

# El Cafetal

Bakery & Restaurant

813-898-0813

4304 S DALE MABRY HWY, SUITE 1  
TAMPA, FL 33611



*Latin Food*



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**MILITARY DISCOUNT**

**10% OFF ON MONDAYS**

## Entradas / Appetizers

<b>Handmade Empanada</b> Filled with Savory Beef and Potatoes, Chicken or Cheese	\$1.95
<b>Chicharrón / Hand-cut Pork Belly</b>	5.50
<b>Morcilla / Blood Sausage</b>	5.50
<b>Chorizo / Sausage</b>	5.50
<b>Papa Rellena / Stuffed Potato w/beef</b>	\$4.50
<b>Tequeños / Venezuelan Cheese Sticks</b>	\$7.50
<b>Orden de Arepa / Fried Small Corn Cake</b>	\$4.25
<b>Tostones / Fried Green Plantains</b> (Add Colombian Hogao (\$1.50))	\$4.50
<b>Chicken Tender with Fries</b>	\$11.99
<b>Arepa con Queso / Arepa w/Cheese &amp; Butter</b>	5.75
<b>Tostada / Cuban Toast</b>	\$2.60
<b>Maduros con Queso y Crema/ Fried Sweet Plantain with White Cheese &amp; Crema</b>	\$8.99
<b>Arepa de Huevo / Arepa Stuffed with Shredded Beef and Fried Egg</b>	\$4.99

## Desayunos / Breakfast

<b>Desayuno #1</b> Arepa con Queso y Huevos Pericos. Flat Corn Cake with Cheese and Scrambled Eggs.	\$9.75
<b>Desayuno #2</b> Arepa con Queso y Calentado. Flat Corn Cake with Cheese and mixed Rice & Red Beans.	\$9.75
<b>Desayuno #3</b> Arepa con Queso y Carne Asada. Flat Corn Cake with Cheese and Grilled Steak.	\$9.85
<b>Desayuno #4</b> Calentado con Chorizo y Arepa Pequeña. Mixed Rice and Red Beans with Sausage and Small Corn Cake.	\$8.85
<b>Desayuno #5 "El Cafetal"</b> Calentado con Carne Asada, Arepa Pequeña y Huevos Pericos. Mixed Rice with Red Beans, Grilled Steak, Small Corn Cake & Scrambled Eggs.	\$11.85
<b>Desayuno #6</b> Pan Cubano con Chorizo ó Tocineta y 2 Huevos Fritos. Cuban Bread, Sausage or Bacon & 2 Fried Eggs.	\$9.75
<b>Arepa con Pollo Desmechado</b> Flat corn cake topped shredded chicken. Available with Tostones (Fried Green Plantains)	\$9.75

We serve breakfast until 3:00 pm

## Bebidas / Drinks

Soft Drinks



### Natural Juice:

Make w/Milk or Water

Blackberry (Mora), Lulo,  
Papaya, Mango,  
Soursop (Guanábana),  
Passion Fruit (Maracuya),  
Lemonade (Limonada).

Colombian Soda



Hot Drinks:  
Small // Large

Black Coffee -Cold Cofee  
Cafe Espresso -Cortadito  
Coffee w/Milk (Café con leche)  
Hot Chocolate, Milo (Cold or Hot)



# Platos Principales / Entrees

## #1 Bandeja Paisa "El Cafetal" Colombian Typical Dish. \$20.99

No substitutions

Arroz, Frijol, Carne Asada, Chorizo, Chicharrón, Huevo, Maduros y Arepa pequeña. White Rice, Red Beans, Grilled Steak, Sausage, Pork Belly, Egg, Sweet Plantains & Small Corn Cake.



## #2 Carne Asada / Grilled Steak. \$15.99

Arroz, Frijol, Maduros y Ensalada / White Rice, Red Beans, Sweet Plantains & Choice of Salad.

## #3 Lomo Saltado Peruano / Traditional Peruvian Dish \$17.99

Carne Salteado con Cebolla Roja y Tomate acompañado con Arroz y Papas Fritas Sautéed Beef with Red Onion and Tomato served with White Rice and Fries.



## #4 Arroz con Pollo \$14.50

Mixed Rice with chicken and Vegetables served with Sweet plantains / Servido con platano maduro Maduros

## #5 Filete de Pescado a la Plancha / Grilled Fish \$15.50

Arroz, Papas Fritas y Ensalada / White Rice, Fries & Choice of Salad

## #6 Filete de Pescado Empanizado / Breaded Fish \$15.50

Arroz, Papas Fritas y Ensalada / White Rice, Fries & Choice of Salad

## #7 Lomo de Cerdo a la Plancha / Grilled Pork Loin \$15.50

Arroz, Frijol, Maduros y Ensalada / White Rice, Red Beans, Sweet Plantains & Choice of Salad

## #8 Lomo de Cerdo Empanizado / Breaded Pork Loin \$15.50

Arroz, Frijol y Ensalada / White Rice, Red Beans & Choice of Salad

## #9 Picada El Cafetal (3 people) \$29.99

Carne de Cerdo, Carne Asada, Pollo a la Plancha, Chicharrón, Chorizo, Morcilla, Tostones, Tomates, Limón, Papa Criolla y Arepas / Pork Loin, Grilled Steak, Chicken, Pork Belly, Sausage, Blood Sausage, Fried Green Plantains, Tomato, Lime, Yellow Potato & Corn Cake.

🕒 25 min Aprox.



## #10 Hígado a La Plancha Encebollado / Grilled Liver topped with Grilled Onions. \$15.50

Arroz, Frijol, Tostones y Ensalada / White Rice, Red Beans, Fried Green Plantains & Choice of Salad.

## #11 Pechuga de Pollo a la Plancha / Grilled Chicken Breast. \$15.50

Arroz, Papas Fritas y Ensalada / White Rice, Fries & Choice of Salad.

## #12 Pechuga de Pollo Empanizada Breaded Chicken Breast. \$15.50

Arroz, Ensalada y Papas Fritas / White Rice, Fries & Choice of Salad.



## #13 Pechuga de Pollo a la Plancha en Salsa de Champiñones Grilled Chicken Breast with Creamy Housemade Mushroom Sauce. \$16.99

Arroz y Papas Fritas / White Rice & Fries..

## #14 Mojarra Roja - Pargo Rojo Red Tilapia or Red Snapper. 🕒 20 min Aprox.

Arroz, Tostones y Ensalada / White Rice, Fried Green Plantains & Choice of Salad.



**#15 Lengua en Salsa Criolla**

**Beef Tongue in Creole Sauce. No substitutions**

Arroz, Yuca y Papa en Salsa Criolla y Ensalada White Rice, Yuca and Potato in Homemade Creole Sauce & Choice of Salad.

\$16.99



**#16 Bistec Encebollado**

**Grilled Steak topped with Grilled Onions.**

Arroz, Frijol, Maduros y Ensalada White Rice, Red Beans, Sweet Plantains & Choice of Salad.

\$16.99

**#17 Sobrebarriga en Salsa Criolla**

**Top Flank Steak in Creole Sauce.**

Arroz, Yuca y Papa en Salsa Criolla y Ensalada / White Rice, Yuca and Potato in Homemade Creole Sauce & Choice of Salad.

\$16.99

**#18 Sobrebarriga a la Plancha Encebollada**

**Grilled Top Flank Steak topped with Grilled Onions**

Arroz, Frijol, Tostones y Ensalada / White Rice, Red Beans, Fried Green Plantains & Choice of Salad.

\$16.99

**#19 Tallarín Saltado Peruano**

**Traditional Peruvian Dish.**

Carne Salteada con Cebolla Morada, Tomate, Pimentón Rojo y Verde, acompañada con Linguine // Sautéed Beef with Red Onion, Tomato, Red and Green Peppers, served with Linguine.

\$16.99



**#20 Linguini Alfredo**

Add Broccoli \$2.50, Add Chicken \$2.99, Add Shrimp \$ 4.25

\$15.50

**#21 Strogonoff de Carne / Beef Strogonoff**

Servido con Arroz y Tostones // Sautéed Beef with Creamy Mushroom Sauce served with Rice and Fried Green Plantains.

\$18.99

**Sandwiches / Subs**

**Jamón, Queso y Salami // Ham, Cheese & Salami**

With Lettuce, Tomato & Mayo.

\$7.80

**Ham, Cheese, eggs**

With Lettuce, Tomato & Mayo.

\$7.99

**Atún con Queso / Tuna & Cheese**

Lettuce, Tomato, Cilantro, Onion, American Cheese & Mayo.

\$8.75

**Crispy Chicken Tenders**

Fried Chicken Tenders, Lettuce, Tomato & Mayo.

\$8.99

**Cali Grilled Chicken**

Lettuce, Tomato, Onion, American Cheese & Mayo.

\$9.60

**Cali Grilled Steak**

Lettuce, Tomato, Onion, American Cheese & Mayo

\$9.80

**Cuban Sandwich (Hot-Pressed)**

Hand-Pulled Pork, Salami, Swiss Cheese, Ham, Pickles, Lettuce, Tomato, Mustard & Mayo.

\$9.80



**Make your meal for only \$3.99 - FRIES + SODA -**

(Soft drink)



Extras: Jalapeño \$1.50 // Extra Meat \$2.99 / Extra Cheese \$1.99

## Especial de la Casa

### **Bandeja Paisa Especial \$24.50**

White Rice, Red Beans, Grilled Steak, Sausage, Pork Belly, Egg, Sweet Plantains, Small Corn Cake, Blood sausage & Avocado

### **Cazuela de Frijol \$15.99**

Shopped Pork Belly, Sausage, Fried Sweet Plantain served with Rice, Small Corn Cake & Avocado

### **Coctel de Camarones \$17.99**

Colombian Shrimp Cocktail served with Fried Green Plantains

### **Cazuela de Mariscos \$25.99**

Seafood Mix and Shrimp served with Rice and Fried Green Plantains

### **Pescado al Ajillo Colombiano \$17.50**

Grilled Fish with Creamy Garlic sauce served with Rice and Fried Green Plantains. Add Shrimp \$4.25

### **Camarones al Ajillo \$16.99**

Grilled Shrimp with Creamy Garlic Sauce served with Rice and Fried Green Plantains.

### **Churrasco Add Shrimp \$4.25 \$23.99**

Grilled Skirt Steak served with Rice, French Fries and Salad.

### **Parrillada \$26.99**

Grilled Pork, Skirt Steak, Chicken served with Rice and Beans

### **Parrillada Especial \$33.99**

Grilled Pork, Skirt Steak, Chicken, Sausage and Blood Sausage served with Rice and Beans

### **Parrillada "El Cafetal" \$39.99**

Grilled Pork, Skirt Steak, Chicken, Sausage, Shrimp, Avocado served with Yellow Potatoes, Rice and Beans

### **Arroz con Camarones \$16.99**

Mixed Rice, Shrimp and Vegetable served with Fried Green Plantains

### **Arroz Marinera \$23.99**

Mixed Rice with Seafood Mix & Shrimp, served with Salad and Fried Green Plantains

### **Fajitas**

### **Chicken \$18.99 - Steak \$19.99 - Mixta \$23.99**

Served with Rice, Beans, Flour Tortilla and Salad. Add Shrimp \$4.25

## Ensaladas / Salads

### **Small Salad \$4.50**

Lettuce, Tomato, Cucumber, Red Onion.

### **Salad "El Cafetal" \$8.99**

Lettuce, Tomato, Cucumber, Red Onion, Shredded Cabbage Salad, Egg & Cheese. Add Shrimp \$4.25  
Grilled Steak \$3.50 / Grilled Chicken \$2.99

### **Bowl "El Cafetal" \$9.25**

Rice, Beans, Lettuce, Tomatoes, Cucumber, Red Onion, Shredded Cabbage Salad & Cheese. Add Shrimp \$4.25  
Grilled Steak \$3.50 / Grilled Chicken \$2.99.

### **Chicken Caliente Salad \$12.75**

Lettuce, Tomato, Shredded Cabbage Salad, Red Onion, Egg, Grilled Chicken sautéed with Blue Cheese and 🌶️ Hot sauce.

### **Tuna Salad \$9.75**

Lettuce, Tomato, Cucumber, Shredded Cabbage Salad, Red Onion, Egg & Cheese.

### **Caesar Salad \$9.25**

Romaine Lettuce, Croutons, Parmesan Cheese.  
Choice Protein: Grilled Chicken \$2.99 / Shrimp \$4.25

**Dressing:** Ranch, Italian, Blue Cheese, Caesar, Balsamic Vinegar.



## Kids Menu

(Only 12 and under / Includes Soft Drink)



Chicken Tender with fries \$7.50

Grilled Cheese Sandwich with fries \$7.50

Cheese Burger with fries \$7.99



## BEER SELECTION

### IMPORTED COLOMBIAN BEERS \$6.00

CLUB COLOMBIA      AGUILA      POKER  
 NEGRA CLUB COLOMBIA      AGUILA LIGHT

### IMPORTED BOTTLE      DOMESTIC BOTTLE

Beers \$5.50

CORONA PREMIER  
 PACIFICO  
 NEGRA MODELO  
 CORONA LIGHT

Beers \$5.00

BUDWEISER | BUD LIGHT

Free  
 Dive  
 \$5.00

High  
 Noon  
 \$5.00

### DRAFT BEER

CORONA EXTRA | MODELO | MICHELOB ULTRA | STELLA

Pitchers \$15.00 | 22oz \$7.25 | 12oz \$5.50



### WINE / COCKTAILS

Glass \$8.50 | Bottle \$26.00

#### WHITE WINE

Pinot Grigio | Chardonnay

#### RED WINE

Cabernet | Sweet

### Margarita      Mimosa      Prosecco      Sangria

12oz

On The Rock  
 \$8.00

Glass \$8.50

Small Bottle  
 \$8.00

(Housemade  
 with fruit)

Glass \$8.50  
 Pitcher \$26

Happy Hour | Mon - Fri | 2pm - 5 pm

## Sopas / Housemade Soup

### Sopa de Pollo / Chicken Soup

Todos los días / Everyday  
 L \$11.99 / S \$ 9.99

### Sancocho de Carne / Beef Soup

Martes, Miércoles y Domingo /  
 Tuesday, Wednesday & Sunday  
 L \$12.50 / S \$10.50

### Mondongo 🇨🇴 / Tripe Soup

Viernes / Friday  
 L \$12.50 / S \$10.50

### Frijoles Negros / Black Beans Soup

Todos los días / Everyday  
 L \$10.25 / S \$9.25



## Side Orders

**Huevos Fritos** / Fried Egg (2)

**Huevos Perico** / Scrambled Eggs  
 with vegetables

**Arroz Blanco** / White Rice

**Arroz Amarillo** / Yellow Rice

**Frijoles** / Red or Black Beans

**Yuca Frita** / Fried Cassava

**Papas Criollas** / Fried Yellow Potatoes

**Calentado** / Mixed Rice and Beans

**Maduros** / Fried Sweet Plantains  
 Add Cheese & Crema \$1.50

**Ensalada Rayada** /  
 Shredded Cabbage Salad

**French Fries** / Papas Fritas

**Steamed Vegetables**  
 Onion, peppers, brocoli, carrot  
 and yellow colombian potatoes

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