black beans, cheese, lettuce, pico, crema & frescos jalapeño **$15.95**

CHIPOTLE APP
grilled imported shrimp tossed in chipotle sauce, queso, pico, avocado slices **$14.95**

FLAUTA APPETIZER
tinga flauta, crema, guac, lettuce, pico **$13.95**

MEXICAN STREET CORN
grilled corn covered in spicy-mayo, queso fresco & tajin **$8.95**

QUESADILLA APPETIZER
tinga & cheese, pico, crema, guac, lettuce **$14.95**

CEVICHE
red fish or imported shrimp, pico,avocados, pineapple, red sauce **$15.95**

SHRIMP COCKTAIL
mexican cocktail sauce, imported shrimp, cilantro, onions, & avocado **$15.95**

SALADS AND BOWLS

TACO SALAD
lettuce, cheese, crema, pico, & guac in a tortilla bowl, with side of pinto beans **$10.95**

AVOCADO SALAD
romaine lettuce & spinach base, avocados, cucumbers & tomatoes, tossed in a cilantro-lime vinaigrette **$10.95**



CAESAR SALAD
romaine lettuce, parmesan, red onions & croutons **$10.95**

STRAWBERRY SALAD
arcadian salad mix, spinach, strawberries, feta cheese, walnuts **$10.95**

HAPPY BOWL
rice topped with grilled chicken & queso **$13.95**
ADD on: grilled fajita veggies **$3.99**

CARRETA BOWL
romaince lettuce, rice, black beans, guac, tomato, red onion, crema, shredded cheese **$10.95**

CHEF'S BOWL
tomato, red onion, crema, cotija cheese, spinach, rice, black beans, guac, grilled corn, **$10.95**

add protein:
chipotle cauliflower **+2.00** / grilled chicken **+4.00**
steak **+7.00** / redfish or imported shrimp **+6.00**

SOUP

TORTILLA SOUP cup 7.00 / bowl 10.00
tortilla strips, avocado slices, melted cheese; add chicken +$1.00

BEAN SOUP cup 7.00 / bowl 10.00
black beans, sausage, bacon, cilantro, jalapeños, cheese

SIDES

Rice or Beans $4.50
Tinga Flauta $2.95
Tinga Enchilada $3.95
Pork Tamale $7.00
Tinga Quesadilla $7.95
Fries $5.95
Tinga Tostada $6.00
Chile Cheese Relleno $9.00
Tinga Chimichanga $9.50
Burrito con Queso $9.45



SIDE TACO

tinga / picadillo cauliflower $2.95

carnitas / carne asada /steak grilled chicken $4.75

Lettuce Wrap Taco $3.50

CLASSICS



LA CARRETA DINNER
picadillo burrito, cheese enchilada, tinga tostada & a picadillo taco **$17.95**

QUESADILLAS rice & pinto beans, crema, pico, lettuce & guac
mushroom & spinach/ picadillo/ tinga $15.95 **carnitas/pastor/barbacoa** $16.95
steak/imported shrimp $17.95

CHIMICHANGA rice & pinto beans, crema, pico, lettuce & guac
picadillo/tinga $17.50 **carnitas/pastor/barbacoa** $18.50 **steak/imported shrimp** $19.95

LA MEXICANA
tinga quesadilla, cheese enchilada, rice & pinto beans **$15.95**



COMBO DINNER
pick two: picadillo taco, tinga flauta, cheese enchilada, crema, lettuce rice & pinto beans **$15.95**

LA BAMBA
picadillo burrito, cheese enchilada, picadillo hard taco & pinto beans **$15.95**

CHEESEBURGER
avocado, tomato, jalapenos, lettuce, cheese, fries **$13.95**

SIZZLING PLATES

FAJITAS: rice, pinto bean, lettuce, crema, pico, guac, tortillas

MUSHROOMS **$16.95**
CHICKEN **$18.95**
STEAK **$20.95**
IMPORTED SHRIMP **$21.95**
TRIO FAJITAS **$22.95**
CARNITAS $19.95
CARNE ASADA $25.95

RIBEYE 12 oz $30.99
two cheese enchiladas with salsa verde, grilled onions, bean soup

MONTERREY DINNERS



steamed veggies: broccoli, squash, zucchini, carrots, rice & queso
grilled chicken $17.95
grilled imported shrimp $19.95
red fish $20.95

SHRIMP-BACON BROCHETAS
important shrimp, cream cheese stuffed jalapeño wrapped in bacon, rice, steamed veggies, bean soup **$19.95**



PARILLADA $44.95 SERVES TWO PEOPLE
carne asada/chicken breast/shrimp brochettas onions,bellpeppers,tomatoes, fajitas salad, tortillas

FAVORITOS DE LA CASA



CHILE RELLENO cheese **$17.95** /imported shrimp **$19.95**
roasted poblano pepper stuffed with cheese, pico, crema, guac, rice, & black beans

ALAMBRES steak **$21.95** /imported shrimp **$23.95**
sautéed onions, cheese, guac, crema, corn tortillas, & bean soup

FLAUTA DINNER 4 tinga flautas topped with salsa verde, queso fresco, crema & bean soup **$15.95**

TAMALES two carnitas tamales, black beans, rice, & salsa verde **$16.95**

POLLO LOCO grilled chicken breast topped with sauteed spinach, mushrooms, pico, melted cheese, steamed veggies & bean soup **$21.95**

ENCHILADAS & BURRITOS

ENCHILADAS PATRON
4 fajita chicken enchiladas topped with green sauce, crema, cheese & bean soup **$18.95**

ENCHILADAS SUPREME
3 tinga enchiladas covered with lettuce, crema, pico, rice & black beans **$17.95**

ENCHILADAS POTOSINAS
2 cheese enchiladas covered in salsa verde, carne asada, rice, black beans & avocado **$23.95**

BURRITO WRAP
wheat tortilla, grilled chicken, rice, spinach, topped with queso, avocado slices, tortilla soup **$17.95**

BURRITO SUPREME
picadillo burrito topped with burrito sauce & lettuce, pico, crema, jalapeños, queso fresco, rice & black beans **$17.95**

BYO BURRITO (or bowl!)
PROTEIN: chipotle cauliflower / tinga /picadillo **$16.95**
carnitas / pastor / fajita chicken **$17.95**
steak / grilled imported shrimp **$20.95**
ADD: pinto or black beans, rice, crema, lettuce, jalapeños, tomatoes, pico, shredded cheese
TOP IT: queso, salsa verde, burrito sauce, chipotle
ON THE SIDE: rice & beans, bean soup, tortilla soup, caesar salad or fries

LUNCH & BRUNCH

SERVED UNTIL 4 PM DAILY

Picadillo = Ground Beef
Tinga = Shredd Chicken



1. **LA CARRETA SPECIAL** $12.95
picadillo burrito, cheese enchilada, & chicken tostada with lettuce, crema, & pico

2. **FLAUTAS** $12.95
3 tinga flautas topped with salsa verde, heese , rice & crema

3. **LA BAMBA** $9.95
picadillo burrito, cheese enchilada & picadillo taco

4. **LA MEXICANA** $9.95
tinga quesadilla, cheese enchilada & rice

5. **BURRITO SUPREME** $11.95
tinga burrito, lettuce, pico, crema, rice & black beans

6. **LUNCH COMBO** $11.95
rice & pinto beans,
pick two: picadillo taco, flauta, cheese enchilada

7. **PICK THREE** $11.95
cheese enchilada, burrito, flauta, queso, guacamole, rice, or pinto beans

8. **EL MARIACHI** $11.95
tinga flauta, picadillo burrito & picadillo taco

9. **BURRITO WRAP** $14.95
wheat tortilla, grilled chicken, rice, spinach, topped with queso, avocado slices, tortilla soup

10. **TAMALES** $13.95
two tamales with salsa verde, rice, black beans

11. **MONTERREY LUNCHES**
steamed veggies: broccoli, squash, zucchini, carrots, rice, & queso
chicken $13.95
red fish or imported shrimp $17.95

12. **FAJITAS**
bell peppers, onions, tomatoes, rice, pinto beans, lettuce, guac, pico, crema, tortillas
mushroom $14.95 / **chicken** $16.95
steak $18.95 / **imported shrimp** $18.95

13. **QUESADILLA** $11.95
tinga chicken quesadilla, rice, pinto beans, lettuce, crema, pico & guac
grilled chicken / carnitas / pastor $1
steak / barbacoa / imported shrimp $3

14. **CHIMICHANGA** $11.95
tinga chimichanga, rice, pinto beans, lettuce, crema, pico & guac
grilled chicken / carnitas / pastor $1
steak / barbacoa / imported shrimp $3

15. **SEAFOOD TACOS** $16.95
2 flour tortilla tacos with red fish or imported shrimp tossed with chipotle sauce, topped with cabbage, cilantro, pineapple, queso fresco, tortilla soup

16. **LUNCH TACOS**
2 corn tortilla tacos topped with cilantro & onions, rice & black beans
picadillo/tinga $11.00
carnitas/pastor/fajita chicken $12.00
carne asada/barbacoa $14.00

17. **ENCHILADAS CON HUEVOS** $12.95
your choice of two tinga or carnitas enchiladas topped with scrambled eggs
salsa verde, cheese, rice, black beans

18. **BREAKFAST BURRITO** $13.95
scrambled eggs, chorizo, potatoes, pico, cheese, salsa verde, tortilla soup

19. **BRUNCH BOWL** $12.95
two eggs any style, bacon, black beans, rice, avocado, pico, salsa verde

20. **HUEVOS RANCHEROS** $12.95
two eggs over easy on corn tortilla, fresh molcajete salsa roja, rice, black beans

21. **SUNRISE QUESADILLA** $14.50
bacon, egg, cheese quesadilla, crema, guac, pico, rice, black beans

22. **STEAK & EGGS** $20.95
fajita steak, grilled onions, two fried eggs, rice, queso fresco, avocado, pico, salsa verde & bean soup

23. **SAUL'S FAVORITE** $21.95
asada, two fried eggs, two black bean enchiladas top with salsa verde

24. **CHILAQUILES BOWL**
tortilla chips tossed in salsa verde or roja topped with queso fresco, crema, avocados, fried egg & choice of protein
tinga/picadillo $12.00
grilled chicken /carnitas $14.00
steak/imported shrimp $19.00



SATURDAY & SUNDAY ONLY 11AM–3PM

B1. **EL CLASICO** $10.95
choice of: two pancakes or jumbo waffle, two eggs, fruit cup

B2. **SAUL SPECIAL**
torta bread, spread avocado, cotija cheese, cilantro, fried egg on top
carnitas $12 / brisket $13 / imported shrimp $14