

El Cafetal

Bakery & Restaurant

813-898-0813

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



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Order Online

www.elcafetalstampa.com

**MILITARY DISCOUNT
10% OFF ON MONDAYS**

Entradas / Appetizers

Handmade Empanada Filled with Savory Beef and Potatoes, Chicken or Cheese	\$1.98
Chicharrón / Hand-cut Pork Belly	\$5.98
Morcilla / Blood Sausage	\$5.98
Chorizo / Sausage	\$5.98
Papa Rellena / Stuffed Potato w/beef	\$4.99
Tequeños / Venezuelan Cheese Sticks	\$8.50
Orden de Arepa / Fried Small Corn Cake	\$4.60
Tostones / Fried Green Plantains (Add Colombian Hogao (\$1.50))	\$4.65
Chicken Tender with Fries	\$12.99
Arepa con Queso / Arepa w/Cheese & Butter	5.99
Tostada Cubana / Cuban Toast	\$2.80
Maduros con Queso y Crema / Fried Sweet Plantain with White Cheese & Crema	\$9.99
Arepa de Huevo / Arepa Stuffed with Shredded Beef and Fried Egg	\$5.75

Desayunos / Breakfast

Desayuno #1 Arepa con Queso y Huevos Pericos. Flat Corn Cake with Cheese and Scrambled Eggs.	\$10.85
Desayuno #2 Arepa con Queso y Calentado. Flat Corn Cake with Cheese and mixed Rice & Red Beans.	\$10.85
Desayuno #3 Arepa con Queso y Carne Asada. Flat Corn Cake with Cheese and Grilled Steak.	\$10.95
Desayuno #4 Calentado con Chorizo y Arepa Pequeña. Mixed Rice and Red Beans with Sausage and Small Corn Cake.	\$9.95
Desayuno #5 "El Cafetal" Calentado con Carne Asada, Arepa Pequeña y Huevos Pericos. Mixed Rice with Red Beans, Grilled Steak, Small Corn Cake & Scrambled Eggs.	\$12.95
Desayuno #6 Tostada Cubana con Chorizo ó Tocineta y 2 Huevos Fritos. Cuban Toast, Sausage or Bacon & 2 Fried Eggs.	\$11.75
Arepa con Pollo Desmechado Flat corn cake topped shredded chicken. Available with Tostones (Fried Green Plantains)	\$10.99

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.

\$21.50

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.

\$16.50

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

\$14.99

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

#5 Filete de Pescado a la Plancha / Grilled Fish

\$15.99

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

#6 Filete de Pescado Empanizado / Breaded Fish

\$15.99

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

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

\$15.99

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

#8 Lomo de Cerdo Empanizado / Breaded Pork Loin

\$15.99

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

#9 Picada El Cafetal (3 people)

\$33.99

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.

\$15.99

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.

\$15.99

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

#12 Pechuga de Pollo Empanizada

\$15.99

Breaded Chicken Breast.

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

🕒 20 min Aprox.

Red Tilapia or Red Snapper.

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.

\$17.50**#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 Brocoli \$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.

\$8.25**Ham, Cheese, eggs**

With Lettuce, Tomato & Mayo.

\$8.50**Atún con Queso / Tuna & Cheese**

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

\$8.99**Crispy Chicken Tenders**

Fried Chicken Tenders, Lettuce, Tomato & Mayo.

\$9.99**Cali Grilled Chicken**

Lettuce, Tomato, Onion, American Cheese & Mayo.

\$10.50**Cali Grilled Steak**

Lettuce, Tomato, Onion, American Cheese & Mayo

\$10.75**Cuban Sandwich (Hot-Pressed)**

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

\$10.75**Make your meal for only \$3.99 - FRIES + SODA -**

(Soft drink)



Extras: Jalapeño \$1.50 // Extra Meat \$3.99 / Extra Cheese \$1.99

Especial de la Casa

- Bandeja Paisa Especial** \$25.99
Rice and red beans served with grilled steak, sausage, pork belly, egg, sweet plantains, small corn cake, blood sausage and avocado
- Cazuela de Frijol** \$15.99
Red beans topped with chopped pork belly, sausage and fried sweet plantains, served with rice, salad, small corn cake and avocado
- Coctel de Camarones** \$18.99
Colombian Shrimp Cocktail served with Fried Green Plantains
- Cazuela de Mariscos** \$26.99
Creamy Seafood Cazuela with Shrimp, served with Rice and Fried Green Plantains
- Pescado al Ajillo Colombiano** \$17.99
Grilled Fish with Creamy Garlic sauce, served with Rice and Fried Green Plantains. | Add Shrimp \$4.25
- Camarones al Ajillo** \$17.99
Grilled Shrimp with Creamy Garlic Sauce served with Rice and Fried Green Plantains.
- Churrasco** | Add Shrimp \$4.25 \$26.99
8oz Grilled Skirt Steak served with Rice, French Fries and Salad.
- Parrillada** \$29.99
Grilled Pork, Skirt Steak, Chicken served with Rice and Beans
- Parrillada Especial** \$36.99
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** \$17.99
Mixed Rice, Shrimp and Vegetables served with Fried Green Plantains
- Arroz a la Marinera** \$27.99
Mixed Rice with Seafood Mix & Shrimp, served with Salad and Fried Green Plantains
- Fajitas El Cafetal**
Chicken \$19.99 - Steak \$20.99 - Mixta \$24.99
Served with Rice, Beans, Flour Tortillas and Salad. Add Shrimp \$4.25

Ensaladas / Salads

- Small Salad** \$4.99
Lettuce, Tomato, Cucumber, Red Onion.
- Salad "El Cafetal"** \$11.25
Lettuce, tomato, cucumber, red onion and shredded cabbage, topped with egg and cheese. Add shrimp +\$4.25
Grilled steak +\$3.50 | Grilled chicken +\$2.99
- Bowl "El Cafetal"** \$11.50
Rice, beans, lettuce, tomatoes, cucumber, red onion, shredded cabbage salad and cheese. Add shrimp +\$4.25
Grilled steak +\$3.50 | Grilled chicken +\$2.99
- Chicken Caliente Salad** \$13.99
Lettuce, tomato, red onion and egg, topped with grilled chicken sautéed in blue cheese and spicy sauce. 🌶️
Served with a side of shredded cabbage
- Tuna Salad** \$11.99
Lettuce, tomato, cucumber and red onion, topped with tuna, egg and cheese, served with a side of shredded cabbage
- Caesar Salad** \$10.99
Romaine lettuce with croutons and parmesan cheese. Add grilled chicken +\$2.99 | Shrimp +\$4.25
- Dressings:** Ranch, Italian, blue cheese, Caesar and balsamic vinegar



Kids Menu

(Only 12 and under / Includes Soft Drink)

Chicken Tenders with fries \$7.75

Grilled Cheese Sandwich with fries \$7.75

Cheeseburger with fries \$8.75



BEER SELECTION

IMPORTED COLOMBIAN BEERS \$6.50

CLUB COLOMBIA AGUILA POKER

IMPORTED BOTTLE

Beers \$6.00

CORONA PREMIER
PACIFICO
NEGRA MODELO
CORONA LIGHT

DOMESTIC BOTTLE

Beers \$5.50

BUDWEISER | BUD LIGHT

DRAFT BEER

CORONA EXTRA | MODELO | MICHELOB ULTRA | STELLA

Pitchers \$16.00 | 22oz \$7.50 | 12oz \$6.00



WINE / COCKTAILS

Glass \$8.50 | Bottle \$27.00

WHITE WINE

Pinot Grigio | Chardonnay

RED WINE

Cabernet | Sweet

Margarita | Mimosa | Prosecco | Sangria

12oz

On The Rock
\$9.00

Glass \$9.50

Small Bottle
\$8.50

(House-made
with fruit)

Glass \$9.00
Pitcher \$28

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

El Cafetal

Bakery & Restaurant



Sopas / Housemade Soup

Sopa de Pollo / Chicken Soup

Todos los días / Everyday

L \$12.50 / S \$ 10.99

Sancocho de Carne / Beef Soup

Martes, Miércoles y Domingo /

Tuesday, Wednesday & Sunday

L \$12.99 / S \$11.50

Mondongo 🇨🇴 / Tripe Soup

Viernes / Friday

L \$12.99 / S \$11.50

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, broccoli, carrot
and yellow colombian potatoes