

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.