



Mami Monchita's

a taste of Honduras

Honduran cuisine is a fusion of Indigenous, Spanish, Caribbean, and African cuisine. There are also dishes from the Garifuna people. Regional specialties include fried fish, tamales, carne asada, and baleadas. ENJOY!

OUR MISSION



Mami Monchita's goes beyond a mere business venture. We strive to bring to the table of our patrons and friends the authentic taste of our savory cuisine. As we share a meal together, we also open up our hearts to the warmth of our people and the richness of our culture. But most importantly, *Mami Monchita's* was founded on *Mami's* exemplary life of love and service to others. As such, a percentage of our profit is dedicated to support *Viveros de Amor (Greenhouse of Love)*, a children's project in our coffee-producing native town of El Paraiso, Honduras, that provides food, tutoring, school supplies, and other opportunities to little ones in need.

eat. share. love.

610 Ridgeview Drive
Frankfort, KY 40601

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(502) 699-2380

APERITIVOS / APPETIZERS

Beef Pastelitos \$6.99

Three thinly-layered crisp shells filled with ground beef topped with traditional shredded cabbage, Honduran cheese, and pueblo sauce.

Guacamole \$6.25

Honduran-style fresh made guacamole. Served with plantain chips.

Chismol with corn chips \$5.50

Chismol with plantain chips \$6.25

Chismol is our Honduran "pico" – fresh and healthy mix of green peppers, tomatoes, red onions and cilantro.


Ceviche \$8.25

Diced shrimp cooked in lime juice with diced cucumbers, red onions, tomatoes, cilantro and jalapeño peppers. Served with plantain chips.

Mami Monchita's Nachos \$8.99

Corn chips topped with refried beans, shredded chicken, our house cheese sauce and chismol (Honduran "pico").

Canoas (Plátano Relleno) \$6.25

 A whole fried plantain stuffed with refried beans, Honduran mantequilla (Honduran butter) Honduran cheese, and chismol.

or

Add ground beef or shredded chicken \$7.25

Fair Potato Fries (Papas de Feria) \$5.25

Homemade potato fries topped with honey mustard, Honduran sauce, and shredded Honduran cheese.

Nacho Dip \$4.75

Our nacho cheese sauce served with tortilla chips.


Add ground beef for \$1.00

 Vegetarian
 Vegan



Anafres \$6.75

Our signature appetizer - refried beans fondue with your choice of two of the following: Honduran quesillo (soft Honduran cheese), mantequilla (Honduran butter), or chorizo on a traditional clay "anafre" to keep it warm. Served with tortilla chips for dipping.

 Skip the chorizo to make it vegetarian.

Elote Loco \$5.25

Not your traditional corn on the cob – this one is brushed with Honduran mantequilla (Honduran butter) and rolled in grated Honduran cheese. Served with hot pepper powder on the side.

Mami Monchita's Family Sampler \$12.99

One nacatamal, one taco de pollo, one beef pastelito, and one chicharrón (ground bacon chunks) and quesillo (soft Honduran cheese) pupusa.



¿Dónde están las más famosas bellas ruinas de Copán?

¡En Honduras!

CATRACHADAS / HONDURAN SPECIALTIES

Pupusas

\$8.49

Three corn-based patties stuffed with savory fillings, cooked on a griddle and served with two types of "encurtidos" on the side: cabbage and cilantro and onions and carrots.

Choose from:

Chicharrón (ground bacon chunks)

Mixtas (Chicharrón and quesillo)

 Quesillo (soft Honduran cheese)

Enchiladas (order of 2)

\$6.99

Set your fork aside! You will inevitably get messy eating a Honduran enchilada...but no worries...you will want to lick your fingers anyway! Enjoy a crispy tortilla topped with ground beef or shredded chicken, our traditional shredded cabbage, grated Honduran cheese, and our homemade pueblo sauce. *A Honduran favorite!*

Tacos de Pollo (order of 3)


\$8.99

Crispy rolled-up corn tortillas stuffed with deliciously marinated shredded chicken and served with traditional shredded cabbage, grated Honduran cheese and our homemade pueblo sauce.

Yuca con Chicharrón

\$7.25

Fried yucca topped with traditional shredded cabbage, grated Honduran cheese, chicharrones (bacon chunks), and our homemade criolla sauce.

 Skip the chicharrón to make it vegetarian.

Tajadas con Repollo

\$7.25

Perfectly crispy plantain chips topped with traditional shredded cabbage, grated Honduran cheese and our homemade pueblo sauce.

Add ground beef or shredded chicken for \$1.50

Nacatamal (order of 2)

\$8.49


A Honduran nacatamal is the most traditional Christmas meal! It's made with a savory corn-based masa and filled with rice, veggies, and pork. The nacatamal is then wrapped and boiled in plantain leaves to give it its unique flavor. Served with Honduran encurtido (pickled veggies).

Baleadas

\$8.49

Two homemade flour tortillas stuffed with your choice of **three** of the following: refried beans, scrambled eggs, chorizo, shredded chicken, Honduran cheese or mantequilla (Honduran butter). A Honduran favorite!

Additional fillings for \$0.99 each

 Skip the chorizo or chicken to make it vegetarian.

Catrachas

\$6.99

Three crispy tortillas topped with refried beans, grated Honduran cheese, and our homemade pueblo sauce.

Honduran Chapsuy (noodles, chicken & vegetables)

\$8.49

A delicious mix of carrots, cabbage, celery, patate (chayote), onions, peppers, and shredded chicken over a bed of noodles.

EMPAREDADOS / SANDWICHES

Honduran Shredded Chicken Sandwich


\$8.75


Our traditional Honduran chicken sandwich is prepared with savory shredded chicken, our secret Honduran dressing, lettuce and tomatoes on toasted white bread. Served with fries.

Club Sandwich

\$8.75

Perfectly marinated chicken breast, ham, bacon, Swiss cheese, fresh lettuce, tomato, and honey mustard dressing on hot pressed bread. Served with fries.

 Vegetarian

 Vegan

ENSALADAS / SALADS

House Salad \$7.99

Finely chopped romaine lettuce, fresh cucumbers, avocado, tomatoes, and ham topped with queso fresco and house dressing. **Half salad \$4.75**

Caesar Salad \$6.49

Romaine lettuce, shredded parmesan cheese, yucca croutons, and our caesar dressing. **Half salad \$3.99**

Add shrimp \$4.00

Add chicken \$3.00

VEGETARIANO/VEGETARIAN

Veggies 1 \$9.99

Sauteéd vegetables, white rice, refried beans, and chismol.

Veggies 2 \$10.99

Sauteéd vegetables, casamiento, avocado slices, and plátanos maduros (sweet plantains).

PINCHOS / SKEWERS

Traditional meat skewers deliciously marinated with fresh ingredients and served with white rice, refried beans, plátanos maduros (sweet plantains) and chismol (Honduran "pico").


Chicken \$14.99


Steak (fillet mignon) \$17.99

Mixed (chicken, steak, and chorizo) \$16.99

Carne Asada \$15.99

Bite size tender sirloin cuts served with white rice, refried beans, avocado, chismol (Honduran "pico") and corn tortillas.

 Vegetarian

 Vegan

SOPAS / SOUPS

Sopa Marinera/Seafood Soup \$14.99

(Available Friday and Saturday for dinner only)

A mix of delicious seafood, spices, yucca, and cilantro simmered in rich coconut milk. The bowl of soup is served with a side of white rice.

Cup \$6.99

POLLO / CHICKEN

Grilled Chicken Breast \$11.99

Deliciously marinated chicken breast topped with criolla sauce and served with casamiento, and plátanos maduros (sweet plantains).

Andrea's Pollo \$11.99

Boneless chicken on a bed of Honduran cabbage salad and fried plantain slices. Topped with a slightly sweet sauce.

Shredded Chicken Carnitas \$11.99

Shredded chicken sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains).

CERDO / PORK

Shredded Pork Carnitas \$11.99

Shredded pork sautéed with green peppers, onions and tomatoes, served with white rice, frijoles guisados, and plátanos maduros (sweet plantains).

Chuleta / Pork Chop \$13.99

Grilled pork chops served with white rice, frijoles guisados, and chismol.



MARISCOS / SEAFOOD

Lake-style Fried Fish *(limited availability)* \$13.99

A whole fish lightly fried and served with our traditional Honduran cabbage salad, white rice, tostones, and chismol (Honduran “pico”) – just like it’s served at the lake! Yes, head and all!

Pescado a la Plancha \$13.99

Swai fish fillet marinated with our traditional cilantro and cumin blend and served with casamiento, maduro plantains, avocado slices, and chismol (Honduran “pico”).

Jalapeño Shrimp in White Wine Sauce \$14.99

Delicious shrimp cooked in a white wine, Honduran mantequilla (Honduran butter), and jalapeño sauce and served with white rice, maduro plantains, frijoles guisados, and chismol (Honduran “pico”).

Camarones en Ajo \$14.99

Shrimp cooked in garlic and olive oil served with white rice, maduro plantains, frijoles guisados, and chismol (Honduran “pico”).

CATRACHITOS *(kids 10 and under)*

Includes kid’s soft drink and your choice of fries or white rice. \$5.25

- Grilled cheese
- Honduran-style chicken tenders
- Tortilla con queso (soft Honduran cheese)



REMINDER: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.

To preserve the freshness and quality of our food we may limit the availability of certain items.

18% gratuity for parties of 6 or more will be added to check. We appreciate your understanding.

SIDES *(All sides are vegan unless otherwise noted)*

Arroz blanco (white rice)	\$2.50
Avocado slices	\$2.50
Casamiento (rice, seasoned beans, coconut milk)	\$2.99
Chismol (Honduran “pico”)	\$1.50
French fries	\$3.25
Frijoles Fritos (Refried beans)	\$3.25
Frijoles guisados (seasoned red beans)	\$3.25
Plátanos maduros (sweet plantains)	\$3.25
Tostones (smashed fried green plantains)	\$3.99
Sautéed Vegetables	\$4.00
Yuca frita (fried yucca root – <i>Vegan if served with no sauce</i>)	\$3.99
Additional sauces	\$0.50

A LA CARTE

Enchilada	\$3.99
Pupusa	\$3.49
Taco de Pollo	\$3.99

POSTRES / DESSERTS

Tres Leches Cake	\$5.99
Moist and creamy three milk cake.	
Flan	\$5.25
Creamy milk and vanilla custard – a Latin favorite.	
Empanadas de Plátano	\$6.50
Fried empanadas made with a sweet plantain dough filled with creamy vanilla and cinnamon custard. Served with a small side of vanilla ice cream.	
Vanilla Ice Cream	\$4.25
A scoop of vanilla ice cream topped with pineapple marmalade.	





CAFÉ / COFFEE

No free refills

Honduran Cup \$3.99

Straight from our sister's farm in the mountains of El Paraíso, our hometown!

Negro Fuerte Espresso \$3.25

Sweetened strong black coffee.

Café con Leche \$4.25

Strong roast coffee with steamed, foamy milk. An after-dinner favorite.

American Coffee (free refills) \$2.29

HONDURAN BOTTLED SODAS

No free refills

Grape or banana \$3.50

SOFT DRINKS

\$2.29

Free refills

Coke	Mr. Pibb
Diet Coke	Lemonade
Sprite	Sweet Tea
Fanta Orange	Unsweet Tea
Mello Yello	

100% PURE NATURAL JUICES

No free refills

12 oz \$5.99

Rojo:	Carrot, orange, beets
Verde:	Cucumber, green apples, celery
Amarillo:	Pineapple, orange, green apples
Coco:	Coconut water (served in the coconut fruit)




Lunch Menu

Monday to Saturday

11:00 a.m. to 3:00 p.m.

Lunch Plates \$7.99

- Grilled chicken breast
- Shredded Pork Carnitas
- Shredded Chicken Carnitas
-  Sautéed vegetables

All served with white rice, guisado beans and your choice of sweet plantains, small garden salad, or Honduran cabbage salad.

PICK 2 \$7.99

- Cup of Chicken Soup with Vegetables
- Half House or Caesar Salad
- Half Sandwich
- Pupusa
- Enchilada
- Taco de Pollo
- Beef Pastelito

Pescado a la Plancha \$10.99

Swai fish fillet marinated with our traditional cilantro and cumin blend and served with casamiento, maduro plantains, and chismol (Honduran "pico").

Sopa de Pollo con Vegetales / Chicken Soup with Vegetables \$8.99

Deliciously flavored chicken soup with potatoes, carrots, and cabbage. The bowl of soup is served with a side of white rice.

Cup \$5.25




Enchiladas (order of 2) \$6.99

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Pupusas \$6.99

Two corn-based patties stuffed with savory fillings, cooked on a griddle and served with two types of "encurtidos" on the side: cabbage and cilantro and onions and carrots.

Choose from:

- Chicharrón (ground bacon chunks)
-  Quesillo (soft Honduran cheese)
- Mixtas (Chicharrón and quesillo)

Tacos de Pollo (order of 2) \$6.99

Crispy rolled-up corn tortillas stuffed with deliciously marinated shredded chicken and served with traditional shredded cabbage, grated Honduran cheese and our homemade tomato sauce.

EMPAREDADOS / SANDWICHES

Sandwiches are \$1.00 off during lunch hours.

-  Vegetarian
-  Vegan





NUESTRA MISIÓN

Mami Monchita's va más allá de un simple proyecto de negocios. Nos esforzamos por llevar a la mesa de nuestros clientes y amigos el auténtico sabor de nuestra deliciosa gastronomía. Al compartir juntos esta comida, abrimos también nuestros corazones a la calidez de nuestra gente y la riqueza de nuestra cultura. Pero aún más importante, *Mami Monchita's* fue fundada en la vida ejemplar de amor y servicio a los demás de *Mami*. Por lo tanto, un porcentaje de nuestras ganancias es utilizado para apoyar el proyecto *Vivero de Amor (Greenhouse of Love)*, un proyecto de niños en nuestro pueblito natal y productor de café llamado El Paraíso en Honduras. Este proyecto provee alimentación, tutoría, artículos escolares, y otras oportunidades a muchos pequeños necesitados.

c o m e . c o m p a r t e . a m a .