

## 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

### Honduran Ice coffee

\$5.25



Café con Leche



Ice Coffee

## SOFT DRINKS \$2.99

(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

Glass 14 oz

\$6.99



### Freshly squeezed Orange Juice

Glass 12 oz

\$6.99

Pitcher 36 oz

\$18.99

### Mimosa

\$6.00

### Horchata (Rice Water)

Glass 16 oz

\$6.25

Glass 36 oz

\$9.25

Pitcher 58 oz

\$18.99

### Coconut limonade

\$6.99



## POSTRES/ DESSERTS

### Tres Leches Cake

Moist and creamy three milk cake.

\$6.50

### Flan

Creamy milk and vanilla custard – a Latin favorite.

\$5.25

### Vanilla Ice Cream

A scoop of vanilla ice cream topped with pineapple marmalade.

\$4.25



Tres Leches Cake



Flan

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

610 Ridgeview Dr,  
Frankfort, KY 40601  
(502) 699-2380

# DINNER menu







Beef Pastelitos

Three thinly-layered crisp shells filled with ground beef topped with traditional shredded cabbage, Honduran cheese, and pueblo sauce on the side

\$8.75

Guacamole

Honduran-style freshly made guacamole. Served with plantain chips.

\$7.50



Guacamole

Chismol w/ plantain chips



Chismol with corn chips or plantain chips

Chismol is our Honduran "pico" – fresh and healthy mix of green peppers, tomatoes, red onions and cilantro.

\$6.75

Fair Potato Fries (Papas de Feria)

Homemade potato fries topped with honey mustard, Honduran sauce, and shredded Honduran cheese.

\$7.25

Nacho Dip

Our nacho cheese sauce and jalapeños, served with tortilla chips.

\$6.25

Add ground beef for \$1.00

Canoas (Plátano Relleno)

Fried plantains with refried beans, Honduran mantequilla, cheese and chismol on top.

\$8.99

Add ground beef or shredded chicken

\$9.99



Mami Sampler



Canoas

Mami Monchita's Family Sampler

One chicken enchilada, one taco de pollo, one beef pastelito, and one mixed pupusa (Honduran style bacon chunks and Honduran queso).

\$14.99

Vegan  
Vegetarian

Ceviche (weekend only)

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

\$9.25



Mami Monchita's Nachos



Ceviche

Lorem ipsum

Mami Monchita's Nachos

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

\$10.75

Vegetarian version available.

Anafres

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

\$9.25

Skip the chorizo to make it vegetarian.



Anafres

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.

\$6.25



Elote Loco

LUNCH  
menu

Mon - Fri / 11:00am - 2:00pm

LUNCH PLATES \$9.99

Grilled Chicken Breast  
Sautéed Vegetables

Shredded Pork Carnitas  
Grilled Chicken Carnitas



Grilled Chicken Carnitas

Pescado a la Plancha

Swai fish fillet marinated with our traditional cilantro blend sauce, served with casamiento, sweet plantains (maduros), and chismol (Honduran "pico").

\$11.99

Pupusas

Two 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 pickle onions.

\$8.99

Choose from:

Quesillo (Soft Honduran Cheese)

Mixtas (Chicharron and queso)

Enchiladas (order of 2)

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

\$8.99

Vegetarian version available

Tacos de Pollo (order of 3)

Crispy rolled-up corn tortillas stuffed with shredded chicken and served with traditional shredded cabbage, grated Honduran cheese and our homemade criolla and pueblo sauces.

\$8.99



Tacos de Pollo



Enchiladas

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!

\$14.99



Pollo con Tajadas



Revuelto Hondureño

Revuelto Hondureño

Delicious mix of flavors! White rice, frijoles guisados, grilled chicken, mantequilla hondureña, shredded cheese and chismol

\$10.50

LUNCH COMBOS \$11.99

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 yucca 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)



DINNER COMBOS

\$13.99

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 yucca fried.



Fish tacos



Enchiladas

**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)

A LA CARTE

Enchilada	\$4.25
Pupusa	\$4.25
Taco de Pollo	\$4.25
Soft grilled fish tacos	\$4.25

SIDES



(All sides are vegan unless otherwise noted)

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

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 pickle onions.

\$10.50

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!

\$10.25



Pupusas



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 yucca topped with traditional shredded cabbage, chicharrones (bacon chunks), and our homemade criolla sauce.

\$10.25

Skip the chicharron to make it vegetarian.



Tacos de Pollo



Yuca con Chicharron

Tajadas con repollo

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

\$9.50

Add ground beef or shredded chicken for \$1.99

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!

Additional fillings for \$0.99 each

\$10.25

Skip the chorizo or chicken to make it vegetarian.



Tajadas con Repollo



Baleadas

Catrachas

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

\$8.50

Honduran Chapsuy

A delicious mix of carrots, cabbage, celery, pataste (chayote), onions, peppers, served in a bed of noodles.

Vegetarian \$11.99

Chicken \$12.99

Shrimp \$14.99

Mix \$16.99



Catrachas



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. **\$9.99**

**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. **\$10.25**

ENSALADAS / SALADS  
SOPAS / SOUP

**Soup of the day** (ask your server) **\$15.99**

**Cabbage Salad**  
Sheredded cabbage, fresh tomatoes, cucumbers, pickle onions marinade whith cumin, salt and lime juice. **\$5.50**

**Garden Salad**  
Finely chopped romaine lettuce, fresh cucumbers, tomatoes, topped with Hondurans cheese.


**Caesar Salad** **Half Salad \$5.00/\$7.99**


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

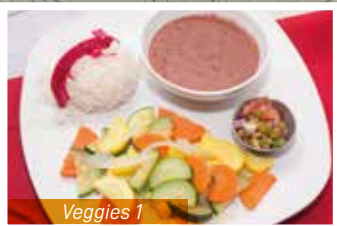
Add shrimp **\$4.00** **Half Salad \$6.00/\$8.49**


Add chicken **\$3.00**

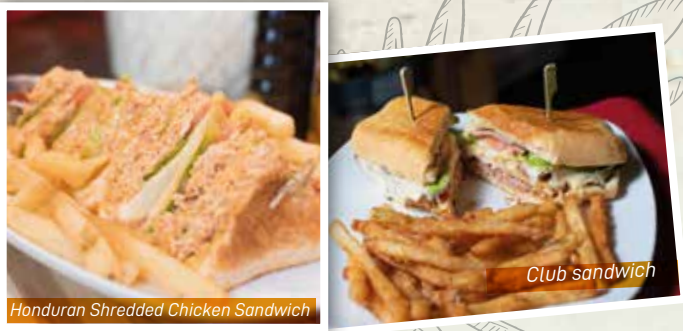
VEGETARIANO / VEGETARIAN

**Veggies 1**   
Sauteéd vegetables, white rice, refried beans, and chismol. **\$11.25**

**Veggies 2**   
Sauteéd vegetables, casamiento, avocado slices, and plátanos maduros (sweet plantains). **\$11.25**



Vegan  
Vegetarian 



STEAK / PORK

**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. **\$21.99**



**Carne Asada**  
Bite size tender sirloin cuts served with white rice, refried beans, avocado, chismol (Honduran "pico"), chimichurri sauce and corn tortillas. **\$19.99**

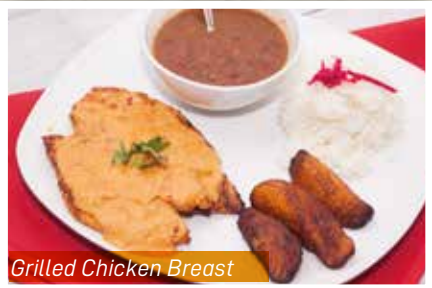
**Shredded Pork Carnitas**  
Shredded pork sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains). **\$14.99**



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). **\$14.99**

**Grilled Chicken Carnitas**  
Grilled chicken strips sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains) **\$14.99**




**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! **\$14.99**

**Revuelto Hondureño**  
Delicious mix of flavors! White rice, frijoles guisados, grilled chicken, mantequilla hondureña, shredded cheese and chismol. **\$14.99**



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, white rice, fried tajadas , and criolla sauce – just like it's served at the lake! Yes, head and all. **\$16.99**



**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"). **\$15.99**

**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"). **\$15.99**



**Camarones en Ajo**  
Shrimp cooked in garlic and olive oil served with white rice, maduro plantains, frijoles guisados, and chismol (Honduran "pico"). **\$15.99**

CATRACHITOS / KIDS  
(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 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.

