

# Pastres / Desserts

## Tres Leches Cake

Moist and creamy three milk cake.

\$5.99



Tres Leches Cake

## Flan

Creamy milk and vanilla custard – a Latin favorite.

\$5.25



Flan

## Empanadas de Plátano

Fried empanadas made with a sweet plantain dough filled with creamy vanilla and cinnamon custard.

Served with a small side of vanilla ice cream.

\$6.50



Empanadas de Plátano

## Pan de Pan

Bread pudding cake. Served with vanilla ice cream.

\$6.50



Pan de Pan

## Vanilla Ice Cream

A scoop of vanilla ice cream topped with pineapple marmalade.

\$4.25

  
**Mami Monchita's**  
*a taste of Honduras*

610 Ridgeview Drive  
Frankfort, KY 40601  
502) 699-2380

[mamimonchitas@yahoo.com](mailto:mamimonchitas@yahoo.com)

 @mamimonchitas  [www.mamimonchitas.com](http://www.mamimonchitas.com)

# DINNER menu



  
**Mami Monchita's**  
*a taste of Honduras*

# APERITIVOS / APPETIZERS

## Beef Pastelitos

Three thinly-layered crisp shells filled with ground beef topped with traditional shredded cabbage, Honduran cheese, and pueblo sauce. **\$8.25**

## Guacamole

Honduran-style freshly made guacamole. Served with plantain chips. **\$7.25**



## Chismol with corn chips

Chismol is our Honduran "pico" - fresh and healthy mix of green peppers, tomatoes, red onions and cilantro. **\$6.75**

## Chismol with plantain chips

Chismol with plantain chips. **\$7.75**

## Fair Potato Fries (Papas de Feria)

Homemade potato fries topped with honey mustard, Honduran sauce, and shredded Honduran cheese. **\$5.99**

## Nacho Dip

Our nacho cheese sauce and jalapeños, served with tortilla chips. **\$5.99**

Add ground beef for \$1.00

## Canoas (Plátano Relleno)

Fried plantains with refried beans, Honduran mantequilla, cheese and chismol on top. **\$8.25**

Add ground beef or shredded chicken **\$8.99**



## Mami Monchita's Family Sampler

One nacatamal, one taco de pollo, one beef pastelito, and one mixed pupusa (Honduran style bacon chunks and Honduran quesillo). **\$14.99**

## Ceviche

Diced shrimp cooked in lime juice with diced cucumbers, red onions, tomatoes, cilantro and jalapeño peppers. Served with plantain chips. **\$8.99**



## Mami Monchita's Nachos

Corn chips topped with refried beans, shredded chicken, our house cheese sauce, jalapeños and chismol (Honduran "pico"). **\$10.25**

Vegetarian version available.

## Anafres

Our signature appetizer - refried beans fondue with your choice of two of the following: Honduran quesillo, mantequilla, or chorizo on a traditional clay "anafre" to keep it warm. Served with tortilla chips for dipping. **\$8.25**

Skip the chorizo to make it vegetarian.



## Elote Loco

Not your traditional corn on the cob - this one is brushed with Honduran mantequilla (Honduran butter) and rolled in grated Honduran cheese. Served with hot pepper powder on the side. **\$5.50**

## Dados de Queso

Delicious crispy chunks of Honduran cheese fried to perfection, served with sweet sauce (salsa dulce) **\$8.25**

Vegan  
Vegetarian

# CAFÉ / COFFEE

(No free refills)

## Honduran Cup

Straight from our sister's farm in the mountains of El Paraíso, our hometown! **\$3.99**

## Negro Fuerte Espresso

Sweetened strong black coffee. **\$3.25**

## Café con Leche

Strong roast coffee with steamed, foamy milk. An after-dinner favorite. **\$4.25**

## American Coffee (Free refills)

**\$2.39**



# SOFT DRINKS \$2.39

(Free refills)

## Pepsi

## Diet Pepsi

## Sierra Mist

## Mountain Dew

## Diet Mountain Dew

## Dr. Pepper

## Pink Lemonade

## Sweet Tea

## Unsweet Tea

## Orange Crush

# HONDURAN BOTTLED SODAS

(No free refills)

## Grape or Banana

**\$4.50**

# 100% PURE NATURAL JUICES

(No free refills)

## Rojo

Carrot, orange, beets

## Verde

Cucumber, green apples, celery

## Amarillo

Pineapple, orange, green apples

## Coco

Coconut water (served in the coconut fruit)

Glass 12 oz **\$6.25**



## Freshly squeezed Orange Juice

Glass 12 oz **\$5.25**

Pitcher 37 oz **\$14.00**

Mimosa **\$6.00**

## Horchata (Rice Water)

Glass 16 oz **\$4.25**

Pitcher 48 oz **\$11.75**



Freshly Squeezed Orange Juice

## SIDES



(All sides are vegan unless otherwise noted)

<b>Arroz blanco</b> (White rice)	<b>\$2.50</b>
<b>Avocado slices</b>	<b>\$2.50</b>
<b>Casamiento</b> (Rice, seasoned beans, coconut milk)	<b>\$2.99</b>
<b>Chismol</b> (Honduran "pico")	<b>\$1.50</b>
<b>French fries</b>	<b>\$3.25</b>
<b>Sweet potato fries</b>	<b>\$3.75</b>
<b>Frijoles Fritos</b> (Refried beans)	<b>\$3.25</b>
<b>Frijoles guisados</b> (Seasoned red beans)	<b>\$3.25</b>
<b>Plátanos maduros</b> (Sweet plantains)	<b>\$3.25</b>
<b>Tostones</b> (Smashed fried green plantains)	<b>\$3.99</b>
<b>Sautéed Vegetables</b>	<b>\$4.00</b>
<b>Yuca frita</b> (Fried yuca root/vegan if served with no sauce)	<b>\$3.99</b>
<b>Additional sauces</b>	<b>\$0.50</b>

## DINNER COMBOS \$12.50

All combos come with your choice of two sides:

White rice, avocado slices, casamiento, chismol, refried beans, guisados beans, sweet plantains, tostones, french fries, sweet potato fries or yuca fried.

**Enchiladas** (Order of 2 / chicken or beef)

**Fried rolled-up chicken tacos or soft grilled fish tacos** (Order of 2)

**Pupusas** (Order of 2 / mixtas or cheese)

**Baleada** (1)

## CATRACHADAS / HONDURAN SPECIALTIES

### Pupusas

Three corn-based patties stuffed with savory fillings, cooked on a griddle and served with salsa pueblo and two types of "encurtidos" on the side: cabbage and cilantro and onions and carrots. **\$10.25**

Choose from:

Quesillo (Soft Honduran Cheese)

Mixtas (Chicharron and quesillo)

### Enchiladas (Order of 2)

Set your fork aside! You will inevitably get messy eating a Honduran enchilada...but no worries...you will want to lick your fingers anyway! Enjoy a crispy tortilla topped with ground beef, shredded chicken or vegetables, our traditional shredded cabbage, grated Honduran cheese, and our homemade pueblo sauce. A Honduran favorite! **\$9.25**



Tacos de Pollo



Enchiladas

### Tacos de Pollo (order of 4)

Crispy rolled-up corn tortillas stuffed with deliciously marinated shredded chicken and served with traditional shredded cabbage, grated Honduran cheese our homemade criolla and pueblo sauce. **\$10.25**

### Yuca con Chicharron

Fried yuca topped with traditional shredded cabbage, chicharrones (bacon chunks), and our homemade criolla sauce. **\$9.25**

Skip the chicharron to make it vegetarian.



Yuca con Chicharron



Tajadas con Repollo

### Tajadas con repollo

Perfectly crispy plantain chips topped with traditional shredded cabbage, grated Honduran cheese and our homemade pueblo sauce. **\$8.25**

Add ground beef or shredded chicken for \$1.50

### Nacatamal (order of 2)

A Honduran nacatamal is the most traditional Christmas meal! It's made with a savory corn-based masa and filled with raisins, olives and pork. The nacatamal is then wrapped and boiled in plantain leaves to give it its unique flavor. Served with Honduran encurtido (pickled veggies). **\$8.99**

### Baleadas

Two homemade flour tortillas stuffed with your choice of three of the following: refried beans, scrambled eggs, chorizo, shredded chicken, Honduran cheese or mantequilla (Honduran butter). A Honduran favorite! **\$9.25**

Additional fillings for \$0.99 each

Skip the chorizo or chicken to make it vegetarian.



Baleadas



Nacatamal

### Catrachas

Three crispy tortillas topped with refried beans, grated Honduran cheese, avocado chunks and our homemade pueblo sauce. **\$8.50**

### Honduran Chapsuy (noodles, chicken & vegetables)

A delicious mix of carrots, cabbage, celery, pataste (chayote), onions, peppers, and shredded chicken over a bed of noodles. **\$9.50**



Catrachas



Honduran Chapsuy

Vegan   
Vegetarian

## EMPAREDADOS / SANDWICHES

### Honduran Shredded Chicken Sandwich

Our traditional Honduran chicken sandwich is prepared with savory shredded chicken, our secret Honduran dressing, lettuce and tomatoes on toasted white bread. Served with fries or sweet potato fries. **\$8.99**

### Club Sandwich

Perfectly marinated chicken breast, ham, bacon, Swiss cheese, fresh lettuce, tomato, and honey mustard dressing on hot pressed bread. Served with fries or sweet potato fries.

**\$9.50**



Honduran Shredded Chicken Sandwich

## ENSALADAS / SALADS

### House Salad

Finely chopped romaine lettuce, fresh cucumbers, avocado, tomatoes, and ham topped with queso fresco and house dressing. **Half Salad \$4.75/\$8.99**

### Caesar Salad

Romaine lettuce, shredded parmesan cheese, yucca croutons, and our caesar dressing.

Add shrimp **\$4.00**

**Half Salad \$3.99/\$8.49**

Add chicken **\$3.00**

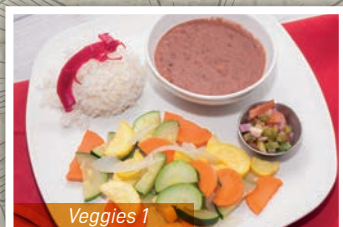
## VEGETARIANO / VEGETARIAN

### Veggies 1

Sauteéd vegetables, white rice, refried beans, and chismol. **\$10.25**

### Veggies 2

Sauteéd vegetables, casamiento, avocado slices, and plátanos maduros (sweet plantains). **\$11.25**



Veggies 1



Veggies 2

Vegan  
Vegetarian

## PINCHOS / SKEWERS

### Shrimp

Traditional skewers deliciously marinated with fresh ingredients and served with, casamiento, avocado slices, sweet plantains and our homemade chipotle sauce. **\$15.99**

### Steak (Fillet mignon)

Traditional meat skewers deliciously marinated with fresh ingredients and served with white rice, refried beans, plátanos maduros (sweet plantains), chismol (Honduran "pico") and chimichurri sauce. **\$18.99**



Shrimp Skewers

Carne Asada

### Carne Asada

Bite size tender sirloin cuts served with white rice, refried beans, avocado, chismol (Honduran "pico"), chimichurri sauce and corn tortillas. **\$16.25**

## SOPAS / SOUPS

### Sopa de Fin de Semana / Weekend Soup

(Available Friday, Saturday for dinner only and lunch time on Sunday) Ask your server for details.

**Cup \$6.99 / Bowl \$14.99**

## CERDO / PORK

### Shredded Pork Carnitas

Shredded pork sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains). **\$12.99**



Shredded Pork Carnitas

## POLLO / CHICKEN

### Grilled Chicken Breast

Deliciously marinated chicken breast topped with criolla sauce and served with white rice, frijoles guisados, and plátanos maduros (sweet plantains). **\$12.99**

### Grilled Chicken Carnitas

Grilled chicken strips sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains) **\$12.99**



Grilled Chicken Breast



Grilled Chicken Carnitas

### Pollo con Tajadas

Traditional fried bone-in chicken, served on a bed of fried green bananas, cabbage and topped with our homemade sauces. A delicious mix of flavors! **\$14.50**

### Revuelto Hondureño

Delicious mix of flavors! White rice, frijoles guisados, grilled chicken, mantequilla hondureña, shredded cheese and chismol. **\$12.50**



Pollo con Tajadas



Revuelto Hondureño

## A LA CARTE

### Enchilada

### Pupusa

### Taco de Pollo

**\$4.25**

**\$3.99**

**\$3.99**

18% gratuity for parties of 6 or more will be added to check. We appreciate your understanding.

Vegan  
Vegetarian

## MARISCOS / SEAFOOD

### Lake Style Fried Fish (limited availability)

A whole fish lightly fried and served with our traditional Honduran cabbage salad, casamiento, fried tajadas, and chismol (Honduran "pico") – just like it's served at the lake! Yes, head and all. **\$15.99**



Lake Style Fried Fish



Pescado a la Plancha

### Pescado a la Plancha

Swai fish fillet marinated with our traditional cilantro sauce blend and served with casamiento, maduro plantains, avocado slices, and chismol (Honduran "pico"). **\$14.99**

### Jalapeño Shrimp in White Wine Sauce

Delicious shrimp cooked in a white wine, Honduran mantequilla (Honduran butter), and jalapeño sauce and served with white rice, maduro plantains, frijoles guisados, and chismol (Honduran "pico"). **\$15.25**



Jalapeño Shrimp in White Wine Sauce



Camarones en Ajo

### Camarones en Ajo

Shrimp cooked in garlic and olive oil served with white rice, maduro plantains, frijoles guisados, and chismol (Honduran "pico"). **\$15.25**

## CATRACHITOS

(Kids 10 and under)

Includes kid's soft drink and your choice of french fries, sweet potato fries or white rice. **\$5.25**

### Grilled Cheese

### Chicken Tenders

### Tortilla con Quesillo (Soft Honduran Cheese)

### Cheese, Ham or Shredded Chicken Quesadilla

REMINDER: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness. To preserve the freshness and quality of our food we may limit the availability of certain items.

