

SUEÑOS TENAMPA

7251 FIVE OAKS DR.  
HARMONY FL, 34773  
PH: (321) 805-4067

BOTANAS

Appetizers

- GUACAMOLE \$7.99 Guacamole Dip.
- QUESO FUNDIDO \$11.99
- QUESO FUNDIDO WITH CHORIZO \$13.99
- TAQUITOS DORADOS \$8.99
- TENAMPA SAMPLER \$11.99
- QUESO DIP \$7.99
- VIVA MÉXICO \$6.99  
Cheese dip with beans.
- ESQUITES \$7.99  
Mexican street corn.

TACOS \$3.25  
TORTAS \$10.99

ASADA, LENGUA, TRIPA, CARNITAS  
POLLO, BUCHE, CUERITOS, BIRRIA

Steak, Tongue, Tripe, Pork,  
Chicken.

PASTOR, CHORIZO

Marinated Pork, Mexican Sausage.

MILANESA

Breaded Steak or Chicken.

FISH OR SHRIMP TACO \$3.50

NACHOS

Served with cheese dip, beans,  
lettuce, guacamole, Pico de Gallo,  
sour cream and jalapeños.

ASADA, POLLO O CERDO \$10.99

Steak, Chicken or Pork.

CAMARÓN O MIXTOS \$12.99

Shrimp or Mix.

TOSTADAS

CEVICHE, SHRIMP \$6.99

CARNE ASADA, AL PASTOR \$5.99

Grilled Steak, Marinated Pork.

ENSALADAS

Salads

TENAMPA SALAD \$9.99

Pollo o carne. w/chicken or steak.

TACO SALAD \$11.99

Pollo o carne. w/chicken or steak.

\* CONSUMING RAW OR UNDERCOOKED  
MEATS, POULTRY, SEAFOOD, SHELFISH,  
EGGS OR UNPASTEURIZED MILK MAY  
INCREASE YOUR RISK OF FOOD-BORNE  
ILLNESS

AFTER 2 CHIPS BASKETS PER  
TABLE, THERE WILL BE AN  
ADDITIONAL CHARGE



PLATOS TÍPICOS  
MEXICANOS

Typical Mexican Dishes

CHILAQUILES VERDES O ROJOS \$10.99

Green or red chilaquiles.

CHILE RELLENO DE QUESO \$11.99

Stuffed pepper with cheese.

ENCHILADAS VERDES O ROJAS \$13.99

Green or red enchiladas.

ENCHILADAS DE MOLE \$14.99

Mole enchiladas (Mole: Mild sauce  
made from dry chiles, spices and  
chocolate).

FLAUTAS \$12.99

Chicken crispy tacos

TAMALES \$10.99

HOUSE Specials

All dishes are served with handmade corn tortillas

ALAMBRE \$18.99

Steak, al pastor, chicken, Mexican  
sausage and melted cheese,  
served with guacamole, lettuce  
and Pico de Gallo.

RIB-EYE CON CAMARONES \$26.99

RIB-EYE STEAK W/SHRIMP

Served with rice, beans, lettuce,  
guacamole and Pico de Gallo.

MILANESA DE RES O DE POLLO \$15.99

BREADED STEAK O CHICKEN

Served with rice, beans, avocado,  
tomatoes and lettuce.



VEGETARIANOS

VEGETARIAN QUESADILLA \$9.99

Flour tortilla stuffed with  
mushrooms, onions, bell peppers  
and tomatoes, served with rice,  
beans, lettuce, avocado, sour  
cream and Pico de Gallo

VEGETARIAN FAJITA \$10.99

Sautéed mushrooms, onions, bell  
peppers, squash, broccoli and  
cauliflower, served with rice, beans,  
lettuce, avocado, sour cream and  
Pico de Gallo

VEGETARIAN COMBO \$11.99

Beans burrito and cheese  
enchilada, served with rice, beans  
& vegetables

VEGETARIAN CHEF \$10.99

Poblano pepper stuffed. Served  
with rice and vegetables

POLLO

Chicken

ESPECIAL PECHUGA ASADA \$17.99

SPECIAL GRILLED CHICKEN

BREAST

Served with onions, bell pepper,  
mushrooms, carrots and baked  
potato.

POLLO EN MOLE ROJO \$14.99

RED MOLE STYLE CHICKEN

Served with rice and beans.

POLLO AL CHIPOTLE \$14.99

CHIPOTLE STYLE CHICKEN

Served with rice, beans and salad.

POLLO DE LA CASA \$15.99

CHICKEN OF THE HOUSE

Served with rice, beans, melted  
cheese, mushrooms, onions,  
tomatoes and lettuce.

PECHUGA DE POLLO A LA PLANCHA  
\$13.99

GRILLED CHICKEN BREAST

Served with rice, beans and salad.



CERDO Pork

CARNITAS DE CERDO \$11.99

PORK CARNITAS

Served with rice and beans.

CHULETA AHUMADA \$14.99

SMOKED PORK CHOP

Served with rice, tender cactus,  
mushrooms, pineapple, onion,  
tomato, lettuce, guacamole and  
Pico de Gallo.

CHULETA DE CERDO A LA PLANCHA  
\$14.99

GRILLED PORK CHOP

With rice, beans, cactus, onions,  
tomatoes, bell pepper, guacamole  
and Pico de Gallo.

18% GRATUITY WILL BE INCLUDED IN  
PARTY OF 6 OR MORE.



# MARISCOS

## Seafood

Served with rice, vegetables and salad.

**\*FIESTA DE MARISCOS \$28.99**  
**SEAFOOD MIX**

**PESCADO A LA PLANCHA \$14.99**  
**GRILLED FISH**

**PESCADO EMPANIZADO \$16.99**  
**BREADED FISH FILET**

**PESCADO A LA MEXICANA \$18.99**  
**MEXICAN STYLE FISH**

**PESCADO A LA VERACRUZANA \$18.99**  
**VERACRUZ STYLE FISH**

**MOJARRA FRITA AL GUSTO \$M.P**  
**FRIED PORGIE**

**MOJARRA A LA DIABLA \$M.P**  
**DEVIL STYLE PORGIE**

**MOJARRA AL MOJO DE AJO \$M.P**  
**GARLIC STYLE PORGIE**

**CAMARONES EMPANIZADOS \$16.99**  
**BREADED SHRIMP**

**CAMARONES AL MOJO DE AJO O A LA DIABLA \$16.99**  
**GARLIC OR DEVIL STYLE SHRIMP**

**CALDO DE CAMARON \$14.99**  
**SHRIMP SOUP**

# ESPECIAL

## de la Casa

**COCTEL DE CAMARON \$14.99**  
**SHRIMP COCKTAIL**

**\*SIETE MARES \$15.99**  
**SEVEN SEAS SEAFOOD SOUP**

**\*CEVICHE DE CAMARON \$11.99**  
**SHRIMP CEVICHE**

# SOPES \$6.99

- CHOICE OF MEAT:**
- Steak • Chicken • Carnitas
  - Tongue • Chorizo • Birria
  - Cecina • Fresh Mexican Cheese

**AFTER 2 CHIPS BASKETS PER TABLE, THERE WILL BE AN ADDITIONAL CHARGE**

**\* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS**

**18% GRATUITY WILL BE INCLUDED IN PARTY OF 6 OR MORE.**

# BURRITOS & Quesadillas

- CHOICE OF MEAT:**
- Steak • Chorizo • Tongue • Tripe • Chicken • Pastor • Cecina • Birria • Carnitas.
  - Shrimp +2.99

**BURRITO \$12.99**

**BURRITO MIXTO \$15.99**  
**MIX BURRITO**

**BURRITO MOJADO \$14.99**  
**WET BURRITO**  
Covered with sauce and cheese dip.

**BURRITO MIXTO MOJADO \$16.99**  
**MIX WET BURRITO**  
Covered with sauce and cheese dip.

**QUESADILLA CASERA \$13.99**  
Deep fried quesadilla served with rice and beans.

**QUESADILLA \$12.99**  
Served with rice and beans.

**QUESADILLA DE CAMARÓN \$14.99**  
**SHRIMP QUESADILLA**  
Served with rice and beans.

**QUESADILLA MIXTA \$14.99**  
**MIX QUESADILLA**  
Served with rice and beans.

**CHIMICHANGA \$12.99**  
Served with rice and beans.

**HUARACHES \$13.99**



# SIDE ORDERS

**CORN TORTILLAS \$2.25**

**RICE \$2.99**

**BEANS \$2.99**

**TAMAL \$3.50**  
Served with fresh Mexican cheese and sour cream.

**SOUR CREAM \$2.99**

**MOZZARELLA CHEESE \$2.99**

**AVOCADO \$2.99**  
**CHILES TOREADOS \$2.99**  
Grilled jalapeños with onions.

**CEBOLLAS CAMBRAY A LA PARRILLA \$1.99**  
Grilled green onions.

**NOPALES \$3.99**  
Tender cactus.

**PICO DE GALLO \$2.99**

**SMALL GUACAMOLE \$3.99**

**CHIPS & SALSA \$3.99**

**QUESO FRESCO \$3.99**  
Fresh Mexican Cheese

# FAJITAS

## Tradicionales

**CHICKEN FAJITA**  
**For One \$14.99 For Two \$25.99**

**STEAK FAJITA**  
**For One \$17.99 For Two \$29.99**

**SHRIMP FAJITA**  
**For One \$19.99 For Two \$32.99**

**MIX FAJITA MIXTA**  
**For One \$18.99 For Two \$31.99**

# COMBO

## \$13.99

**CHOOSE TWO**  
*Served with rice and beans.*

- 1 TACO**
- 1 CHILE RELLENO**
- 1 BURRITO** (Chicken or Steak)
- 1 ENCHILADA**
- 1 TAMAL**

# DESAYUNOS Breakfast

*Served from 10:00 am to 12:00 pm.*  
*Served with rice & beans*

**HUEVOS A LA MEXICANA**  
**MEXICAN STYLE EGGS**  
*Scrambled eggs with onions, tomatoes and jalapeños.*

**HUEVOS CON NOPALITOS**  
**EGGS WITH TENDER CACTUS**

**HUEVOS MONTADOS**  
**STEAK & EGGS**

**HUEVOS RANCHEROS**  
**RANCH STYLE EGGS**  
*Fried eggs with sauce.*

**HUEVOS CON JAMÓN HAM & EGG**  
**CHILAQUILES VERDES O ROJOS**  
*Chilaquiles with red or green sauce.*

# WEEKENDS

**MENUDO \$12.99** *TRIPE SOUP*

**CALDO DE RES \$12.99** *BEEF SOUP*

**BIRRIA \$12.99** *STEAMED B.B.Q.*

**POZOLE \$12.99**  
Traditional Mexican pozole is a rich, brothy soup made with hominy and pork.

# POSTRES

## Desserts

**PASTEL TRES LECHES \$7.99**  
Homemade three milks cake.

**FLAN NAPOLITANO \$7.99**  
A custard dessert with a layer of clear caramel sauce.

**FRIED ICE GRAM \$8.99**

**CHURROS \$7.99**  
Mexican pastry resembling a doughnut or cruller and made from deep-fried unsweetened dough and sprinkled with sugar.

**EL CARRITO \$11.99**  
Ice cream & churros

**CHEESECAKE \$7.99**

**EL DORADO \$12.99**  
Fried Ice cream, churros and buñuelo, with a touch of cinnamon and caramel.

# BEBIDAS

## Soft Drinks

Pepsi, Diet Pepsi, Sierra Mist, Dr Pepper, Sweet & Unsweet Tea.

Jarritos, Agua Mineral

**AGUAS FRESCAS**

- Mango • Horchata (Rice & cinnamon flavored water)
- Guava • Lime • Pineapple
- Cantaloupe.

*5 Sabores de Margaritas!!!*

*5 Margarita Flavors!!!*

# MARGARITA

# FLIGHT

## \$25.99



ASK NOT TO REQUEST MODIFICATIONS (UNLESS OF ANY FOOD ALLERGIES) TO FULLY EXPERIENCE THE EL TENAMPA CREATED WITH LOVE FLAVORS OF THE PLATES THAT **SUEÑOS TENAMPA** CREATED WITH LOVE.

