

## MEXICAN SOUPS

### SOPA DE POLLO

Chicken stock with chicken thigh meat and vegetables.

### CALDO TLAPEÑO

Chicken stock made with chicken thigh meat, vegetables, rice, chickpeas chipotle pepper, queso fresco and dice avocado.

### BEEF STEW SOUP

**(Caldo de Res)**

Traditional Mexican beef soup cooked with seasonal vegetables, corn on the cob.

All Soups will be served with a side of rice except Tlapeño soup and your choice of bread or tortilla.

## MEXICAN TRADITIONS

### TAQUITOS

5 Deep fried rolled chicken taquitos, served with lettuce, cheese, sour cream, pico de gallo, and avocado sauce.

### CHICKEN OR VEGETARIAN ENCHILADAS

4 Chicken or vegetarian green salsa enchiladas, served with lettuce, queso fresco, sour cream, pico de gallo and side of rice and beans.

### QUESADILLAS

Please select meat: **Chicken, Steak, Pastor, Chorizo, Vegetarian, poblano peppers and mushrooms.**

**(Rajas con Hongos) Barbacoa, Carnitas, for Shrimp add**

12" Flour tortilla with cheese and your choice of meat served with refried beans and rice.

## KID'S FAVORITES (10 AND UNDER)

*(Kid's meal includes fresh pineapple slices and drink)*

### CHEESE QUESADILLA SERVED WITH RICE

ADD CHICKEN

### MINI FLAUTAS AND RICE AND BEANS

Two Chicken roll taquitos served with bean, rice, sour cream and queso fresco.

### BETITO FRIES

Fries loaded with queso and chicken.

### MINI NACHOS WITH CHEESE AND BEANS

ADD CHICKEN OR STEAK

### CHICKEN TENDERS AND FRIES

## DRINKS

### FOUNTAIN DRINKS

### MEXICAN SODAS

### KIDS DRINK

### KIDS APPLE JUICE

### BOTTLE WATER

### IMPORTED BEER

### DOMESTIC BEER

### MARGARITA

### CRAFT BEER

### AGUAS FRESCAS

## DESSERTS

### FLAN

### TRES LECHES

### CHOCO FLAN

## SATURDAYS AND SUNDAYS ONLY

### MENUDO

### POZOLE

**\*Reminder Statement \*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL ALLERGIES\***

Notice: because our preparation techniques, such as common oil frying, may allow contact among various food items, we cannot guarantee any food item to be completely allergen free. Prices and menu items are subject to change without notice.

**WE CATER PARTIES, BANQUETS  
AND ALL TYPE OF SOCIAL EVENTS**

**LET US HELP YOU!**

TAQUIZAS A DOMICILIO. TODO TIPO DE EVENTOS SOCIALES Y BANQUETES

**CALL: 678-288-9622**

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## APPETIZERS

### QUESO DIP

### CHORIQUESO

### TOSTA-GUAC DIP

### ESQUITES

(STREET CORN IN A CUP)

### BETO'S POTATOES

Steak, fries, mexican chorizo, queso fresco, and melted queso.

## SIDES

### FRIES

### GRILLED ONIONS

### GRILLED NOPALES (Cactus)

### CHIPS AND SALSA

### BEANS

### RICE

### TORTILLAS

### AVOCADO SLICES (Aguacate)

**AUTHENTIC MEXICAN STREET TACOS**

**NO LOS ÚNICOS, PERO SI LOS  
¡MÁS SABROSOS!**

**NO EXCUSES  
CROSSFIT**

**CROSSFIT GYM FAVORITE DISHES**

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## AUTHENTIC MEXICAN STREET TACOS

### AL PASTOR

(Marinated pork)

### CHORIZO

(Mexican sausage)

### SUADERO

(Slow roasted meat beef brisket)

### ASADA

(Grilled steak)

### POLLO ASADO 160 calories *NO MSG*

(Chipotle grilled chicken)

### BARBACOA

(shredded beef)

### CARNITAS

(Slow roasted Pork)

### COCHINITA PIBIL

(Traditional Mexican slow-roasted citrus pork dish from The Yucatán Peninsula)

### TINGA

(Shredded chicken in a sauce made from tomatoes, chipotle peppers adobo, and sliced onions)

### TACOS VEGETARIANOS

#### (VEGETARIAN TACOS)

(Grilled zucchini and bell peppers)

### BUCHE

(Slow Roasted Pork Stomach)

### ALAMBRE

(Steak with bacon, bell peppers, cheese and onions)

### TRIPA

(Grilled Tripe)

### GRILLED PORK BELLY

(Chicharrón asado suave)

### LENGUA

(Beef tongue)

### CABEZA

(Beef head)

### CAMARÓN 140 calories *NO MSG*

(Blackened shrimp)

### TACO DE PESCADO *NO MSG*

(Grilled blackened fish)

### POBLANO PEPPERS, OAXACA CHEESE

#### AND MUSHROOMS

(Rajas, queso oaxaca y champiñones)

### MEXICAN CACTUS, OAXACA CHEESE

#### AND POBLANO PEPPERS

(Nopales, queso oaxaca y rajas)

## TORTAS TRADICIONALES

### AUTHENTIC MEXICAN STREET SANDWICHES

**Carne asada** (grilled steak)

**Pastor** (marinated pork)

**Chorizo** (mexican sausage)

**Carnitas** (pork)

**Jamón** (ham)

**Vegetarian** (queso oaxaca, avocado, zucchini and bell peppers)

**Pollo asado** (grilled chicken)

*All tortas include lettuce, melted cheese, tomatoes, onions, pickled jalapeños, chipotle mayonnaise, refried beans spread.*

## NACHOS

*Select your meat: Carne Asada, Carnitas, Chicken, Pastor, Barbacoa, Chorizo. (Vegan option available)*

All Nachos include Heated tortillas chips covered with melted cheese, shredded lettuce, diced tomatoes, pickled jalapeños, avocado cream salsa, pico de gallo, sour cream and queso fresco.

### ADD EXTRA MEAT

## BETO'S SPECIALITY PLATES

### POLLO NORTEÑO

Grilled chicken with bacon, oaxaca cheese, poblano peppers, and onions.

### POLLO CON RAJAS Y CHAMPIÑONES

Grilled chicken mixed with mushrooms, poblano peppers strips covered with oaxaca cheese, and queso fresco.

### PANCHITO

Dice steak mixed with chorizo, oaxaca cheese, mushrooms, pico de gallo salsa covered with queso fresco.

### LA LOLITA

Grilled chicken, zucchini, bell peppers, Street corn, Oaxaca cheese, queso fresco, sour cream, and pico de gallo.

Pollo con calabazas, esquites, pimientos, queso Oaxaca, queso fresco, crema y pico gallo.

### LENGUA EN SALSA VERDE

Beef Tongue in tomatillo green salsa served with rice and beans.

### ALAMBRE

Grilled dice steak with bacon, bell peppers, onions and oaxaca cheese.

### CARNE ASADA

Grilled steak served grilled cactus, onions, roasted jalapeños, chorizo.

### LA MARQUESA

Grilled cactus, poblano peppers, mushrooms, grilled onions, and oaxaca cheese.

All Beto's Tacos Specialties Will be served with rice, refried beans and tortillas

## SPECIALTY TORTAS

### PORKNADO

Mexican sausage, queso fresco, ham, avocado, carnitas. Chorizo, queso fresco, jamón, aguacate, carnitas.

### NORTEÑA

Steak, bacon, bell peppers. Carne asada, tocino, pimentón.

### LA CUBANA

Ham, Carnitas, winnies, scrambled eggs, cheese. Jamon, Carnitas, salchicha, huevo y queso.

### LA MEXICANA

Carne al pastor, pineapple, Beto's pickled red onions. Carne al pastor, piña y cebollas estilo Beto's tacos.

### BRASILEÑA

Steak, Carnitas, Chorizo. Carne asada, carnitas, chorizo.

### TORTA MORELIANA

Slow Roasted Pork belly, refried beans, avocado slices, chipotle salsa, queso fresco pico de Gallo, pickles sauce jalapeños, chipotle and pickled onions.

Chicharron hornado con frijoles refritos, aguacate salsa de chipotle, queso fresco, pico de Gallo, cebollas en vinagre, jalapeños.

All Tortas include: Oaxaca cheese, lettuce, slice onions, avocado, tomatoes, jalapeños, chipotle mayonnaise and spread refried beans.

## BETO'S SALADS

### CHICKEN (POLLO) 620 calories *NO MSG*

#### STEAK (CARNE ASADA)

#### SHRIMP (CAMARONES)

#### VEGETARIAN 540 calories *NO MSG*

#### EXTRA TOPPING ADD

Bacon, mushrooms

## TRADITIONAL FROM MEXICO CITY

### GRINGAS

Two 6" grilled flour tortillas with pastor, pineapple, oaxaca cheese, cilantro and onions.

*\*Dos tortillas de harina con carne al pastor, piña, cilantro, cebolla y queso oaxaca.*

### VOLCANOS

\*Crispy corn tortilla topped with chorizo sausage, pastor, oaxaca cheese, guacamole cream salsa, and pickled Beto's onions.

*\*Tortilla de maiz con carne al pastor, chorizo, queso oaxaca, guacamole salsa y cebollas estilo Beto's tacos.*

### GARNACHAS

**Please select meat: Pastor, Asada, Chicken, Chorizo, Vegetarian, Carnitas, Barbacoa**

**5" Fried corn masa dough topped with queso fresco, lettuce, Beto's pickled red onions.**

*\*Tortilla gruesa de maiz de 5" frita con su selección de carne asada, pastor, chorizo, pollo, vegetariana, carnitas o barbacoa) queso fresco, queso oaxaca, lechuga, salsa no picosa y cebollas al estilo Beto's tacos.*

### BETO'S SUPER TOSTADAS

**Please select meat: Steak, Chicken, Chorizo, Pastor, Barbacoa, Vegetarian**

**6" Crispy tortilla topped with refried beans, shredded lettuce, diced tomatoes, avocado, queso fresco, red radishes, pickled jalapeños, cilantro, guacamole cream sauce, pickled Beto's onions.**

*Tostada mexicana con frijoles refritos y su seleccion de carne (asada, pollo, pastor, chorizo, carnitas) con lechuga, tomate, aguacate, cilantro, queso fresco, salsa de guacamole, rabanos, jalapeños en vinagre y cebollas estilo Beto's tacos.*

### SUPER HUARACHES

**Please select meat: Pastor, Asada, Chicken, Chorizo, Vegetarian, Barbacoa, Carnitas**

**Fried oblong shape corn masa dough topped with refried pinto beans, lettuce, shredded cheese, tomatoes, sliced avocados, sour cream and your choice of meat (steak, chicken, carnitas, pastor, chorizo, vegetarian).**

*Tortilla ovalada de masa con frijoles refritos, lechuga, queso, tomate, rebanadas de aguacate, crema y su selección de una carne.*

**ADD EXTRA CARNE. (EXTRA MEAT)**

### NOPALAZO SANDALS

**Please select meat: Pastor, Asada, Chicken, Chorizo, Vegetarian, Barbacoa, Carnitas**

**Grilled cactus topped with refried pinto beans, lettuce, shredded cheese, tomatoes, sliced avocados, sour cream.**

**ADD EXTRA CARNE. (EXTRA MEAT)**

## BURRITOS

*Please select meat: Steak, Marinated Pork, Chicken, Mexican Sausage, Vegetarian, Carnitas, Shredded Beef, Brisket (Carne asada, pastor, pollo, chorizo, vegetarianos, Carnitas, Barbacoa, Suadero)*

Select your burrito *selecciona tu burrito*

### BETO'S BURRITO

(Stuffed with rice, beans, lettuce, sour cream, queso fresco, pico de gallo and avocado salsa. (Relleno con arroz, frijoles, lechuga, crema, queso fresco, pico de gallo y salsa de aguacate)

### BIG GREEN SALSA BURRITO

(Stuffed with rice, beans, lettuce, avocado salsa, sour cream, pico de gallo, topped with green sauce, Oaxaca cheese melted queso, and queso fresco) (Relleno con arroz, frijoles, salsa de aguacate, lechuga, pico de gallo, bañado con salsa verde, queso oaxaca y queso fresco)

### GYM CHICKEN BURRITO 520 calories *NO MSG*

(Grilled Chicken, grilled veggies, rice, pico de gallo, avocado salsa, lettuce rolled in Hearty Grain tortilla)

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