



Menu

Tacos "Le Tenampa"

1654 Rue Ontario E, Montréal QC H2L 1S7, Canada | (438) 787-4978

Most Ordered



Tripa

Intestins de bouf. / Beef Intestines

CA\$20.00



Bistec

Viande de bouf coupée en morceaux. / Beef cut into pieces

CA\$20.00



Pastor

Viande de porc marinée avec sauce adobo. / Pork meat marinated with adobo sauce

CA\$20.00



Cocktail de crevettes

Cocktail de crevettes/Shrimp cocktail

CA\$22.00



Eau de Jamaïque 1/2L

Hibiscus flower-infused drink with a deep red hue, served in a 1/2 liter portion.

CA\$7.00

Lengua

Langue de bouf. / Beef tongue

CA\$20.00

Combo mariachi

1/2 kg côtes de bouf coupée, 1/2 kg intestin de bouf, 1 pepsi ou crush de 2 l, tortillas, sauce verte, coriandre et oignon frit. / 1/2 kg of cut beef ribs, 1/2 kg of beef intestines, 1 pepsi or 2 l of crush, tortillas, green sauce, cilantro, and fried onion.

CA\$75.00

Menu Tacos "Le Tenampa"

Combo mix

CA\$69.00

1 kg de viandes mixtes, chorizo, langue de boeuf, agneau, 1 boisson gazeuse de 2 L, tortillas, sauce verte et rouge, ananas et coriandre, oignon frits. / 1 kg of mixed meats, chorizo, beef tongue, 1 2L soda, tortillas, green and red sauce, pineapple and cilantro, fried onions.

Combo toi et moi avec tout / Combo You and Me with Everything

CA\$50.00

1/2 kg de viande, 2 guacamoles, 2 sodas, tortillas, légumes et sauces. / 1/2 kg of meat, 2 sodas, tortillas, vegetables, and sauces

Tacos de Carnitas/ Tacos de porc

CA\$25.00

Tacos de Carne de cerdo/ Tacos de viande de porc

Bebidas



Eau d'horchata 1L

CA\$12.00

Creamy blend of rice milk, cinnamon, and vanilla, served in a 1-liter portion.



Eau d'horchata 1/2 L

CA\$7.00

Creamy rice milk beverage infused with cinnamon and vanilla, served in a 1/2 liter portion.



Eau de Jamaïque 1/2L

CA\$7.00

Hibiscus flower-infused drink with a deep red hue, served in a 1/2 liter portion.



Jarritos fruit punch

CA\$4.00

Refreshing fruit punch soda with natural flavors.



Sangria Señorial

CA\$4.00

Sparkling non-alcoholic sangria with natural and artificial flavors.

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Eau de Jamaïque 1L

Hibiscus flower infusion, offering a refreshing and tart beverage.

CA\$12.00



Jarritos de tamarind

Naturally flavored tamarind soda with a sweet and tangy taste.

CA\$4.00



Coke

Classic carbonated cola beverage.

CA\$4.00



Jarritos d'ananas

Refreshing pineapple-flavored soda with a natural essence, offering a sweet and tangy taste.

CA\$4.00

Tacos



Cocktail de crevettes

Cocktail de crevettes/Shrimp cocktail

CA\$22.00



Bistec

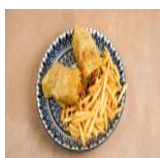
Viande de bouf coupée en morceaux. / Beef cut into pieces

CA\$20.00

Lengua

Langue de bouf. / Beef tongue

CA\$20.00



Burritos

Rouleaux de tortilla farcis. / Stuffed tortilla rolls

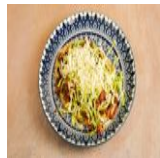
CA\$40.00+

Menu Tacos "Le Tenampa"

Gringas

CA\$20.00

Tortillas de blé garnies de fromage et de viande. / Wheat tortillas filled with cheese and meat



Huaraches

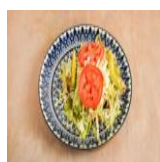
CA\$40.00+

Tortilla faite à la main avec l'une des viandes que nous proposons avec du fromage et de la coriandre. / Homemade tortilla with one of the meats we offer, with cheese and cilantro.

Tacos de Carnitas/ Tacos de porc

CA\$25.00

Tacos de Carne de cerdo/ Tacos de viande de porc



Enchiladas

CA\$40.00+

Tortilla farcies à la viande ou au fromage, baignées de sauce verte, servies avec de la crème, du fromage frais et des accompagnements./Tortillas stuffed with meat or cheese, bathed in green sauce, served with cream, fresh cheese and side dishes.

Chilaquiles

CA\$40.00+

Des tootes croustillantes baignées de sauce verte, servies avec de la crème, du fromage frais, de l'oignon et éventuellement de l'ouf ou de la viande./Crispy totopos bathed in green sauce, served with cream, fresh cheese, onion and optionally egg or meat.



Empanadas de camarón / Empanadas du Crevette

CA\$18.00

Golden fried pastry filled with shrimp, topped with fresh avocado slices and garnished with cilantro.



Tortas

CA\$39.00+

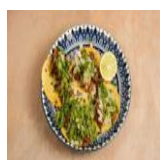
Sandwich avec une de nos viandes/Sandwich with some of our meats



Pastor

CA\$20.00

Viande de porc marinée avec sauce adobo. / Pork meat marinated with adobo sauce



Tripa

CA\$20.00

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Combos

Combo le tenampa

CA\$75.00

1 kg intestin de bouf, 1 boisson gazeuse de 2 L, tortillas, sauce verte et rouge, coriandre et oignon frits. / 1 kg of beef intestine, 1 bottle of 2L soda, tortillas, green and red sauce, coriander, and fried onion.

Combo mix

CA\$69.00

1 kg de viandes mixtes, chorizo, langue de boeuf, agneau, 1 boisson gazeuse de 2 L, tortillas, sauce verte et rouge, ananas et coriandre, oignon frits. / 1 kg of mixed meats, chorizo, beef tongue, 1 2L soda, tortillas, green and red sauce, pineapple and cilantro, fried onions.

Combo mariachi

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Combos toi et moi avec tout / Combinations You and I with Everything

Combo toi et moi avec tout / Combo You and Me with Everything

CA\$50.00

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