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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