

# Central Market

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

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## 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.

