



Menu

Frida Gourmet

5270 Boul Des Laurentides, Laval QC H7K 2J8, Canada | (514) 222-7131

Most Ordered

Burrito al Pastor

CA\$18.00

Marinated pork, rice, beans, lettuce, and salsa wrapped in a flour tortilla.

5 Tacos Poulet

CA\$24.00

Tender chicken pieces topped with fresh cilantro, creamy avocado sauce, and a squeeze of lime in soft corn tortillas.

Nachos al Pastor

CA\$20.00

Crispy tortilla chips topped with seasoned al pastor pork, shredded lettuce, pico de gallo, and drizzled with a creamy sauce.

Quesadilla al Pastor

CA\$18.00

Grilled flour tortillas filled with marinated pork, melted cheese, and fresh cilantro, served with a side of diced tomatoes and onions.

Burrito bol poulet / Chicken Bowl Burrito

CA\$18.00

Shredded chicken, black beans, corn, lettuce, diced cucumbers, and fresh salsa, topped with a drizzle of creamy sauce.

Burrito poulet / Chicken Burrito

CA\$18.00

Grilled chicken, rice, beans, lettuce, and salsa wrapped in a soft tortilla.

3 Tacos Croustillant poulet

CA\$17.00

Crispy tacos filled with shredded chicken, topped with crumbled cheese, shredded lettuce, green salsa, and a drizzle of cream.

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Burrito bol steak / Steak Bowl Burrito

CA\$19.00

Grilled steak with rice, black beans, lettuce, pico de gallo, cheese, and sour cream.

Tacos

5 Tacos Poulet

CA\$24.00

Tender chicken pieces topped with fresh cilantro, creamy avocado sauce, and a squeeze of lime in soft corn tortillas.

3 Tacos Croustillant poulet

CA\$17.00

Crispy tacos filled with shredded chicken, topped with crumbled cheese, shredded lettuce, green salsa, and a drizzle of cream.

3 Tacos Poulet

CA\$17.00

Tender chicken pieces, fresh cilantro, and creamy green sauce on soft corn tortillas, served with a lime wedge.

3 Tacos Steak

CA\$19.00

Tender steak pieces with fresh cilantro, diced onions, and a drizzle of green sauce, served in soft corn tortillas.

5 Tacos Steak

CA\$26.00

Soft corn tortillas filled with seasoned steak, topped with fresh cilantro, diced onions, and a drizzle of green sauce. Served with a lime wedge.

3 t acos croustillant porc

CA\$17.00

Crispy pork tacos topped with shredded lettuce, crumbled cheese, green sauce, and a drizzle of white sauce.

3 Tacos al Pastor

CA\$17.00

Sans gluten. / Gluten free.

Menu Frida Gourmet

5 Tacos al Pastor

CA\$24.00

Marinated pork tacos with pineapple, cilantro, onions, and a drizzle of green sauce. Served with a lime wedge.

Burrito

Burrito al Pastor

CA\$18.00

Marinated pork, rice, beans, lettuce, and salsa wrapped in a flour tortilla.

Burrito végété / Veggie Burrito

CA\$17.00

Végétarien. Protéine haricot noir. / Vegetarian. Black bean protein.

Burrito poulet / Chicken Burrito

CA\$18.00

Grilled chicken, rice, beans, lettuce, and salsa wrapped in a soft tortilla.

Burrito Steak

CA\$20.00

Grilled steak, rice, beans, lettuce, and salsa wrapped in a flour tortilla.

Bol burrito / Burrito Bowl

Burrito bol végété / Veggie Bowl Burrito

CA\$17.00

Végétarien. Protéine haricot noir. / Vegetarian. Black bean protein.

Burrito bol al pastor / Al Pastor Bowl Burrito

CA\$18.00

Porc mariné aux épices mexicaines. / Pork marinated in Mexican spices.

Burrito bol poulet / Chicken Bowl Burrito

CA\$18.00

Shredded chicken, black beans, corn, lettuce, diced cucumbers, and fresh salsa, topped with a drizzle of creamy sauce.

Menu Frida Gourmet

Burrito bol steak / Steak Bowl Burrito

CA\$19.00

Grilled steak with rice, black beans, lettuce, pico de gallo, cheese, and sour cream.

Nachos

Nachos Végétarien

CA\$18.00

Crispy tortilla chips topped with seasoned vegetables, shredded lettuce, diced tomatoes, and drizzled with creamy sauce.

Nachos poulet / Chicken Nachos

CA\$20.00

Crispy tortilla chips topped with seasoned chicken, shredded lettuce, diced tomatoes, onions, cilantro, and a drizzle of sour cream.

Nachos al Pastor

CA\$20.00

Crispy tortilla chips topped with seasoned al pastor pork, shredded lettuce, pico de gallo, and drizzled with a creamy sauce.

Nachos Steak

CA\$22.00

Crispy tortilla chips topped with seasoned steak, shredded lettuce, diced tomatoes, onions, cilantro, and drizzled with creamy sauce.

Quesadilla al Pastor

Quesadilla al Pastor

CA\$18.00

Grilled flour tortillas filled with marinated pork, melted cheese, and fresh cilantro, served with a side of diced tomatoes and onions.

Familiale

12 Tacos

CA\$53.00

dégustation; 4 poulet, 4 al pastor, 4 Steak

Menu Frida Gourmet

Sauces

Mangue & Habanero 2 onz,
très piquante

CA\$2.00

Avocat & Jalapeno 2 onz
non piquante

CA\$2.00

Boisson

Bouteille eau

Bouteille d'eau: A bottle of water, typically purified and sealed for freshness.

CA\$1.50

Jarrito Mango

Sweet and tangy mango soda made with real sugar.

CA\$4.00

Coca Cola

Carbonated soft drink with a distinct cola flavor.

CA\$2.25
