



La Contenta

Menu Prices — August 23, 2026

Restaurant & Food Industry Reports



US Fast Food Restaurant Market Research

This Report will provide in-depth Market and Industry Analysis, Evaluate General Indicators, Financial and Scrutinize Investment Attractiveness.

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The 2025 US Pizza Restaurants & Industry Trends Report

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The U.S. Fast-Casual Restaurant Industry

A Comprehensive Analysis of Market Dynamics, Consumer Trends, Innovation, and Competitive Strategies.

[Fast Casual Industry →](#)



2025 US Dining Restaurants & Industry

MARKET RESEARCH

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Brunch Dishes

ITEM	PRICE
La Contenta Nachos con Pollo Tortilla chips, black beans, pico de gallo, pepper jack and cheddar cheese, avocado sauce, sour cream. Contains gluten.	\$17.00
Breakfast Burrito Bacon, potatoes, onion, Oaxaca cheese, egg. Contains gluten.	\$15.00
Chilaquiles con Huevo Tortilla casserole with Oaxaca cheese, tomatillo chipotle salsa, sautéed onions, eggs any style. Contains gluten.	\$16.00
Tacos de Carne Asada Grilled hanger steak. guacamole, pico de gallo, tomatillo salsa. Served with rice & beans. Contains gluten.	\$16.00
Grilled Quesadilla with Rice and Beans Pepper jack, Oaxaca and cheddar cheese, huitlacoche, avocado sauce, sour cream. Contains gluten.	\$15.00
Guacamole Tradicional Mashed avocados, pico de gallo, served with tortilla chips. Contains gluten.	\$15.00
Tacos de Pescado Tempura crimson snapper, avocado sauce, cole slaw, chipotle aioli, sour cream. Served with rice & beans. Contains glute...	\$15.00
Huevos Rancheros Sunny-side up eggs, ranchero salsa, pepper jack cheese, black beans.	\$16.00
Enchiladas Suizas Grilled chicken, tomatillo salsa, Swiss cheese.	\$19.00
Torta Cubana Pork belly, ham, queso fresco, avocado, tomato. Contains gluten.	\$16.00
Tres Leches French Toast Berry compote, maple butter, brioche. Contains gluten.	\$16.00
Mexican Omelette Avocado, pico de gallo, Swiss cheese.	\$16.00
Camarones al Ajillo Pan-roasted shrimp, chile-garlic sauce, rice, spinach.	\$19.00
Molotes de Chorizo Fried corn masa turnovers, chorizo, potatoes, avocado-chipotle salsa. Contains gluten.	\$16.00

Las Sodas

ITEM	PRICE
Mexican Coca-Cola Mexican Coke.	\$3.50
Squirt Mexican grapefruit soda.	\$3.50
Topo Chico	\$3.50

Coffee/Tea

ITEM	PRICE
Café Latte	\$5.50
Tea	\$4.50

Para Empezar

ITEM	PRICE
La Contenta Nachos Tortilla chips, black beans, pico de gallo, pepper jack, Oaxaca and cheddar cheese, avocado sauce, sour cream. Contains...	\$15.00
Grilled Quesadilla Pepper jack, Oaxaca and cheddar cheese, huitlacoche, avocado sauce, sour cream and pico de gallo. Contains gluten.	\$15.00
Tacos de Carne Asada Grilled hanger steak, guacamole, pico de gallo, and tomatillo salsa. Contains gluten.	\$16.00
Guacamole Tradicional Mashed avocados, pico de gallo, served with tortilla chips. Contains gluten.	\$15.00
Tacos de Pescado Tempura crimson snapper, avocado sauce, cole slaw, chipotle aioli, and sour cream. Contains gluten.	\$15.00
Tacos de Pollo Pan-roasted chicken, cole slaw, roasted tomatillo salsa, and crema.	\$14.00
Tacos de Carnitas Pork confit, cilantro, serrano salsa (very spicy).	\$15.00
Tacos de Birria Beef stew, chile de árbol salsa, cilantro, onion. Contains gluten.	\$16.00
Torta Ahogada Shrimp slider drowned in mild and spicy sauce, dollop of guacamole. Contains gluten.	\$14.00

Plato Fuerte

ITEM	PRICE
Enchiladas Suizas Braised chicken, tomatillo salsa, Swiss cheese, and rajas con crema.	\$23.00
Enchiladas de Camarón Pan-roasted shrimp, Oaxaca cheese, chipotle salsa, Brussels sprouts, and sour cream.	\$23.00
Hanger Steak a la Parrilla Double-baked potato, spinach, roasted salsa verde, and chimichurri salsa.	\$27.00
Pollo en Mole Poblano Braised chicken breast, mole sauce, wild rice chicken risotto, and plantains. Contains gluten and nuts.	\$23.00
Chile Relleno y Succotash Chile poblano, spinach, Oaxaca cheese, succotash, and chipotle salsa.	\$21.00
Branzino Veracruz Braised branzino, Veracruz sauce, Mexican rice, and fried plantains.	\$26.00
Huarache de Camarón Masa dough, grilled shrimp, bean purée, Swiss cheese, and roasted salsa.	\$22.00
Icelandic Cod Al Pastor Oven-roasted cod, Brussels sprouts, and roasted potatoes.	\$24.00

Sides

ITEM	PRICE
Rice and Beans Vegetable rice and black beans (vegan).	\$5.00
Chips and Salsa	\$5.00

ITEM	PRICE
Side of Salsa (Spicy)	\$2.00
Side of Jalapeños	\$2.00
Side of Crema Mexicana	\$2.00

Las Micheladas

ITEM	PRICE
La Contenta Michelada Lager beer, cucumber juice purée, hot sauce, lime juice, sea salt, a splash of orange juice.	\$9.00
Michelada de Tamarindo Lager beer, housemade tamarind purée, guajillo chile, lime juice, sea salt.	\$9.00
Michelada al Pastor Lager beer, housemade pineapple purée, cilantro, chipotle pepper, lemon juice, sea salt.	\$9.00
Michelada de Blackberry Dark lager beer, blackberry purée, housemade chile morita salsa, lime juice, sea salt.	\$9.00

Las Cervezas

ITEM	PRICE
Pacífico Must be 21 to purchase.	\$5.00
Modelo Especial Must be 21 to purchase.	\$5.00
Negra Modelo Must be 21 to purchase.	\$5.00
Tecate Must be 21 to purchase.	\$5.00
Monopolio Lager Must be 21 to purchase.	\$5.00

Las Sodas

ITEM	PRICE
Mexican Coca-Cola Mexican Coke.	\$3.50
Topo Chico	\$3.50
Squirt Mexican grapefruit soda.	\$3.50

Coffee/Tea

ITEM	PRICE
Café Latte	\$5.50
Tea	\$4.50
American Coffee	\$3.75
Cappuccino	\$5.50