



Mama Lupa's
c o c i n a

(510)483-4545
15033 Farnsworth St San
Leandro, CA 94579

Catering & Private Events efren@mamalupescocina.com

Starters

Guacamole and Chips	9
Avocado, pico de gallo, lime	
Nachos	11
Tortilla chips, beans, cheese, pico de gallo, guacamole, sour cream, jalapeno	
Add carne asada, chicken, carnitas, ground beef + 4	
Steak Fries	15
French fries, beans, cheese, pico de gallo, guacamole, sour cream, jalapeno, carne asada	
Taquitos	10
Four hand rolled crispy corn tortillas, chicken or beef, cheese, sour cream, salsa, guacamole	
Mini Sopes	11
Four corn masa shells, carnitas, beans, avocado tomatillo, pickled red onion, cotija cheese	
Queso Fundido	11
Melted cheese, caramelized onions, roasted poblano, chorizo, corn or flour tortillas	
Mexican Street Corn	10
Roasted corn, lime, tahin, crema, cotija cheese	
House Ceviche	14
Fresh fish, lime, pico de gallo, avocado	
Mixed Seafood Ceviche	15
Fresh fish, prawns, squid, lime, orange, cilantro, avocado, red onion, tomato, plantain chips	
Fresh Oysters	15
Tomatillo habanero mignonette, ½ dozen	

Quesadillas & Tortas

Cheese Quesadilla	9
Flour or corn tortilla, monterey jack cheese	
Supreme Quesadilla	13
Flour or corn tortilla, monterey jack cheese, guacamole, sour cream, pico de gallo, choice of carne asada, chicken, ground beef, shredded beef, carnitas	
add prawns +4	
Torta	14
Steak or chicken, beans, avocado, tomato, onions, lettuce, jalapeno, french fries	
Carnitas Torta	15
Carnitas, beans, avocado, tomatillo, red onion, cabbage, jalapeno, french fries	

Soups & Salads

Chicken Tostada Salad	14
Crispy flour tortilla, beans, lettuce, pico de gallo, cheese	
Caesar Salad	11
Romaine, toasted pepitas, cotija cheese, caesar dressing, tortilla crisp	
Add chicken +4	
Chicken Tortilla Soup	14
Chicken, peppers, corn, avocado, tortilla strips, cheese	
Bowl of Chili Beans	13
Ground beef, whole beans, chile sauce, onions, sour cream	
Menudo or Pozole	14

House Specials

Served with house salad, refried beans, and rice

Carnitas	Half 16	Full 19
Slow cooked pork, pickled red onion, jalapeno, guacamole, pico de gallo, flour or corn tortillas		
Enchiladas Michoacanas	16	
Guajillo chile sauce, potato, cabbage, radish, cotija crema		
Fajitas		
Onions, peppers, guacamole, pico de gallo, sour cream, cheese, corn or flour tortillas		
Chicken 18	Steak 20	Prawns 22
Combination (chicken, steak & prawns)		23

Burritos

Choice of meat for burritos

shredded beef	carne asada	ground beef
carnitas	chile verde+2	chicken
chile colorado+2	spicy pork	grilled or shredded

Reg Burrito	11
Rice, beans, salsa, cheese	
Super Burrito	13
Rice, beans, salsa, cheese, guacamole, sour cream, lettuce	
Wet Burrito	15
Rice, beans, salsa, cheese, guacamole, sour cream, lettuce, red or green sauce	
Veg Burrito	11
Roasted vegetables, rice, whole beans, salsa, cheese, guacamole, sour cream, lettuce	
Bean and Cheese Burrito	9
Refried beans, monterey jack cheese	

Mama Lupe's Classics

Served with side house salad, refried beans, and rice

#1 Chile Rellenos Half 17 Full 19
Roasted pasilla peppers, mild chile sauce, cheese, corn or flour tortillas

#3 Flautas Half 13 Full 15
Rolled and fried corn tortilla filled with beef or chicken, salsa, guacamole, sour cream, cheese

#4 Enchiladas Half 13 Full 15
Beef, chicken, or cheese, sour cream, cheese, red or green sauce

#5 Hard Tacos Half 13 Full 15
Choice of any meat, salsa, guacamole, sour cream, cheese, lettuce

#6 Soft Tacos Half 13 Full 15
Choice of any meat, salsa, cilantro, onions

#7 Tostadas Half 13 Full 15
Choice of beef, chicken, or roasted veg, lettuce, guacamole, sour cream, salsa, cheese

#9 Chile Verde 18
Pork slow cooked in tomatillo sauce, corn or flour tortillas

#10 Chile Colorado 18
Beef braised in a red chile sauce, corn or flour tortillas

#11 Prawn Enchiladas 19
Red or green sauce, guacamole, sour cream

#15 Carne Asada 20
Thinly sliced steak, roasted onions and poblano, grilled jalapeno, pico de gallo, corn or flour tortillas

#16 Steak Ranchero 18
Steak, onions, peppers, mild red chile sauce

#19 Grilled Fish 19
Grilled fish, pico de gallo, corn or flour tortillas

#21 Camarones al Mojo de Ajo 19
Prawns, garlic sauce, corn or flour tortillas

#22 Camarones a la Diabla 19
Prawns, spicy red chile sauce, corn or flour tortillas

#23 Camarones Rancheros 19
Prawns, onions, peppers, mild red chile sauce, corn or flour tortillas

#27 Fish Tacos Half 16 Full 18
Grilled Cod, cabbage slaw, chile lime crema

Combinations

Served with house salad, refried beans, and rice

Choice of three items 20

Taco, enchilada, flauta, sope, tostada, chile relleno
1 chile relleno per combo

Singles & Sides

Soft Taco.....	4.50	Rice.....	4.00
Street Taco.....	3.50	Beans.....	4.00
Crispy Taco.....	4.50	Side Salad.....	5.00
Sope.....	5.00	French Fries.....	6.00
Tostada.....	5.00	Sour cream.....	1.50
Enchilada.....	4.50	Guacamole.....	2.50
Chile Relleno.....	7.00	Pico de Gallo.....	1.50
Flauta.....	4.50	Cheese.....	1.50
		Grilled jalapenos (2)....	3.00

Breakfast

Served with refried beans and rice or country style potatoes

Huevos Rancheros 13
2 eggs over easy, crispy corn tortilla, roasted tomato sauce, cilantro, queso fresco, refried beans

Chilaquiles 13
Scrambled eggs, tortilla chips, green or red salsa, crema, queso fresco, onions, avocado, cilantro

Breakfast Burrito 14
Scrambled eggs, whole beans, caramelized onions, pasilla peppers, chorizo, cheese

Machaca 16
Scrambled eggs, shredded beef, peppers, onions, tomatoes, flour or corn tortillas

Huevos con Chorizo 15
Scrambled eggs, chorizo, monterey jack cheese, corn or flour tortillas

Beverages

Fountain Drinks 3.00

Coke, Diet Coke, Sprite, Barq's Root Beer, Iced Tea, Pink Lemonade

Can Soda 2.00

Coke, Diet Coke, Sprite, Coke Zero

Bottle 3.25

Coca Cola, Topo Chico, Jarritos (Mandarin, Pineapple, Fruit Punch, Tamarind)

Poured Refreshments

Horchata..... 3.50

Agua Fresca..... 3.50

Fresh Squeezed Orange Juice... 4.00

Milk..... 3.00