

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 3.29 Full 4.29 (per basket)
& Nacho Cheese 7.99
& Chicken Queso Dip 8.99
& Queso Blanco 8.99
& Guacamole 8.99
& Chili con Queso 8.99
& Creamy Jalapeno Dip 8.99
& Trio Dip 11.99

Pepper Jack Cheese Bites

6.99

Mini Tacos

8.09

Taquitos

Your choice of steak or chicken with sour cream and guacamole.
Half 6.99 Full (4) 9.99

Nachos

Fajita Nachos

Your choice steak or chicken.
Half 12.49 Full 14.49

Nacho Deluxe

Choice of beef, chicken or steak with beans, onions, cheese, lettuce, tomato jalapeño and sour cream. Half 10.49 Full 13.49

Seafood Nacho Half 11.49 13.49

Quesadilla

Choice of cheese, chicken, steak or seafood. Cheese 13.29
Chicken or steak 14.29
Seafood 15.29

Wing Dings

Buffalo, BBQ, Hot honey or deep fried. (10) 11.99

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 19.99

For Two

Served with chips, too.
Reg. 30.99 Shrimp 31.99

Tia Helita's Combo Especial

Taco, tostada, tamale and enchilada served with rice, beans and seasoned stewed beef. 16.99

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. 18.99

Seafood Burritos (3)

Served with rice and beans. 18.79

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. 17.49 With cheese. 17.59

Tamale Dinner

Three mild tamales served with rice, beans and seasoned stewed beef. Dry 15.99 Wet 16.99

Enchilada Dinner

Enchiladas (3)

With your choice of beef, chicken or steak served with rice, beans and seasoned stewed beef. 17.29

Cheese or Spinach 15.99

Seafood Enchilada (3)

Served with rice and beans. 17.59

Tia Helita's Mexican Lasagna

Served with a dinner salad and garlic toast. 16.39

Mexican Dinner

Orders of rice, beans and seasoned stewed beef served with tortillas, lettuce and tomato. 15.99

Chimichanga Dinner

Three chimichanga served with rice, beans and seasoned stewed beef. 18.69

Taco Dinner

Tacos (3)

Corn shell tacos with your choice of beef or chicken.

Served with rice, beans and seasoned stewed beef.

Reg. 13.59 With cheese 13.99

Fish Tacos (3)

Served with rice and beans. 17.39

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. 16.49 With cheese. 17.49

Shrimp Tacos (3)

Served with rice and beans. 17.39

Steak or Carnita or Reynosa Taco

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

Reg. 16.29 With cheese 16.99

Chicken Strips

Served with French fries. 12.99

Soups & Salads

Santa Fe Salad

Tortilla chips topped with chicken, guacamole, beans, lettuce, tomato, cheese, peas, tossed in a red wine vinegar.
Half 11.99 Full 13.99

Fajita Salad

Your choice of chicken, steak or a combination. Served with grilled peppers and onions, lettuce, cheese, tomato, sour cream and guacamole.
Reg. 14.99 Shrimp 15.99

Chicken Salad

Choice of grilled, fried or buffalo chicken with cheese, cucumbers, onions, tomato, and croutons. 13.99

Taco Salad

Your choice of beef or chicken. Served with beans, onions, cheese, lettuce, tomato and sour cream. 11.99

Dinner Salad 6.59

Chili 6.99



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 foodborne illness.

Prices subject to change.

Tia Helita's

MEXICAN CUISINE

Ala Carte

Tamales

- Pork Tamale 4.49
- Wet Tamale 4.69

Fajitas

Choice of chicken, steak or combination. 7.29

Chimichanga

Your choice of beef, chicken, chili, ground beef or mix. 8.79

Burritos

- Wet Burrito
- Your choice of beef, chicken, chili, ground beef or mix. 7.59
- 10" Wet Burrito 9.09
- 10" Seafood Burrito 9.09
- Dry Burrito
- Your choice of beef, chicken, chili, ground beef or mixed. Reg. 6.99 With cheese 7.19

Enchilada

- Spinach or Cheese 5.29
- Beef, Chicken or Steak 5.89
- Seafood 5.89

For the Kids

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

Cheese Enchilada 6.69
Add beef or chicken 6.99

Chicken Strips 6.99

Tacos (2) 6.99

Cheese Quesadilla 6.69
Add beef or chicken 6.99

*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.

Tacos

- Tacos
- Reg. 3.59 With cheese 3.79
- Carnita or Reynosa Taco
- Reg. 3.99 With cheese 4.19
- Chicken Strip Taco 5.89
- Shrimp Taco
- With Pico de Gallo and cilantro. 4.59 With cheese 5.29
- Steak Taco
- Reg. 3.99 With cheese 4.19
- Fish Taco
- Reg. 4.59 With cheese 4.79
- Golden Taco
- Flour shell tacos with your choice of beef or chicken fried 'til golden. Reg. 3.99 With cheese 4.19
- Golden Steak Taco
- Reg. 4.79 With cheese 4.99
- Hot Honey Taco 5.89

Tostadas

- Bean 3.79
- Chicken, Steak or Ground Beef 4.19

Side Orders

Seasoned Stewed Beef

Half 6.99 Full 8.99

Rice Half 3.09 Full 4.99

Guacamole Sm. 1.79 Lg. 5.49

Pico de Gallo Sm. 1.49 Lg. 5.49

Nacho Cheese

Sm. 1.49 Lg. 5.49

Sliced Jalapeños 1.49 Lg. 3.49

Beans Half 3.09 Full 4.99

French Fries 4.49

Sour Cream Sm. 1.49 Lg. 3.49

Jalapeños (Fresh chopped)
Sm. 1.49 Lg. 3.49

Tortillas (4) 3.49 or .99 each

Sliced Avocados 2.49

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 11.99

Grilled Cheese 8.29

Pueblo Wrap

Shaved steak with onions, cheese and pico fried 'til golden brown and served with steak fries. 13.49

Family Packs

Tacos

- Tacos (6)
- Choice of chicken or beef. Reg. 11.49 With cheese 11.99
- Steak Tacos (6)
- Reg. 12.29 With cheese 12.99
- Carnita or Reynosa Taco
- Reg. 12.29 With cheese 12.99
- Golden Tacos (6)
- Choice of chicken or beef. Reg. 13.99 With cheese 14.99
- Golden Steak Tacos (6)
- Reg. 16.99 With cheese 17.99

Tamales

- Wet Tamales (6) 15.49 (12) 26.99
- Dry Tamales (6) 13.49 (12) 21.99

Beverages

Pop

Coke, Diet Coke, Cherry Coke, Sprite, Orange, Mellow Yellow, Dr. Pepper, lemonade and fruit punch (Free Refill) 3.59

Mexican Coke

(No Refills) 3.99

Iced Tea (Fresh Brewed) 3.59

Jarritos

Assorted flavors. (No Refills) 3.99

Juices

Cranberry, grapefruit, orange and pineapple. 3.59

Milk (no refills) 3.09

Coffee or Hot Tea 3.59

Kids Milk or Pop 3.59

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. 10.99

Fried Chicken Tacos

Two fried chicken strips topped with cheese, bacon, pico, ranch and avocado in a flour shell. Served with rice and beans. 10.99

10" Seafood Burrito

Served with rice and beans. 11.49

10" Wet Burrito

Your choice of beef, chicken, bean, chili, ground beef or mixed. Served with rice and beans. 11.49

Enchiladas

Two enchiladas of your choice of beef, chicken, cheese, spinach, steak or seafood. Served with rice and beans. 10.99

6" Quesadilla

Choice of beef, chicken or fish (Tilapia). Served with rice or beans. 10.99

Tacos

- Tacos (3)
- Your choice of beef, chicken or steak. Served with rice and beans. 10.99
- Golden Tacos (2)
- Served with rice and beans. 10.99
- Fish Tacos (2)
- Served with rice and beans. 10.99

Desserts

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

Fried Cheesecake 6.99

Fried Burritos
Apple or cherry 6.99

Churros
Chocolate, caramel or strawberry 6.99

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



Planning a party? We cater!

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

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