

[BOTANAS]

PICO DE GALLO & CHIPS ^(GA)(V) 9

A Freshly Cut Salsa Of Tomato, Onion, Cilantro & Serrano with plenty of Tortilla Chips

GUACAMOLE & CHIPS ^(GA)(V) 13

Avocado, Cilantro, Tomato, Serrano, Lime & Onion

DIP TRIO ^(GA)(V) 12

Guacamole, Pico de Gallo & White Bean Cuban Dip Made With Tender Navy Beans, Blended With Cumin, Lime & Garlic

YAM FRIES ^(GA)(VR) 10

Chili Salt & Chipotle Aioli

HONEY CHIPOTLE CHICKEN WINGS ^(GA) 13

9 Extra Crispy Chicken Wings Tossed in Cantina's Honey Chipotle Sauce, Garnished With Sesame Seeds, Green Onions & Lime Wedge.

TUNA TOSTADAS * ^(GA) 12

Ahi Tuna Tossed In Wasabi Sesame Dressing With Avocado, Chipotle Mayo, Crispy Leeks & Crunchy Tostadas.

CANTINA NACHOS ^(GA) 19

A Blend Of Three Cheeses Melted To Perfection & Baked Over Fresh Corn Chips With Pinto Beans, Pico De Gallo, Guacamole & Chipotle Crema.

ADD BEEF OR CHICKEN 7

ADD LAMB 9

[QUESADILLAS]

8" Flour Tortilla, Melted Cheese & Any Taco Filling

BASIC: 6

Just Cheese, Onions & Cilantro

VEGGIE: 9

Add Any Veggie Taco Filling

MEAT: 9

Add Any Meat Taco Filling

CHEF'S CHOICE: 9

Add Any Chef's Choice Taco Filling

^(GA) Gluten Aware ^(V) Vegan ^(VR) Vegan Upon Request

* Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness.

[TACOS]

\$ 3.75

Our Tacos Are Served As You Would
Find Them On The Streets Of Mexico
With Double Corn Tortillas

VEGGIE

FRIJOLES

(GA)(VR)

Pinto Beans Stewed With Cumin & Chilis, Served
With Onions, Panela Cheese & Fried Yam

OH MY GOURD!

(GA)(VR)

Roasted Squash, Kale, Fried Cheese & Chimichurri Salsa

TOFU-TASTIC

(GA)(V)

Crispy Soy Lime Tofu With Cumin Roasted Corn,
Roasted Red Pepper, Salsa Verde & Cilantro

MEAT

AL PASTOR

(GA)

Achiote Spiced Pork, Pineapple, Onions & Cilantro,
Cooked A La Plancha. A True Mexican Classic!

BARBACOA

(GA)

Slow Braised Lamb, Onion, Cilantro & Mint

CHICKEN MOLE NEGRO

(GA)

Slow Braised Chicken In Mole Negro Sauce,
Sesame Almond Crunch, Pickled Onion & Cilantro

THE ARGENTINE

(GA)

Red Wine Braised Beef served over Roasted Squash
& Kale, Topped with Chimichurri Salsa & Cilantro

CHEF'S CHOICE

AVOCADO FRITO

(VR)

Panko Crusted Avocado, House-made Kimchi, Sesame
Seeds & Chipotle Aioli

PESCADO

(GA)

Beer Battered Fish, Pickled Red Cabbage, Onions,
Sesame Seeds & Avocado Crema

CAMARON

(GA)

Beer Battered Prawn, Pineapple Salsa, Sesame Seeds &
Chipotle Aioli

(GA) Gluten Aware

(V) Vegan

(VR) Vegan Upon Request

[PLATOS PRINCIPALES]

HAMBURGUESA

15

[Served with House Salad. Sub Yam Fries \$3]

Cantina's Juiciest Of The Juicy Half Pound Beef Patty With Melted Cheese, Pickled Jalapenos, Lettuce, Tomato, Potato Chips And Cantina's Secret Chipotle Burger Sauce. Served On An Organic Kootenay Bakery Brioche Bun.

CANTINA TORTAS

15

[Served with House Salad. Sub Yam Fries \$3]

Panko Crusted Chicken Breast, Beer Battered Fish or Beer Battered Prawns. With Cumin Pickled Red Onions, Tomato, Mixed Greens, Avocado & Chipotle Mayo. Prepared In A Mexican Style Sandwich Bun. Make It A Wrap! Ask your server.

ENCHILADAS ^(GA)

Served With Cheese, Folded Into Warm Corn Tortillas, Bathed In Salsa Verde & Topped With Crema, Cotija Cheese & Pico De Gallo.

WITH CHICKEN 1 8

WITH BEANS 1 6

ADD A SIDE

- BEANS	4	- TORTILLA CHIPS	3
- HOUSE SALAD	4	- GUACAMOLE	6 /10
- PICO DE GALLO	3 / 5	- SOUR CREAM	1. 5
- CHIPOTLE AIOLI	2	- CRISPY PRAWNS (5)	8
- CRISPY AVOCADO (4)	5		

[Did You Know ?]

We Are Proudly Using Locally
Sourced, Hormone and
Antibiotic Free, Happy Meats.

(GA) Gluten Aware

(V) Vegan

(VR) Vegan Upon Request

[SOPA Y ENSALADAS]

DE LA CASA SALAD ^(V) ^(GA)

9 / 17

Fresh Greens, Pumpkin Seeds, Cumin Roast Corn & Candied Ginger. Tossed In Honey, Chilli, Lime Dressing.

MERCADO SALAD

10 / 19

Created Daily By Our Chef - The Mercado Features What's Fresh & In Season

ADD CHICKEN 7

ADD PRAWNS 8

TORTILLA SOUP ^(VR) ^(GA)

8

Tomato Chipotle Broth, Crispy Fried Tortillas, Cotija Cheese, Cilantro, Avocado, Pasilla Chili Oil & Crema

ADD CHICKEN 7

ADD PRAWNS 8

[LOS BAMBINOS]

KIDS NACHOS ^(GA)

7

Corn Tortilla Chips Baked With Cheese & Served With Pico De Gallo & Sour Cream

KIDS QUESADILLA

5

Flour Tortilla With Cheese

KIDS CHICKEN FINGERS

7

Cantina Crusted Chicken Fingers With Yam Fries & Plum Sauce

[POSTRES]

CHURROS

9

Mexican-Style Street Doughnuts Served with House-made Caramel For Dipping

CANTINA FLAN ^(GA)

8

Mexican Custard Caramel Flan. Perfectly Creamy & Delicious.



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