

POBLANO GRILL

MEXICAN RESTAURANT

APERITIVOS

Garnished with fresh cilantro

| | |
|---|--------|
| Fresh Guacamole Dip | \$5.95 |
| Queso Dip | |
| Special cheese, tomatoes, onions, peppers, cilantro & special spice | \$5.95 |
| <i>Add Ground Beef</i> | \$2.00 |
| Stuffed Jalapeno | |
| Choice of 4 chicken or spinach jalapenos, served with sour cream | \$6.95 |
| Chicken Flauta | |
| 3 flautas stuffed with chicken & cheese, served with sour cream | \$6.95 |
| Chicken or Beef Nachos | |
| Topped with beans, cheese, jalapenos, cilantro, olives, pico, & sour cream | \$6.95 |
| Sampler Suprema | |
| Beef, chicken & bean nachos, chicken flautas, spinach jalapenos & cheese quesadilla, with cilantro and pico, served with sour cream and guacamole | \$9.95 |
| Nachos Grande | |
| Beef, chicken, beans, pico, olives, jalapenos, and sour cream | \$7.45 |

QUESADILLAS

Two flour tortillas, with cheese, onion, tomatoes, peppers, pico, and jalapenos, served with sour cream

| | |
|--|--------|
| Fajita Chicken | \$7.45 |
| Steak | \$8.45 |
| Shrimp | \$9.95 |
| Cheese | \$6.45 |
| Veggie - Broccoli, Cauliflower, Zucchini, Peppers, Onions | \$6.95 |
| Poblano Grilled Chicken with Poblano Peppers | \$7.95 |
| <i>Add baby spinach</i> | \$1.00 |



FAJITAS

Sizzling fajita w/onions, tomatoes, peppers, served with rice, cheese, lettuce, three flour tortilla, pico & sour cream and garnished with fresh cilantro

| | |
|--|------------------|
| Veggie Fajita - Broccoli, Cauliflower, Zucchini, Onions & Peppers | \$8.95 |
| Chicken Fajita | \$10.95 |
| Steak Fajita | \$11.95 |
| Steak & Mushroom Fajita | \$12.95 |
| Chicken & Shrimp Fajita | \$12.95 |
| Combo Fajita - Steak & Chicken | \$12.95 |
| Baja Shrimp Fajita | \$13.95 |
| Salmon & Mango Fajita | \$13.95 |
| Supreme - Chicken, Steak & Shrimp | \$15.95 |
| <i>Add chipotle</i> | \$1.00 |
| <i>Add chicken</i> | \$1.50 per ounce |
| <i>Add steak</i> | \$2.00 per ounce |
| <i>Add shrimp</i> | \$1.00 each |

CHIMICHANGAS

Flour Tortilla rolled & crispy fried, served with rice, refried beans, cheese, lettuce, pico & sour cream

| | |
|---|---------|
| Casa Chimi - Ground beef, shredded beef, chicken, beans or vegetable | \$9.95 |
| Macho Chimi - Ground beef, chicken, beans & cheese | \$10.45 |
| Fajita Chimi - Chicken or steak with onions, pepper & cheese | |
| Chicken | \$9.95 |
| Steak | \$10.95 |
| Chipotle Fajita Chimi - Steak & chicken fajita with onions, peppers, cheese & chipotle sauce | |
| Chicken | \$10.95 |
| Steak | \$11.95 |
| Shrimp Fajita Chimi - Shrimp fajita with onions, peppers, cheese & chipotle sauce | \$12.95 |
| <i>Add cheese, sauce</i> | \$2.00 |

SOPAS

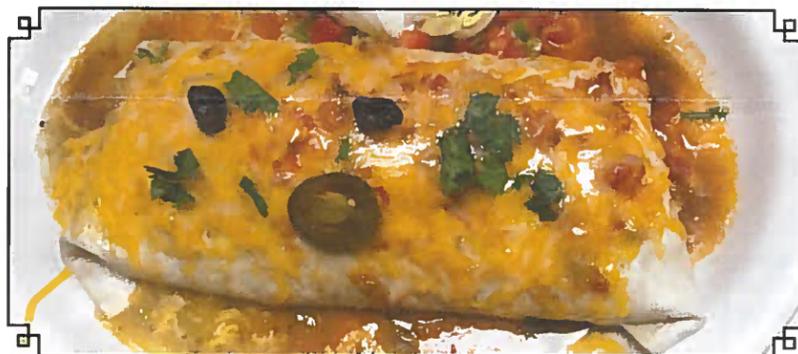
Served in cup with crisp white chips

| | |
|---------------------------------------|--------|
| Chicken & Vegetables | \$3.95 |
| Black Bean | \$3.95 |
| Chili con Carne | \$3.95 |

ENSALADAS

Crispy shredded lettuce served in a tortilla shell with choice of sour cream, ranch or Italian dressing. Garnished with jalapeno, olives, cilantro & pico

| | |
|--|--------|
| House Salad | |
| Lettuce, onions, peppers, tomatoes, cheeses & cilantro | \$4.95 |
| Taco Salad | |
| Ground beef, shredded beef, chicken or refried beans | \$6.95 |
| Fajita Salad | |
| Choice of chicken or steak over lettuce, cheese, jalapeno & pico | |
| Chicken | \$7.95 |
| Steak | \$8.45 |
| Chipotle Steak Salad | |
| Lettuce & rice topped with chipotle steak, onions and peppers | \$8.95 |
| Chipotle Shrimp | |
| Lettuce & rice topped with shrimp, onions and peppers | \$9.95 |
| Grilled Chicken Salad | \$7.95 |
| Lettuce & rice topped with chicken, onions and peppers | |
| Arroz con Pollo | |
| Lettuce, rice, chicken, sour cream, pico, jalapeno, black olives & cilantro | \$7.95 |
| Super Salad | |
| Iceberg lettuce, chicken, beef, rice, black beans, guacamole, pico, corn, cilantro | \$8.95 |



PLATTERS

BURRITO

Rolled Flour tortilla topped with sauce & cheese, served with rice, beans, lettuce, pico & sour cream

| | |
|---|---------|
| Shrimp & Chicken Burrito | \$11.95 |
| Casa Burrito - Beef, chicken, bean or vegetable | \$8.95 |
| Carne Burrito - Beef topped with chili con carne, melted cheese, lettuce, and tomato | \$9.95 |
| Fajita Burrito - Chicken, steak, or shrimp with onions, peppers, cheese & salsa ranchero sauce | |
| Chicken | \$9.95 |
| Steak | \$10.45 |
| Shrimp | \$12.95 |
| Burrito Gordo - Beef, chicken, beans, rice, lettuce, and pico | \$10.95 |
| Supreme Fajita Burrito - Shrimp, chicken, steak, onions and peppers | \$13.95 |
| Texas Burrito - Steak & Chicken (Spicy), onions and peppers with chipotle sour cream | \$11.95 |
| Burrito Wrap - Steak, chicken, black beans, lettuce, cheese, pico, onions and peppers | \$9.95 |
| Steak Fajita Burrito - Steak with fresh baby spinach, cheese, onions and peppers | \$11.95 |
| <i>Add baby spinach</i> | \$1.00 |

ENCHILADAS

Topped with sauce & cheese, served with rice, beans, lettuce, pico & sour cream

| | |
|--|---------|
| Choice of beef, chicken, cheese & onion, spinach & cheese, or shredded beef | |
| Dos (2) | \$8.95 |
| Tres (3) | \$10.95 |
| 2 Grilled Chicken Enchiladas with Poblano Pepper and Cheese Sauce | \$10.95 |
| 2 Veggie Enchiladas | \$8.95 |

TACOS (SOFT OR HARD)

3 tacos with lettuce, cheeses & tomato served with rice, beans, pico & sour cream

| | |
|--|---------|
| Choice of ground beef, shredded beef or chicken | \$8.95 |
| 2 Tilapia Fish Tacos with corn tortilla, lettuce, and pico | \$10.95 |
| 3 Shrimp Tacos | \$12.95 |

2060 Yellow Springs Rd, #108 • Frederick, MD 21702 • 301-620-7736 • 301-620-7774 Fax
Business Hours | Sun-Thurs: 11am to 9pm • Fri & Sat: 11am to 10pm

POBLANO GRILL

MEXICAN RESTAURANT

ESPECIALES

Served with rice, black beans, sour cream & pico, garnished with cilantro

| | |
|---|---------|
| Taco al Carbon* | |
| Two grilled steak or chicken soft tacos, tender strips with cheese | \$11.95 |
| Flauta Platter | |
| Beef, chicken & spinach crispy fried flautas | \$10.95 |
| Chili Rellenos | |
| 2 mild chilies, stuffed with cheese, topped with sauce & cheese | \$10.95 |
| Tamale Platter | |
| 2 homemade tamales of the day topped with sauce & cheese..... | \$10.95 |
| Carne Asada* | |
| Grilled steak, sauteed onions & peppers, topped with sauce & cheese, served with one cheese enchilada | \$11.95 |
| Chicken Cancun | |
| Grilled chicken topped with sauce & cheese | \$10.95 |
| Pollo Santa Fe | |
| Sizzling chicken with onions, mushrooms & cheese in sauce with 2 flour tortillas..... | \$11.95 |
| Pollo Poblano | |
| Sizzling chicken strips in Poblano sauce (a creamy sauce with roasted Poblano peppers & mushrooms in red wine) with 2 flour tortillas | \$11.95 |
| Shrimp Poblano | |
| Sizzling shrimp in Poblano sauce (a creamy sauce with roasted Poblano peppers & mushrooms in red wine) with 2 flour tortillas | \$12.95 |
| Grill Combo | |
| Grilled chicken, steak & shrimp in sizzling pan, with onions, peppers & tomatoes. Served with flour tortilla | \$12.95 |
| Jesty Salmon* | |
| Salmon strips in a sizzling pan cooked in jesty sauce of garlic & jalapeno butter with 2 flour tortillas..... | \$13.95 |
| Shrimp Tequila | |
| Generous portion of shrimp with seasonal vegetables, cheese, sauces, & dash of tequila..... | \$14.95 |
| Veggie Combo | |
| Spinach enchilada, chili rellano & bean taco..... | \$10.95 |
| 3 Shrimp Tacos | \$12.95 |

*Consuming raw or undercooked animal foods may increase your risk of contracting foodborne illness, especially if you have certain medical conditions.
We can cook your food spicier upon request.

KIDS' MENU

Served with fries or rice

| | |
|---|--------|
| Fajita | |
| Chicken or steak | \$6.95 |
| Burrito | |
| Beef, chicken, or bean | \$4.45 |
| Enchilada | |
| Beef, chicken, cheese, or spinach..... | \$4.45 |
| Taco | |
| One hard or soft taco - chicken, beef, or beans with lettuce and cheese | \$3.95 |
| Hot Dog | |
| Chicken frank..... | \$3.95 |
| Cheese Quesadilla | |
| Jack & Cheddar Cheese..... | \$3.95 |
| With Fajita Chicken | \$4.45 |
| Chicken Tenders | |
| Two chicken tenders..... | \$4.45 |
| Burger | |
| Beef burger with lettuce & tomato..... | \$4.45 |
| Double Burger | \$5.95 |
| Fries with Cheese Dip | \$3.95 |



DESSERTS

| | |
|---|--------|
| Fried Ice Cream | |
| With honey or hot fudge, whipped cream, and cherry | \$4.95 |
| Sopapillas | |
| Crispy pastry topped with honey, powdered sugar, and cinnamon | \$4.95 |
| Flan | |
| Our homemade caramel custard, topped with whipped cream and cherry..... | \$4.95 |
| Coconut Bread Pudding | |
| Served on a sizzling pan with chocolate topping or ice cream | \$4.95 |

COMBINACIONES

One item from each category, served with rice, beans, lettuce, pico, sour cream & cilantro

| | |
|--|---------|
| Taco | |
| Chicken, ground beef, shredded beef, refried beans | |
| Veggie Combo | |
| Spinach Enchilada, chili rellano & bean taco | |
| Enchilada | |
| Chicken, ground beef, cheese, onions & spinach | |
| Burrito | |
| Chicken, ground beef, shredded beef, refried beans | |
| Flauta | |
| Chicken & beef & spinach | |
| Tamale | |
| Of the day | |
| Chili Rellano | |
| Cheese | |
| 2 items | \$8.95 |
| 3 items..... | \$10.95 |
| Chili Relleno Stuffed Beef Poblano Pepper with Cheese and Ranch Sauce..... | \$10.95 |
| 2 Tamales and Tacos - Served with rice and beans..... | \$11.95 |



A LA CARTE

| | |
|---|--------|
| Taco | |
| Steak or chicken fajita taco | \$3.95 |
| Ground beef, shredded beef, chicken, or beans | \$2.45 |
| Flauta | |
| Shredded beef, chicken, or spinach & cheese | \$2.45 |
| Enchilada | |
| Ground beef, chicken, or cheese | \$3.95 |
| Burrito or Chimi | |
| Ground beef, shredded beef, chicken, or beans | \$5.95 |
| Mexi Cheesy Fries | |
| Wedge fries topped with American cheese | \$4.95 |
| Chimi | |
| Chicken..... | \$6.95 |
| Steak..... | \$7.95 |
| Side of guacamole | \$2.00 |
| Side of sour cream | \$1.00 |
| Extra guac or sour cream | \$0.50 |

DRINKS

| | |
|--|--------|
| From the Fountain | |
| Coke, Diet Coke, Sprite, Orange, Root Beer, Iced Tea | \$2.15 |
| Fresh Drinks | |
| Coffee, Hot Tea, Milk, Chocolate Milk..... | \$2.15 |
| Juices | |
| Apple, Orange..... | \$2.15 |
| Smoothies | |
| Strawberry, Raspberry, Pineapple, or Mango | \$3.95 |
| Horchata | \$2.45 |



Bar Menu Available

No checks please ~
Visa/MasterCard Welcome



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LUNCH MENU

Served Monday-Friday, 11am-3pm

COMBINATIONS

One item from the following four categories, served with refried beans, rice, cheese, lettuce, pico & sour cream

Taco or Burrito - Chicken, beef or beans

Enchilada - Chicken, beef, cheese or spinach

Flautas - Chicken, beef & spinach

Fajita - Taco Chicken or steak

| | |
|---------------------------------|--------|
| 1 item | \$5.95 |
| 2 items..... | \$7.95 |
| 3 Tacos - Beef or chicken | \$7.95 |

LUNCH PLATTER

One item from each category, served with rice, beans, lettuce, pico, sour cream & cilantro

| | |
|--|--------|
| Sunshine Burrito - Ground beef, shredded beef, chicken or beans, with chili & cheese..... | \$6.95 |
| Arroz con Pollo - Rice, chicken, sour cream, pico, cheese, lettuce, jalapenos, black olives & cilantro | \$6.95 |
| Luncheon Chimi - Beef, chicken, or bean. Served with rice, pico & sour cream | \$6.95 |
| Macho Nacho - Beef, chicken & beans with cheese, olives, jalapeno, pico, cilantro & sour cream..... | \$6.95 |
| Taco Salad with Iceberg Lettuce | |
| Beef, chicken or bean with cheese, pico, olives, and jalapenos in a taco shell | \$6.95 |
| Fajita chicken with cheese, onions, peppers, olives, jalapenos, and pico in a taco shell | \$7.95 |
| Steak with cheese, onions, peppers, olives, jalapenos, and pico in a taco shell | \$8.45 |
| Fajita Sizzling Lunch with onions, peppers, cheese, lettuce & tomato - served with rice and 2 flour tortillas | |
| Chicken..... | \$7.95 |
| Steak..... | \$8.45 |
| Shrimp..... | \$9.95 |

LUNCH SPECIALS

All items come with rice, beans, sour cream, lettuce, and pico

| | |
|--|---------|
| 2 Shrimp Tacos | \$10.95 |
| 1 Corn Tortilla Grilled Chicken Taco | \$5.95 |
| 1 Chili Rellenos..... | \$6.95 |
| 1 Tamale | \$5.95 |
| Shrimp Chimi | \$9.45 |
| Steak Chimi | \$7.95 |

A LA CARTE

| | |
|--|--------|
| Taco - Ground beef, shredded beef, chicken or beans | \$2.15 |
| Flauta - Shredded beef, chicken, or spinach & cheese..... | \$2.45 |
| Enchilada - Ground beef, chicken, cheese, or spinach | \$3.95 |
| Taco Fajita (Chicken or Steak) | \$4.50 |
| Steak Chimi Fajita | \$7.95 |
| Chicken Chimi Fajita | \$6.95 |
| Burrito or Chimi - Ground beef, shredded beef, chicken or bean..... | \$5.95 |
| Mexi Cheesy Fries - Wedge fries topped with American cheese.... | \$4.95 |

SIDES

| | |
|--------------------------------------|--------|
| Fries, rice, beans, or planton | \$2.45 |
| Guacamole | \$1.95 |
| Sour cream..... | \$0.95 |
| Black Beans | \$3.95 |
| Rice with chicken or chili..... | \$4.95 |
| Flour Tortilla (each)..... | \$0.25 |

DRINKS

| | |
|--|--------|
| From the Fountain | |
| Coke, Diet Coke, Sprite, Orange, Root Beer, Ice Tea..... | \$2.15 |
| Fresh Drinks | |
| Coffee, Hot Tea, Milk, Chocolate Milk..... | \$2.15 |
| Juices | |
| Apple, Orange..... | \$2.40 |
| Smoothies | |
| Strawberry, Raspberry, Pineapple, or Mango | \$3.95 |
| Horchata | \$2.45 |
| Bar Menu Available | |

