



8774874884

<http://www.grabndashmenus.com>

# El Manantial Restaurant

## EL MANATIAL BREAKFAST SELECTION

*Served from 8:am to 10:30am*

### ALMUERZOS BREAKFAST

*Eggs served with fried potato bits,  
refried beans, fresh avocado slices,  
and warm tortilla's*

- Huevos Al Gusto \$8.09  
*two eggs made to order and side of  
grilled tender ham*
- Huevos A La Mexicana \$8.79  
*Three scrambled eggs with diced  
tomatoes, onions, jalapenos, and side  
of grilled tender ham*
- Huevos Rancheros \$8.39  
*Two eggs made to order topped  
with a specialty home-made salsa,  
and side of grilled tender ham*
- Huevos Con Chorizo \$8.69  
*Three scrambled eggs with our  
flavorful pork chorizo, and side of  
grilled tender ham*
- Huevos Con Jamon \$8.69  
*Three scrambled eggs with tender  
ham*
- Huevos Divorciados \$8.39  
*Two eggs made to order, split  
between refried beans and fried  
potato bits, topped with green and  
red salsa*
- Huevos Con Guisado O Carne \$9.09
- Asada  
*Two Eggs made to order with side  
of pork simmered in our delicious  
green and red sauce, or grilled beef*

## CHILAQUILES BREAKFAST

*Chilaquiles served with fried potato  
bits, refried beans, fresh avocado  
slices, warm tortilla's or mexican  
bread*

- Chilaquiles Rojos O Verdes \$8.19  
*Fried corn tortilla slices cooked in a  
mild specialty red or green sauce,  
topped with fresh white cheese and  
side of grilled tender ham*
- Chilaquiles Con Guisado O \$9.19  
Carne Asada  
*Served with pork simmered in our  
delicious green or red sauce or grilled  
beef*
- Chilaquiles Con Huevos \$9.39  
*Served with two eggs made to  
order and side of grilled tender ham*
- Chilaquiles Con Huevos Y \$10.29  
Guisado O Carne Asada  
*Served with pork simmered in our  
delicious green or red sauce or grilled  
beef and two eggs made to order*
- Migas \$9.99  
*Fried corn tortilla's slices cooked  
with three eggs, flavorful pork  
chorizo, mozzarella cheese, topped  
with fresh white cheese, and side of*

*grilled tender ham*

Migas Con Guisada O Carne \$10.99

Asada

*Served with pork simmered in our delicious green or red sauce, or grilled beef*

Chilaquiles Guadalajara \$10.59

*An abundance of red or green chilaquiles complemented with shredded chicken or grilled beef, chorizo, cilantro, onions, fresh white cheese, sour cream and topped with scrambled egg*

## **MOLLETES**

**Toasted Mexican Bread. You can add a side of ham (\$1.79), and/or two scrambled eggs (\$1.19)**

Azucar Y Mantequilla \$2.09

*Sugar and butter*

Mermelada De Fresa Y Leche \$2.39

Condensada Azucarada

*Strawberry jelly and sweetened condensed milk*

Frijoles Refritos Crema, Queso \$2.79

Lechuga Y Tomato

*Refried beans, sour cream, cheese, lettuce, and tomatoes*

## **Burrito De Almuerzo/ Breakfast Burrito**

**choose any 2 \$2.79 Choose any 3 \$2.99**

Burrito De Almuerzo Breakfast \$2.79

Burrito

*choose any 2 for \$2.79*

Burrito De Almuerzo Breakfast \$2.99

Burrito

*pick any three for 2.99*

## **Caldos/Soups**

**Small \$7.59 Large \$9.59**

Caldo De Res

*Beef vegetable soup slowly cooked to perfection. Served with rice and warm tortilla's*

Caldo De Pollo

*Chicken vegetable soup slowly cooked to perfection. Served with rice and warm tortillas*

Carne En Su Jugo

*This is mom's recipe and one of her wonderful dishes; It's somewhere between a soup and a stew, bright and warming at the same time- richness of meats (bacon and beef), jalapenos, pot beans, and onions. Served with warm tortillas*

Pozole

*Hominy and delicious pork stew. served with warm tortillas or Mexican Bread*

Menudo

*A wonderfully aromatic soup made of tripe, hominy, and chili. Served with warm tortillas*

## **Para Empezar**

**For Starters**

Camarones Aguachile \$8.99

*Raw shrimp cooked in a lime juice, drenched in fiery garlic salsa. Served on half an avocado*

Chile De Molcajete \$3.79

*Try our flavorful home-made salsa made with tomatoes jalapenos, green tomatoes, red chili pods mixed together and accompanied with choice of two warm tortillas*

Queso (Small)

\$4.69/Large \$6.09)

*Our appetizing white cheese dip, topped with guacamole, served with crispy warm chips. You can add grilled beef or chorizo for additional \$1.79*

Guacamole (Small \$4.59-Large \$6.59)

*Made fresh daily with avocados, diced tomatoes, onions, jalapenos, chopped cilantro, and lime*

## **Ceviche En Tazon (Small \$4.59-Large \$ 5.99)**

**Choose any one or combine**

De Pescado

*Try our raw fish chopped into bite-size pieces and marinated (cooked) in lime juice, mixed with fresh pico-de-gallo and carrot bits*

De Camaron

*diced raw shrimp marinated (cooked) in lime juice mixed with Thai chili peppers, red onions, and cucumbers*

Combine both Ceviches

*De Pescado/ De Camaron*

## **Quesadillas**

Quesodilla

*Flour or corn tortilla grilled with mozzarella cheese. Served with guacamole, lettuce, tomatoes, and sour cream. Single-\$3.99-Double \$5.29*

Quesadilla Con Carne

*Flour or corn tortilla grilled with mozzarella cheese and your choice of meat Served with guacamole, lettuce, tomatoes, and sour cream. Single \$6.49- Double \$8.29*

Quesadillas De Camaron

*Flour tortilla grilled with mozzarella cheese, shrimp, bell peppers, onions, and tomatoes. Served with guacamole, lettuce, tomatoes, and sour cream. Single \$8.89- Double \$10.69*

## **Comidas/Entrees**

Birria Estilo Jalisco \$9.49

*Try our house specialty, tender beef simmered in red sauce and spices in our mouth watering bouillon. Served with rice, refried beans, and warm tortillas*

Birria De Cabrito \$16.79

*Try our house specialty, slow-steamed goat meat simmered in red sauce and spices. Served with rice, refried beans, avocado slices, and cactus salad*

Pollo Enchilado \$9.39

*Spicy tender grilled chicken breast. Fired up to order with our home-made red chili seasoning. Served with white rice, salad, and warm tortillas*

Pollo A La Plancha \$9.17

*Tender grilled chicken breast. Served with lettuce, tomatoes, rice, refried beans, guacamole, and warm tortillas*

Pollo A La Plancha Adobado \$9.39

*Tender grilled chicken breast marinated with house specialty spices. Served with lettuce, tomato, rice, refried beans, guacamole, and warm tortillas*

Enchiladas Rojas O Verdes

*Your choice of our delicious home-made enchiladas covered in red or green sauce, fresh or mozzarella cheese. Served with*

- guacamole, lettuce, tomatoes, rice, and refried beans*
- Enfrijoladas \$9.09**  
*This plate is kin to our enchilada plate except the tortilla is filled with fresh white cheese and covered with our delicious bean puree. Served with guacamole, lettuce, tomatoes, sour cream, rice, and refried beans. You can add grilled beef slice for \$1.79*
- Chiles Rellenos \$10.59**  
*Two roasted fresh poblano peppers stuffed with mozzarella cheese, dipped in egg batter and deep fried. Topped with home-made tomato sauce. Served with rice, refried beans, guacamole, and warm tortillas. You can add grilled beef(\$2.29) and queso dip (\$1.99)*
- Costillas De Puerco En Chile Rojo \$10.09**  
*Small juicy pork ribs simmered in our home-made mild red sauce. Served with rice, refried beans, guacamole, and warm tortillas*
- Guisado De Puerco Rojo O Verde \$9.79**  
*Delicious pork bits simmered in our home-made mild red or green sauce. Served with rice, refried beans, guacamole, and warm tortillas*
- Gorditas \$9.39**  
*Try our hand made one of a kind gorditas, stuffed with mozzarella cheese, refried beans, and guacamole*
- Sopes \$9.59**  
*Our Sopes are a traditional Mexican dish, they are small circle bowls of fried masa topped with refried beans, lettuce, cheese, tomatoes, and your choice of meat. Served with rice, refried beans, and guacamole*
- Plato Jalisco**  
*Choose grilled shrimp, grilled beef, or grilled chicken, or combine two or all three- cooked with fresh bell pepper, jalapeno, onions, and tomatoes. Served with rice, refried beans & pot beans, guacamole, and warm tortillas*
- Plato Jalisco Grilled Chicken \$10.79**  
**Plato Jalisco Grilled Beef \$11.79**  
**Plato Jalisco Grilled Shrimp \$12.79**  
**Plato Jalisco Combine any two \$15.79**  
**Plato Jalisco Combine All Three \$16.79**  
**Choose any Two create your own combo. Served with rice, refried beans, and guacamole \$10.29**  
*Taco, Gordita, Chile Relleno, BUrrito, Enchilada, Tostada, Enfrijolada, Sope*
- Choose any Three create your own combo. Served with rice, refried beans, and guacamole \$12.49**  
*Taco, Gordita, Chile Relleno, BUrrito, Enchilada, Tostada, Enfrijolada, Sope*
- Bistec Ranchero \$9.99**  
*Tender grilled beef tips slowly cooked with onions, cactus, tomatoes, and poblano peppers in mild sauce. Served with, rice, refried beans, fresh avocado slices, and warm tortillas*
- Carne Asada \$10.39**  
*tender grilled beef slices topped with mouth watering grilled green onions. Served with rice, and warm tortillas*
- Plato De Carne \$10.69**

Enjoy a Plate of your favorite meat,  
Served with rice refried beans,  
onions, cilantro, guacamole, and  
warm tortillas. Choose one Pick  
Marinated Beef & Pork with  
pineapple, Tender Grilled Beef, or  
Juicy Marinated Pork

Plato De Carne \$11.69

Enjoy a Plate of your favorite meat,  
Served with rice refried beans,  
onions, cilantro, guacamole, and  
warm tortillas. Choose one option  
Chitterlings, Beef Tongue, Soft Beef  
Cheak Meat

## **Tacos & Burritos**

**Both Choices topped with onions,  
cilantro,cooked beans Served with  
rice, refried beans and guacamole**

3 Tacos \$9.49

Choose your meat, add Queso Dip  
\$1.99 or add Taco \$1.79

3 tacos (combo meat) \$10.70

Pick two meats

2 Burritos \$10.29

Choose your meat, add Queso Dip  
\$1.99 or add Taco \$1.79

Tacos De Birria \$10.39

Three corn tortillas smothered in  
red sauce, lightly fried, filled with our  
house specialty shredded marinated  
beef, Served with rice, refried beans,  
onions, cilantro, and our beef bouillon

Tacos Dorados (Flautas) \$8.89

Three deep fried corn tortillas filled  
with your choice of meat. Topped  
with lettuce, tomato, sour cream, rice,  
refried beans, and guacamole.  
(Shredded Chicken, Mashed  
Potatoes, Shredded Beef)

2 burritos (combo plate) \$11.09

pick two meats for your burritos

## **Tortas Sandwiches**

**Mexican Sandwich Served On A  
Crispy Sub Type Roll**

Torta De Jamon o Carne \$6.39

Dshebrada

Tender grilled ham or Shreded  
beef layered with sour cream,  
ketchup, tomatoes, onions, fresh  
avocado slices, pickled jalapenos,  
and lettuce. Served with guacamole

Torta De Carne \$6.59

Your Choice of meat layered with  
beans onions, cilantro, fresh avocado  
slices, lettuce, and home-made spicy  
sauce. Served with guacamole

Hamburguesa \$7.59

Home-made patty topped with  
American cheese, bacon, lettuce,  
tomatoes, onions, pickles, pickled  
jalapenos, fresh avocado slices,  
ketchup, mustard, and mayo on a  
sesame seed bun. Served with  
home-made fries

Torta Ahogada \$7.89

A Torta Ahogada is a typical dish  
from the Mexican state of Jalisco,  
particularly in the city of Guadalajara.  
Our delicious torta comes on a  
baguette filled with our juicy house  
recipe pork bits and refried beans,  
drenched in a mild but savory  
home-made tomato sauce. Add as  
much fire as you want with a chile de  
arbol sauce that is served separately.  
Served with a fried potato taco, and  
pickled red onions.

## **Mariscos Seafood**

**Notice: Consuming raw or**

**under-cooked meats,poultry,seafood,**

**shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions**

**Coctel De Camaron \$10.69**

*Large poached shrimp tossed in flavorful hot or cold tomato juice. Served with diced onions, tomatoes, cilantro, avocado, & a splash of lime*

**Coctel De Cameron Y Pulpo \$10.99**

*Large poached shrimp & cooked octopus tossed in flavorful hot or cold tomato juice. Served with diced onions, tomatoes, cilantro, avocado, and splash of lime*

**Camarones Al Mojo De Ajo \$10.39**

*Shrimp cooked in a bath of garlic, which is slowly cooked to make it sweet and tasteful. Served with white rice, salad and fresh avocado slices*

**Camarones A La Diablo \$10.39**

*Shrimp simmered in tomato based spicy sauce, onions, orange, and cucumber slices. Served with white rice, salad, and fresh avocado slices*

**Tostadas De Ceviche De \$10.19**

**Pescado**

*Try our raw fish chopped into bite-sized pieces and marinated (cooked) in lime juice, mixed with fresh pico de gallo and carrot bits. Served on 3 deep fried corn tortillas and topped with fresh avocado slices*

**Tostadas De Ceviche De \$10.19**

**Camaron**

*Diced raw shrimp marinated (cooked) in lime juice, mixed with Thai chili peppers, red onions, and cucumbers. Served on three fried corn tortillas and topped with fresh avocado slices.*

**Caldo De Mariscos \$10.89**

*We cook our authentic seafood soup with fresh fish fillets, shrimp, squid, mussels, surimi, Thai chili peppers and top with cilantro & home-made red chili powder. Served with white rice.*

**Mojarra Frita \$12.39**

*Medium sized tilapia seasoned in lemon pepper blend, then deep fried to perfection. Served with white rice, salad, and fiery garlic sauce*

**Tacos De Pescado O Camaron \$10.19**

*Our delicious fish or shrimp tacos are topped with home-made pico-de-gallo, cabbage, and drizzle of sour cream. Served with white rice and fresh avocado slices.*

**Ensaladas De Pollo, Asada, O \$7.99**

**Camaron**

*Salad made with fresh lettuce, tomatoes, carrots, croutons, and avocado slices. Served with your choice of grilled chicken breast, tender grilled beef, or grilled shrimp*