



LA TABERNA

← MEXICAN RESTAURANT →
Bar & Grill



*Serving in the Carolinas
since 1995*

2368 Lillington Hwy, Spring Lake,
NC 28390 phone: (910) 703-8040

1301 E. Williams ST. Apex
NC 27502 phone: (919) 267 4788

Delivery



www.latabernaapex.com

Beverages

Soft Drinks \$3.25

Coca Cola, Sprite, Diet Coke, Pibb Xtra, Pink Lemonade, Fanta, Mello Yello, Coca Cola Zero.

Fresh Waters \$3.99 (free refill)

Jamaica, Horchata, Pineapple.

Bottle Drinks \$3.75

Jarritos: Pineapple, Mandarina, Lime, Sidral Mundet, Sangria and Coca Cola Bottle



Juices \$3.25

Apple, orange, cranberry, pineapple.

Iced Tea \$3.25

Coffee los Tres \$3.25



Appetizers / Aperitivos

Chori Queso \$7.50

Cheese dip with chorizo.



Guacamole dip

Regular 4 oz. \$4.99

Medium 8 oz. \$8.99

Grande 16 oz. \$15.99

Bean dip \$5.95

Chicken rolls \$9.25

(2) Tostada de Ceviche de Camaron \$11.99

(2) Tostada de Pescado \$10.99

Sampler Plate #1 \$12.99

Cheese quesadilla, (5) chicken wings, (5) cheese sticks, guacamole, sour cream and pico de gallo.

Sampler Plate #2 \$12.99

Chori-dip and chicken rolls served with guacamole, sour cream, pico de gallo and cheese dip.



Chicken Wings

(6) wings \$8.99

(12) wings \$13.99

Salsas:

Buffalo Hot, Mango Habanero, BBQ, BBQ-Chipotle



Fresh Tableside Guacamole \$10.50

Cheese dip

Regular 4 oz. \$4.99

Medium 8 oz. \$8.99

Grande 16 oz. \$15.99

Cocktel de Camaron Chico \$10.99

Papas Locas \$11.99

French fries. Choose your protein (Grilled Chicken, Steak or Carnitas) Covered with cheese-dip and pico de gallo.



Elote Preparado \$3.99

* Ostones

(6) \$12.99

(12) \$22.99



Enchiladas

Three chicken enchiladas. Served with spanish rice and sour cream salad.

Covered with our delicious family recipe

Choose your Flavor Sauce

Sauce Verdes \$13.99

Sauce Suizas \$13.99

Sauce Poblanas \$13.99

Sauce Blancas \$14.99

Sauce Rancheras \$13.99



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

Lunch / Almuerzo

Speedy Gonzalez \$7.75

One taco, one enchilada. Served with rice or beans.

Especial lunch #1 \$8.25

Chile relleno, taco, refried beans and guacamole salad.

Especial lunch #2 \$7.99

Beef burrito, Spanish rice and refried beans.

Especial lunch #3 \$7.99

Burrito, taco and Spanish rice.

Especial lunch #4 \$7.99

Chile relleno, Spanish rice and refried beans.

Especial lunch #5 \$7.99

Enchilada, refried beans and Spanish rice.

Especial lunch #6 \$8.25

Cheese quesadilla, burrito and guacamole salad.

Lunch fajitas \$9.99

Grilled chicken or veggies with bell pepper, onions and tomatoes. served with sour cream and guacamole salad, tortillas, rice and refried beans.

Ribeye Steak \$10.50

Shrimp \$11.25

Lunch Fajitas Trio \$12.50

Grilled Chicken, Steak and Shrimp Mixed with grilled onions, bell pepper, tomatoes. Served with ,tortillas rice, refried beans.sour cream and guacamole salad.

Half alambre \$10.50 - Ribeye Steak \$10.99

Grilled chicken with bell peppers and onions covered with special cheese. Served with guacamole salad, tortillas, rice and refried beans.

Lunch Burritos

Served with rice and sour cream salad.

Pork Burrito \$9.25

Fajita Burrito \$9.25

Burrito Carne Asada (Ribeye) \$9.99

Burrito a la Roqueta \$9.25

Lunch Choripollo Burrito \$9.99

Lunch Fajita Quesadilla \$9.75

Flour tortilla grilled with steak or chicken and filled with cheese, mushrooms, onions and bell peppers. Served with spanish rice and sour cream salad.

Quesadilla Deluxe \$8.25

A flour tortilla grilled and stuffed with chicken and cheese. Served with spanish rice, lettuce, guacamole, sour cream and tomatoes.

Lunch 1/2 Flautas de Pollo \$8.25

To Deep fried corn tortillas stuffed with chicken and topped with our creamy chipotle sauce. served with sour cream salad and rice.

Served between 11:00 am - 2:30 pm, Monday through Saturday.

Lunch Veggie Quesadilla \$9.50

A quesadilla stuffed with cheese, grilled mushrooms, broccoli, zucchini, squash, green bell peppers and onions served with black beans and sour cream salad.

Lunch A.C.P \$9.50 - Ribeye Steak \$10.50

Bed of rice, grilled chicken or steak covered with cheese sauce. Served with onions and bell peppers.

A.C.C. Lunch \$11.25

Bed of rice, grilled shrimp smothered with cheese-dip. Served with onions and bell peppers.

Lunch A.C.P.C. \$11.25

Bed of rice, grilled shrimp and chicken, covered with cheese sauce. Served with onions and bell peppers.

Lunch A.C.P. with Chorizo \$10.25

Bed of rice, grilled chicken and chorizo covered with cheese sauce.

Lunch Chimichanga \$8.25

Flour tortilla deep-fried and filled with beef tips or chicken. Topped with lettuce, tomatoes, cheese dip, sour cream, guacamole and refried beans.

Lunch Enchiladas Supremas \$8.25

One cheese enchilada and one chicken enchilada topped with lettuce, sour cream and spanish rice.

Lunch Taco Salad \$8.25

7-inch four tortilla fried bowl. Filled with ground beef or chicken and beans. Topped with sour cream salad.

Lunch Carne Asada \$12.99

Steak served with refried beans, rice, guacamole salad, pico de gallo, nopal, corn and flour tortillas.

Lunch Tiras de Pollo \$9.25

Strips of juicy, grilled chicken topped with our creamy chipotle sauce. Served with rice, black beans, pico de gallo and slice avocado.

Lunch Sincronizada \$8.25

Old favorite. Grilled tortilla sandwich stuffed with chicken, cheese, onions, sliced jalapeños and slice avocados. Served with rice.

Lunch Two Taquitos \$8.25

One chicken and one beef taquito served with lettuce, guacamole, sour cream and spanish rice.

*Huevos \$8.50

Mexicanos, Rancheros or with Chorizo, with Salchicha or with Jamon. Served with rice and beans.

Lunch Chicken Tortilla Soup \$7.99

Crispy fried strips of flour tortilla in a tomato-based Mexican soup with chicken stock, rice, pico de gallo, avocado, cheese cilantro and lime.

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Chicken / Pollo

Chori-Pollo La Taberna \$17.50

Grilled chicken topped with chorizo and special cheese sauce, accompanied with spanish rice, refried beans, guacamole salad, and tortillas.

Pollo a la Chipotle \$15.99

Strips of grilled chicken prepared with family recipe chipotle sauce. Served with spanish rice, refried beans and tortillas.

Pollo a la Diabla \$14.99

Grilled chicken breast seasoned with our diablo sauce. Served with spanish rice, refried beans and tortillas.

Chipotle Chicken and Shrimp \$18.25

Grilled Chicken breast topped with Shrimp covered with chipotle cream sauce. Served with guacamole salad and rice.

Tiras de Pollo \$14.99

Strips of chicken with chipotle cream sauce, cilantro. Served with rice, slice avocado, pico de gallo and black beans.

Mole Poblano \$14.99

Two Chicken legs topped with sweet mole poblano sauce. Served with rice, guacamole salad and flour tortillas.

Mole Ranchero \$14.99

Two Chicken legs topped with mole ranchero sauce. Served with rice, guacamole salad and tortillas.

Pollo Loco \$15.99

Grilled chicken breast seasoned with our family recipe. Served with rice, guacamole salad and pico de gallo.

Flautas de Pollo \$13.50

Three deep-fried tortillas stuffed with chicken and cheese dip. Served with chipotle cream on top, pico de gallo, rice and lettuce.

ACP'S

Rice with chicken and toppings

A.C.P. \$12.99

Bed of rice, grilled chicken covered with cheese sauce. Served with onions and bell peppers.

A.C.P.C. \$15.99

Bed of rice topped grilled shrimp and chicken. Covered with cheese sauce. Served with onions and bell peppers.

A.C.C. \$15.99

Bed of rice, topped with grilled shrimp. Covered with our delicious cheese dip. Served with onions and bell peppers.

A.C.P. with Chorizo \$13.99

Bed of rice, grilled chicken and chorizo. Covered with cheese sauce.

A.C.P. with Veggies \$13.99

Bed of rice, grilled chicken and veggies. Covered with cheese sauce.

A.C.P. Texano \$17.99

Bed of rice topped with grilled chicken, steak, shrimp. Covered with our delicious cheese sauce.

A.C.P. With Broccoli \$13.25

Bed of rice, grilled chicken and broccoli. Covered with cheese sauce.

A.C.P. with Mushrooms \$13.25

Bed of rice, grilled chicken and mushrooms. Covered with cheese sauce.

A.C. with Steak (Ribeye) \$13.99

Bed of rice topped with steak, onions and bell peppers. Covered with our delicious cheese dip.

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Burritos

Burrito Chori Pollo \$15.25

A 10-inch burrito filled with grilled chicken strips and chorizo. Topped with cheese dip. Served with rice and sour cream salad.

Burrito Supremo \$14.99

A 10-inch burrito filled with tender-sliced beef or chicken with bell peppers and onions. Served with rice. Topped with cheese dip and burrito sauce.

Burrito a la Roqueta \$13.99

Two tender roast pork burritos topped with cheese sauce, topped with salsa verde and pico de gallo. Served with rice and beans.

Burritos Mexicanos \$11.99

Two beef tips burritos topped with melted cheese. Rice on the side

Burrito California \$15.25

A 10-inch burrito filled with steak, rice, beans, sour cream, guacamole, topped with cheese-dip, pico de gallo. Served with french fries.

Burrito Texano \$17.99

A 10-inch burrito with tender steak, grilled chicken, shrimp, bell peppers, grilled onions and tomatoes. Topped with cheese dip. Served with rice and sour cream salad.

Burrito Cancun \$16.99

A 10-inch burrito filled with grilled shrimp, bell peppers and onions. Topped with cheese dip and burrito sauce. Served with sour cream salad and spanish rice.

Burrito de Carnitas \$13.99

Burrito filled with tender pork and topped with cheese dip. Served with rice and sour cream salad.

Burrito Grande \$15.95

A 10-inch tortilla filled with Spanish rice, refried beans, pico de gallo and your choice of chorizo, carne asada, carne al pastor, carnitas or pollo asado. Served with lettuce, sour cream, tomato and guacamole.

With Shrimp \$18.99

Street Tacos

Tacos de Carne Asada \$13.99

Three tacos filled with grilled seasoned Ribeye Steak, cilantro and onions, served with refried beans and rice.

Tacos de Chorizo \$12.99

Three tacos filled with chorizo, Topped with cilantro and onions. Served with refried beans and rice.

Tacos de Pastor \$12.99

Three tacos filled with grilled seasoned pork, cilantro and onions. Served with rice and refried beans.

Tacos de Carnitas \$12.99

Three tacos filled with fried pork meat (carnitas), cilantro and onions. Served with refried beans and rice.

Quesabirria Tacos \$13.99

Seasoned with broth served with mealtd cheese and topped silantro and onions. Served with Consome and rice.

Chori-Pollo Tacos \$13.99

Three flour tortilla tacos filled with grilled chicken and chorizo with Mosarella cheese, pico de gallo and avocados served with Mexican rice and black beans.

Tacos de Camaron \$16.99

Three flour tortilla tacos with grilled shrimp covered with chipotle cream sauce, topped with pico de gallo, lettuce, red cabbage, carrots, avocado, Mexican white rice on the side and black beans.

Tacos Campechanos \$14.50

Three tacos filled with grilled steak, chicken and chorizo, cilantro and onions. Served with refried beans and spanish rice.

Tacos de Lengua \$14.50

Three tacos filled with Lengua, cilantro and onions, Served with refried beans and rice.

Fish Tacos \$12.99

Three flour tortilla tacos filled with seasoned slices of tilapia topped with lettuce, red cabbage, carrots, avocado, pico de gallo, Mexican white rice and black beans.

Tacos de Tripa \$14.99

Three tacos filled with Tripa, Topped with cilantro and onions. Served with rice and beans.

Tacos de Cachete \$13.99

Three tacos filled with beef cheek, Toppep with cilantro and onions. Served with refried beans and rice.

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Steak / Carnes

Carne Asada \$21.99

Arrachera served with rice, beans, corn, nopal, guacamole salad, pico de gallo, and tortillas.

Steak a la Tampiqueña \$19.99

*T-bone steak cooked with onions and tomatoes. Served with spanish rice, refried beans, guacamole salad, pico de gallo and tortillas.

Steak Picado \$16.99

Ribeye Steak strips covered with hot salsa. Served with refried beans, rice and tortillas.

Steak Ranchero \$19.99

*T-bone steak with our family recipe ranchero sauce on top. Served with refried beans, rice and tortillas.

Steak Chile Verde \$16.99

Ribeye Steak strips covered with cream. Served with a mild tomatillo sauce refried beans, rice and tortillas.

Steak & Shrimp (bistec y camarones) \$22.50

*T-bone steak and grilled shrimp covered with salsa ranchera. Served with rice, tortillas, refried beans.

Nachos

Fajita Nachos

Grilled Chicken \$14.99

Ribeye Steak \$15.99

Fajita Nachos Texanos \$17.99

Nachos supremos \$11.50

Nachos with cheese \$7.50

Nachos with ground beef or chicken \$9.25

Nachos with refried beans \$8.25

Fajitas

Chicken Fajitas \$14.99

Tender pieces of chicken with bell peppers, onions and tomato. Served with rice, fried beans, sour cream, guacamole salad and torillas.

Steak Fajitas \$16.99

Ribeye Steak tender pieces of beef with bell peppers, onions and tomatoes. Served with rice, fried beans, sour cream, guacamole salad and torillas.

Mixed Fajitas \$16.99

Tender-sliced beef and grilled chicken with bell peppers, onions and tomato. Served with rice, fried beans, sour cream guacamole salad and torillas.

Fajitas Texanas \$18.99

Tender-sliced beef, chicken and shrimp with bell peppers, onions and tomato. Served with rice, fried beans, sour cream guacamole salad and torillas.

Fajitas de Camaron \$18.99

Grilled shrimp with bell peppers, onions and tomato. Served with rice, fried beans, sour cream, guacamole salad and torillas.

Fajitas Hawaiians \$18.99

Slices of grilled chicken and chorizo with onions topped with Musarella cheese and sliced pineapple. Served with rice, fried beans, sour cream guacamole salad and torillas.

A.C.P. Fajitas \$15.99

Bed of rice and grilled chicken cooked with onions, peppers and tomato covered with our delicious cheese sauce and torillas.

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Create Your Own Combination!

Rice and beans included

Food items

Taco
Soft taco
Enchilada
Burrito
Quesadilla
Chile relleno
Tamal
Tostada
Chalupa

Choose the one you want most!

Ground beef
Beef tips
Shredded chicken
Cheese
Mash potato
Refried beans
Black beans

2 Food items
\$9.50

3 Food items
\$11.99

Salads / Ensaladas

Salad La Taberna \$16.99

Fresh lettuce, red cabbage, croutons, carrots, tomato, cucumbers, onions, bell peppers, topped with grilled chicken, steak and shrimp with cheese

Taco Salad \$10.50

9-inch flour tortilla fried bowl. Filled with ground beef or chicken and beans. Topped with sour cream salad.

Fajita Taco Salad \$13.99

A taco salad with grilled chicken or beef fajita meat and grilled tomato, onions and bell peppers. Also filled with beans, lettuce, tomatoes, shredded cheese and sour cream.

With only Shrimp \$16.99

Chicken Salad \$13.50

Grilled chicken breast on a bed of lettuce with tomato, onions, bell peppers, red cabbage, carrots, cucumbers, croutons and cheese.

Fish Salad \$13.99

Grilled fish on a bed of lettuce, tomato, onions, bell peppers cucumbers, red cabbage, carrots and croutons. Topped with shredded cheese.

Quesadillas

Fajita Quesadilla \$14.99

Grilled chicken or steak, grilled onions and bell peppers folded in an extra-large flour tortilla grilled with cheese and mushrooms. Served with Spanish rice and sour cream salad.

Quesadilla Texana \$16.99

One quesadilla. Grilled chicken, steak and shrimp. Grilled onions, bell peppers and tomato. Served with sour cream salad and rice.

Quesadilla Rellena de Camarón \$16.99

A flour tortilla grilled stuffed with shrimp, onions, bell peppers and cheese. Served with Spanish rice, lettuce, guacamole, sour cream and tomato.

Combo Quesadillas \$13.99

Two quesadillas. One steak, one grilled chicken. Served with Spanish rice, lettuce, tomato, guacamole and sour cream.

Sincronizada \$13.99

Grilled tortilla sandwich stuffed with grilled chicken or steak, and cheese topped with chopped avocados and sliced jalapeños. Served with rice.

Choripollo Sincronizada \$14.99

Grilled flour tortilla sandwich stuffed with chicken, chorizo and cheese, served with lettuce, slice avocado, pico de gallo, sour cream and Mosarella cheese on top, with rice.

Quesabirrias \$13.99

Two quesadillas. Seasoned with broth. Served with Mosarella cheese Consome and rice.

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Seafood / Del Mar

Camarones La Taberna \$19.50

Grilled shrimp with spinach, broccoli and mushrooms topped with our family recipe white cheese dip. Served with white rice and lettuce, slice avocado, carrots, red cabbage and pico de gallo.



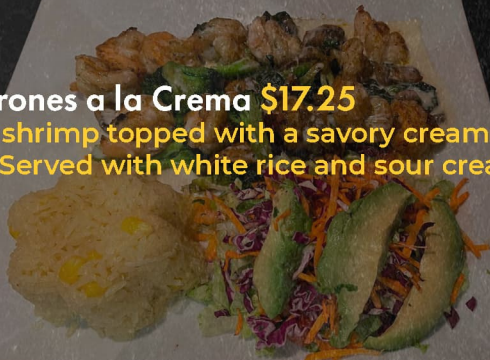
Camarones a la Diabla \$17.25

Grilled shrimp covered with a diabolically hot sauce. Served with white rice and sour cream salad



Camarones a la Crema \$17.25

Grilled shrimp topped with a savory cream sauce. Served with white rice and sour cream salad



Camarones al Chipotle \$17.25

Shrimp prepared with a sauce made with chipotle and our special recipe. Served with white rice and sour cream salad



Camarones Al Ajillo \$17.25

Shrimp served with exquisite Mexican garlic sauce, onions. Served with white rice and guacamole salad



Coctél de Camarones \$16.99

Shrimp cocktail mixed with cilantro, onions, tomatoes and our special red sauce.

Mix Octopus \$20.50



Filete de Pescado \$13.99

Choice grilled or breaded. Served with rice and avocado salad.

Mojarra

- Frita \$15.99

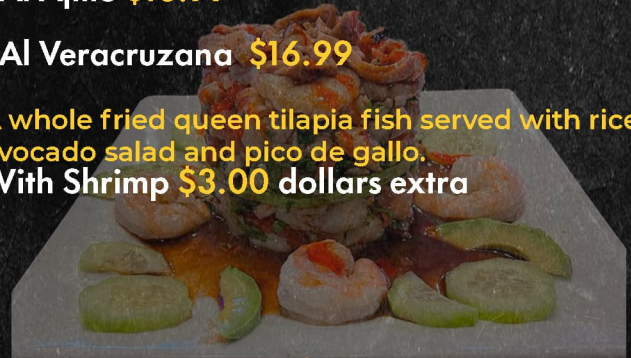
- A la Diabla \$16.99

- Al Ajillo \$16.99

- Al Veracruzana \$16.99

A whole fried queen tilapia fish served with rice, avocado salad and pico de gallo.

With Shrimp \$3.00 dollars extra



La Torre de Mariscos \$22.99

Aguachile \$18.99



Ceviche

- Fish \$15.99

- Shrimp \$18.99

- Mix \$21.99



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Specials of the House / Especialidades de la Casa

Special La Taberna \$17.99

Grilled Shrimp, grilled chicken and steak served with vegetables and rice.

Chimichanga \$15.99

Flour tortillas (soft or fried) filled with beef tips or chicken, side of refried beans. Topped with cheese sauce, guacamole and sour cream salad.

Steak or Chicken Fajita Chimichanga \$17.99

Filled with ribeye steak or chicken grill onions, bell pepper, tomato, topped with cheese sauce, side of refried beans and rice. Guacamole and sour cream salad.

Guadalajara Special \$17.99

Ribeye Steak and Grilled Chicken breast served with spanish rice, refried beans, lettuce, guacamole, sour cream, tomato and tortillas.

Grande Special \$16.99

One burrito, one chalupa, one chile relleno, one enchilada and one beef taco served with spanish rice and refried beans.

Special Dinner \$16.99

One chalupa, one chile relleno, one beef taco, one enchilada and one tamal. Served with spanish rice and refried beans.

Piedra de Mar - \$22.99

Grilled shrimp, octopus, scallops, clams and tilapia. Server with Special tomato sauce, in a molcajete with rice and tortillas.

Parrillada For One - \$20.99

Tender-sliced Ribeye Steak, Grilled Chicken and shrimp, chorizo, pork, with bell peppers, onions and tomato. Served with guacamole salad, tortillas, rice and fried beans.

For Two - \$38.99

Tierra y Mar \$19.99

Grilled shrimp, scallops, chicken, green peppers, onions, zucchini, squash and mushrooms. Served on a bed of rice. Topped with cheese dip and served with a side of tortillas.

Chicken or Steak Alambre \$15.99

Your choice of tender sliced ribeye steak or chicken, bell peppers and onions covered with special cheese. Served with guacamole salad, rice and beans.

With Shrimp \$18.99

Molcajete \$22.99

Steak, Chicken, pork meat, sausage, shrimp, onions, green sauce, queso fresco, nopales. Served with rice, beans, guacamole and sour cream salad.

Chilaquiles Mexicanos \$12.99

Tortilla chips covered with special sauce chicken and cheese. Served with Spanish rice, lettuce, guacamole, sour cream and tomato.

Carnitas \$15.50

Fried pork meat served with refried beans, rice, Tortillas, pico de gallo, lettuce and guacamole.

Pork Chile Verde \$13.99

Chunks of pork blended topped with green sauce, Served with rice, refried beans, pico de gallo, lettuce, guacamole and tortillas.

Chile poblano \$14.99

Two Peppers to cheese weathered with egg, topped with red sauce, rice, refried beans and tortillas.

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Soups

Chicken Tortilla Soup **\$11.50**

Caldo de Pollo **\$12.99**

Caldo de Res **\$16.99**

Caldo de Camaron **\$18.99**

Pozole **\$16.99**

Caldo de Mariscos **\$22.99**

Menudo **\$18.99**

Torta Planchada **\$14.50**

Select your meat: al pastor, chorizo, carnitas, steak, grilled chicken, milanesa, jamon, salchicha or Cubana. Served with French fries.

Desserts

Flan **\$4.99**

Churros **\$4.99**

Fried Ice Cream **\$4.50**

Tres Leches Cake **\$7.99**

Cinnamon CheeseCake **\$7.99**

Sopapilla Ice Cream **\$4.50**

Catering

Whether it'll be a match day with friends, a meeting at the office or a party, **LA TABERNA Mexican Restaurant** have everything you need to make your next event a delicious success.

-Taco Bar

-Fajita Bar

Call for more information:
Spring Lake Location (910) 703-8040
Apex Location (919) 267-4788