



## Authentic Dinners

### Appetizers

#### Fresh Homemade Chips/Salsa

Half 1.75 Full 2.50 (per basket)  
& Cheese 5.29  
& Chicken Queso Dip 6.29  
& Guacamole 5.29  
& Chili con Queso 5.59

#### Mini Tacos 5.49

#### Mini Burritos 5.49

#### Sample Platter

Two steak or chicken taquitos, six mini tacos, and four mini burritos. 7.49

#### Mexi Skins

Four potato skins stuffed with meat, cheese and pico served with sour cream. 5.49

#### Pepper Jack Cheese Bites

(15) 4.99

#### Taquitos

Your choice of steak or chicken with sour cream and guacamole. Half 4.19 Full (4) 6.99

#### Nachos

##### Fajita Nachos

Your choice steak or chicken. Half 7.79 Full 10.79

##### Nacho Deluxe

Choice of beef, chicken or steak with beans, onions, cheese, lettuce, tomato jalapeño and sour cream. Half 6.99 Full 9.49 With sliced avocados add .99

##### Seafood Nacho

Half 7.49 Full ~ 9.49

#### Quesadilla

Choice of cheese, chicken, steak or seafood. 9.49

#### Wing Dings

Buffalo or deep fried. (10) 5.49 (20) 9.99

#### Mexican Shrimp Cocktail

Served with fresh tortilla chips 7.99

*Seasoned stewed beef may be substituted for rice or beans for 1.19 extra.*

#### Fajita Dinner

Three steaks, chicken or combo fajitas. Served with rice, beans, sour cream and guacamole. Reg. 15.99 Shrimp 16.99

##### For Two

Served with chips, too. Reg. 24.99 Shrimp 26.99

#### Tia Helita's Combo Especial

Taco, tostada, tamale and enchilada served with rice, beans and seasoned stewed beef. 14.29

#### Burrito Dinner

##### Wet Burritos (3)

With your choice of beef, chicken, ground beef, bean, chili or mixed burritos. Served with rice, beans and seasoned stewed beef. 14.29

##### Seafood Burritos (3)

Served with rice and beans. 14.99

##### Dry Burritos (3)

With your choice of beef, chicken, ground beef, bean, chili or mixed burritos. Served with rice, beans and seasoned stewed beef. Reg. 12.19 With cheese. 12.99

#### Enchilada Dinner

##### Enchiladas (3)

With your choice of beef, chicken or steak served with rice, beans and seasoned stewed beef. 12.99

##### Cheese or Spinach 11.99

##### Seafood Enchilada (3)

Served with rice and beans. 13.99

#### Tamale Dinner

Three mild tamales served with rice, beans and seasoned stewed beef. Dry 10.99 Wet 11.99

#### Tia Helita's Mexican Lasagna

Served with a dinner salad and garlic toast. 11.29



Denotes Tia Specialty

#### Mexican Dinner

Orders of rice, beans and seasoned stewed beef served with tortillas, lettuce and tomato. 11.99

#### Chimichanga Dinner

Three chimichanga served with rice, beans and seasoned stewed beef. 14.99

#### Taco Dinner

##### Tacos (3)

Corn shell tacos with your choice of beef or chicken. Served with rice, beans and seasoned stewed beef. Reg. 11.19 With cheese 11.99

##### Fish Tacos (3)

Served with rice and beans. 13.19

##### Golden Tacos (3)

Flour shell tacos with your choice of beef or chicken tacos fried 'til golden served with rice, beans and seasoned stewed beef. Reg. 12.19 With cheese. 13.99

##### Shrimp Tacos (3)

Served with rice and beans. 13.99

##### Steak or Carnita Tacos (3)

Served with rice, beans and seasoned stewed beef. Reg. 11.99 With cheese 13.59

#### Chicken Strips

Served with French fries. 8.99

## Soups & Salads

#### Santa Fe Salad

Tortilla chips topped with chicken, guacamole, beans, lettuce, tomato, cheese, peas, tossed in a red wine vinegar. Half 7.89 Full 8.99

#### Fajita Salad

Your choice of chicken, steak or a combination. Served with grilled peppers and onions, lettuce, cheese, tomato, sour cream and guacamole. Reg. 9.49 Shrimp 10.59

#### Chicken Salad

Choice of grilled, fried or buffalo chicken with cheese, cucumbers, onions, tomato, and croutons. 9.49

### Dinner Specials

*Served after 4:00 pm*

#### 2 for 24 Dinners

Your choice of two entree selections and one appetizer selection. 24.00

##### Entrees:

- Enchilada Dinner
- Taco Dinner
- Tostada Dinner
- Tia Helita's Especial Combo
- Tamale Dinner
- Mexican Dinner

##### Appetizers:

- Chips with Cheese or Guacamole
- Half Nachos ~ Your choice of beef or chicken
- Taquitos ~ Your choice of beef or chicken and flour or corn tortilla.

#### Sonoran Barbecue Ribs

Served with choice of baked potato, rice, veggies or French fries.

Half Slab 13.99 Full Slab 15.99

Add dinner salad for 2.99 extra.



#### Taco Salad

Your choice of beef or chicken. Served with beans, onions, cheese, lettuce, tomato and sour cream. 7.99

#### Dinner Salad 3.89

#### Side Salad 2.49

#### Menuado

Hominy and tripe in a spicy broth. 5.99

#### Chili 3.99

#### Soup of the Day (Seasonal) 3.99

*\*Our cooks are happy to prepare your meal to your liking; however, consuming raw or uncooked food may increase the risk of foodborne illness*







## Ala Carte

### Tamales

- Pork Tamale 1.89
- Wet Tamale 2.29



### Fajitas

- Choice of chicken, steak or combination. 4.59



### Chimichanga

- Your choice of beef, chicken, chili, ground beef or mix. 5.99

### Burritos

- Wet Burrito**  
Your choice of beef, chicken, chili, ground beef or mix. 4.19
- 10" Wet Burrito** 5.49
- 10" Seafood Burrito** 5.89
- Dry Burrito**  
Your choice of beef, chicken, chili, ground beef or mixed. Reg. 3.09 With cheese 3.19



## Desserts

Choice of toppings: Chocolate, caramel, honey, strawberries, raspberries, cherries and whipped cream.

- Sopapillas** 4.49
- Fried Cheesecake** 4.99
- Fried Ice Cream** 4.99
- Fried Burritos**  
Apple or cherry 4.49
- Hot Fudge Cake** 4.99
- Sundaes**  
Chocolate, caramel or strawberry 4.49
- Churros**  
Chocolate, caramel or strawberry 4.49

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### Enchilada

- Spinach or Cheese. 3.09
- Beef, chicken or steak. 3.49
- Seafood 3.99

### Tacos

- Tacos**  
Reg. 1.29 With cheese 1.49
- Carnita or Reynos Taco**  
Reg. 2.09 With cheese 2.29
- With Pico de Gallo and cilantro. 3.29
- Chicken Strip Taco** 3.29
- Shrimp Taco**  
With Pico de Gallo and cilantro. 3.25 With cheese 3.45
- Steak Taco**  
Reg. 2.09 With cheese 2.29
- Fish Taco**  
Reg. 2.29

### Tostadas

- Tostadas 1.89
- Chicken, Steak or Beef 2.29

## Beverages

### Pop

- Coke, Diet Coke, Cherry Coke, Sprite, Orange, Mellow Yellow, Dr. Pepper, lemonade and fruit punch (Free Refill) 2.29

### Iced Tea (Fresh Brewed) 2.29

### Sioux City Sarsaparilla (No Refills) 2.29

### Juices

- Cranberry, grapefruit, orange, pineapple and tomato. 2.29

### Milk (no refills) 2.29

### Hot Chocolate 2.29

### Coffee or Hot Tea 2.29

### Kids Milk or Pop 1.29

## For the Kids

- For kids 10 and under only.
- Served with choice of rice, beans, French fries or mac-n-cheese and includes a drink.
- Hamburger** 4.99
- Cheese Enchilada** 4.69
- Add beef or chicken 4.99
- Chicken Strips** 4.99
- Tacos (2)** 4.99
- Cheese Quesadilla** 4.69
- Add beef or chicken 4.99
- Grilled Cheese** 4.69

## Sandwiches

- Served with French fries. Topped with your choice of American or Monterey Jack. Add bacon or guacamole .99 per item. Add green olives, black olives or sauteed onions .49 per item. Add jalapenos, tomatoes or lettuce at no extra charge.

### Grande Burger 7.49

### Grilled Cheese 5.99

### Hamburger 6.69

### Pueblo Wrap

- Shaved steak with onions, cheese and pico fried 'til golden brown and served with steak fries. 7.29

## Family Packs

### Tacos

- Tacos (6)**  
Choice of chicken or beef. Reg. 6.09 With cheese 6.59
- Steak Tacos (6)**  
Reg. 8.29 With cheese 8.99
- Golden Tacos (6)**  
Choice of chicken or beef. Reg. 10.19 With cheese 10.99
- Golden Steak Tacos (6)**  
Reg. 12.49 With cheese 12.99

### Tamales

- Wet Tamales 8.99 (12) 13.99
- Dry Tamales (6) 6.99 (12) 11.99



## Lunch Specials

Served daily from 11:00 am to 3:00 pm Seasoned stewed beef may be substituted for rice or beans for 1.49 extra

### Chimichanga

- Your choice of beef, chicken, beans, chili, ground beef or mixed. Served with rice and beans. 6.95

### Fried Chicken Tacos

- Two fried chicken strips topped with cheese, bacon, pico, ranch and avocado in a flour shell. Served with rice and beans. 6.95

### Fajita

- Your choice of steak, chicken, shrimp or combination. Served with rice and beans. 6.95

### 10" Seafood Burrito

- Served with rice and beans. 6.95

### 10" Wet Burrito

- Your choice of beef, chicken, bean, chili, ground beef or mixed. Served with rice and beans. 6.95

### Enchiladas

- Two enchiladas of your choice of beef, chicken, cheese, spinach, steak or seafood. Served with rice and beans. 6.95

### 6" Quesadilla

- Choice of beef, chicken or fish (Tilapia). Served with rice or beans. 6.95

### Tacos

- Tacos (3)**  
Your choice of beef, chicken or steak. Served with rice and beans. 6.95
- Golden Tacos (2)**  
Served with rice and beans. 6.95
- Fish Tacos (2)**  
Served with rice and beans. 6.95

## Side Orders

- Seasoned Stewed Beef
- Half 3.89 Full 4.89
- Rice Half 1.89 Full 2.89
- Guacamole Sm. .89 Lg. 3.59
- Pico de Gallo Sm. .89 Lg. 3.59
- Nacho Cheese Sm. .89 Lg. 3.59
- Chili con Queso 4.59
- Sliced Jalapeños .89
- Beans Half 1.69 Full 2.49
- Mac-N-Cheese 2.59
- French Fries 3.49
- Sour Cream Sm. .70 Lg. 2.29
- Jalapenos (Fresh chopped) Sm. .70 Lg. 2.29
- Tortillas (4) 1.29 or .39 each
- Sliced Avocados .99

## Planning a party? We cater!

\*\*Gratuity (18%) may be added to parties of 8 or more.

**Tia Helita's**  
MEXICAN CUISINE