# Central Market

10040 Sullivan Rd · Central, LA · (225) 337-2629

## Lunch

### PLATOS

**Carne Asada** -
Grilled steak plated with rice, refried beans, and salsa. The Mexican classic.

**Pollo con Tajadas** -
Honduran comfort dish: fried chicken over sliced fried green plantains with cabbage slaw.

**Tacos** -
Corn tortillas filled with your choice of seasoned beef or chicken, cilantro, onions, and salsa.

**Burrito** -
Flour tortilla wrapped around rice, beans, and your choice of beef or chicken.

**Taquitos Dorados de Pollo** -
Rolled corn tortillas stuffed with shredded chicken and fried until golden, served with lettuce, cream, and salsa.

**Burrito de Desayuno** -
Breakfast burrito with scrambled eggs, chorizo or bacon, potatoes, and cheese wrapped in a flour tortilla.

**Fajita Mixta** -
Chicken, beef, and shrimp fajitas with peppers and onions, served with rice, beans, and tortillas.

**Torta** -
Mexican-style sandwich on toasted telera bread with your choice of beef or chicken, lettuce, tomato, avocado, and beans.

**Carne Asada con Tajadas** -
Grilled steak served Honduran-style over sliced fried plantains with beans and slaw.

**Quesadilla** -
Grilled flour tortilla stuffed with melted cheese and your choice of beef or chicken, served with sour cream and salsa.

**Baleada** -
Honduran flour tortilla folded around refried beans, crumbled cheese, and cream. Add eggs or meat to make it a full meal.

**Caldo de Res** -
Slow-simmered beef stew with corn, potato, carrot, cabbage, and chayote in a rich, comforting broth.


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