

# Tia Helita's

## MEXICAN CUISINE

Proudly serving our community for over 40 years. Our food is cooked fresh daily using top quality ingredients. We pride ourselves in providing an enjoyable experience for all of our guests. We are thankful to you, our customers, for your continued support throughout the years. Thank you  
The Tia Helita's Family

### Starters

#### Fresh Homemade Chips & Salsa

Half 2.99 Full 3.99 (per basket)  
& Nacho Cheese 6.99  
& Chicken Queso Dip 7.99  
& Queso Blanco 7.99  
& Guacamole 7.99  
& Chili con Queso 7.99

#### Pepper Jack Cheese Bites

5.99

#### Mini Tacos

7.09

#### Taquito

Your choice of steak or chicken with sour cream and guacamole.  
Half 5.99 Full (4) 8.99

#### Nachos

##### Fajita Nachos

Your choice steak or chicken.  
Half 10.49 Full 13.49

##### Nacho Deluxe

Choice of beef, chicken or steak with beans, onions, cheese, lettuce, tomato jalapeño and sour cream. Half 9.49 Full 12.49

##### Seafood Nacho

Half 9.49 Full 12.49

#### Quesadilla

Choice of cheese, chicken, steak or seafood. Full 12.29

#### Wing Dings

Buffalo, BBQ or deep fried.  
(10) 10.99

### Authentic Dinners

*Seasoned stewed beef may be substituted for rice or beans for 2.49 extra.*

#### Fajita Dinner

Three steaks, chicken or combo fajitas. Served with rice, beans, sour cream and guacamole.  
Reg. 18.29 Shrimp 18.99

##### For Two

Served with chips, too.  
Reg. 28.99 Shrimp 29.99



#### Tia Helita's Combo Especial

Taco, tostada, tamale and enchilada served with rice, beans and seasoned stewed beef. 15.99

#### 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. 17.99

##### Seafood Burritos (3)

Served with rice and beans. 17.79

##### 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. 16.49 With cheese. 16.59

#### Tamale Dinner

Three mild tamales served with rice, beans and seasoned stewed beef. Dry 14.59 Wet 14.99

#### Enchilada Dinner

##### Enchiladas (3)

With your choice of beef, chicken or steak served with rice, beans and seasoned stewed beef. 16.29

##### Cheese or Spinach

##### Seafood Enchilada (3)

Served with rice and beans. 16.59

#### Tia Helita's Mexican Lasagna

Served with a dinner salad and garlic toast. 14.39

#### Mexican Dinner

Orders of rice, beans and seasoned stewed beef served with tortillas, lettuce and tomato. 14.99

#### Chimichanga Dinner

Three chimichanga served with rice, beans and seasoned stewed beef. 17.69

#### Taco Dinner

##### Tacos (3)

Corn shell tacos with your choice of beef or chicken. Served with rice, beans and seasoned stewed beef.

Reg. 12.59 With cheese 12.99

##### Fish Tacos (3)

Served with rice and beans. 15.39

##### Golden Tacos (3)

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

Reg. 15.49 With cheese. 16.49

##### Shrimp Tacos (3)

Served with rice and beans. 16.39

##### Steak or Carnita or Reynosa Taco

(3) Served with rice, beans and seasoned stewed beef.

Reg. 15.29 With cheese 15.99

#### Chicken Strips

Served with French fries. 11.99

### Soups & Salads

#### Santa Fe Salad

Tortilla chips topped with chicken, guacamole, beans, lettuce, tomato, cheese, peas, tossed in a red wine vinegar.  
Half 9.99 Full 11.09

#### Fajita Salad



Your choice of chicken, steak or a combination. Served with grilled peppers and onions, lettuce, cheese, tomato, sour cream and guacamole.  
Reg. 11.99 Shrimp 12.89

#### Chicken Salad

Choice of grilled, fried or buffalo chicken with cheese, cucumbers, onions, tomato, and croutons. 11.99

#### Taco Salad

Your choice of beef or chicken. Served with beans, onions, cheese, lettuce, tomato and sour cream. 10.29

#### Dinner Salad

5.59

#### Chili

5.99



#### Denotes Tia Specialty

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

Tia Helita's

## MEXICAN CUISINE



# Ala Carte

## Tamales

Pork Tamale 3.49

Wet Tamale 3.69

## Fajitas

Choice of chicken, steak or combination. 6.29

## Chimichanga

Your choice of beef, chicken, chili, ground beef or mix. 7.79

## Burritos

Wet Burrito

Your choice of beef, chicken, chili, ground beef or mix. 6.59

10" Wet Burrito 8.09

10" Seafood Burrito 8.09

Dry Burrito

Your choice of beef, chicken, chili, ground beef or mixed.

Reg. 5.99 With cheese 6.19

## Enchilada

Spinach or Cheese 4.79

Beef, Chicken or Steak 5.39

Seafood 5.39

## For the Kids

For kids 10 & under only. Served with choice of rice, beans OR French fries.

## Cheese Enchilada 6.19

Add beef or chicken 6.49

## Chicken Strips 6.49

## Tacos (2) 6.49

## Cheese Quesadilla 6.19

Add beef or chicken 6.49

\*Ask your server about menu items that are cooked to order or served raw. Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



# Planning a party? We cater!

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

4070 South Saginaw Street • Flint, MI 48505 • (810) 742-5525 • [www.tiahelitas.com](http://www.tiahelitas.com)

# Sandwiches

Served with French fries. Topped with your choice of American or Monterey Jack. Add bacon or guacamole .99 per item. Add jalapeños, tomatoes or lettuce at no extra charge.

## Grande Burger 9.99

## Grilled Cheese 7.29

## Pueblo Wrap

Shaved steak with onions, cheese and pico fried 'til golden brown and served with steak fries. 11.49

# Family Packs

## Tacos

Tacos (6)

Choice of chicken or beef.

Reg. 10.49 With cheese 10.99

Steak Tacos (6)

Reg. 11.29 With cheese 11.99

Carnita or Reynosa Taco

Reg. 11.29 With cheese 11.99

Golden Tacos (6)

Choice of chicken or beef.

Reg. 12.99 With cheese 13.99

Golden Steak Tacos (6)

Reg. 15.99 With cheese 16.99

## Tamales

Wet Tamales (6) 14.49 (12) 25.99

Dry Tamales (6) 12.49 (12) 20.99

# Beverages

## Pop

Coke, Diet Coke, Cherry Coke, Sprite, Orange, Mellow Yellow, Dr. Pepper, lemonade and fruit punch (Free Refill) 3.09

## Mexican Coke

(No Refills) 3.49

## Iced Tea (Fresh Brewed) 3.09

## Jarritos

Assorted flavors. (No Refills) 3.49

## Juices

Cranberry, grapefruit, orange and pineapple. 3.09

## Milk (no refills) 3.09

## Coffee or Hot Tea 3.09

## Kids Milk or Pop 3.09

# Lunch Specials

Served daily from 11:00 am to 3:00 pm

Seasoned stewed beef may be substituted for rice or beans for 2.49 extra

## Chimichanga

Your choice of beef, chicken, beans, chili, ground beef or mixed. Served with rice and beans. 9.99

## Fried Chicken Tacos

Two fried chicken strips topped with cheese, bacon, pico, ranch and avocado in a flour shell. Served with rice and beans. 9.99

## 10" Seafood Burrito

Served with rice and beans. 9.99

## 10" Wet Burrito

Your choice of beef, chicken, bean, chili, ground beef or mixed. Served with rice and beans. 9.99

## Enchiladas

Two enchiladas of your choice of beef, chicken, cheese, spinach, steak or seafood. Served with rice and beans. 9.99

## 6" Quesadilla

Choice of beef, chicken or fish (Tilapia). Served with rice or beans. 9.99

## Tacos

Tacos (3)

Your choice of beef, chicken or steak. Served with rice and beans. 9.99

Golden Tacos (2)

Served with rice and beans. 9.99

Fish Tacos (2)

Served with rice and beans. 9.99

# Desserts

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

## Fried Cheesecake 5.99

## Fried Burritos

Apple or cherry 5.99

## Churros

Chocolate, caramel or strawberry 5.99

All prices based on cash payment. Additional 3.99% for credit.