



ISLAS CANARIAS

CUBAN EXPRESS

EST. 1977

ISLAS BITES

ISLAS CANARIAS CROQUETAS

O.G. Ham	\$ 1.99
Mojo Chicken	\$ 1.99
Lightly Smoked Fish	\$ 1.99
Jamon Serrano con Queso Manchego	\$ 2.99
Kimchee Mojo Pork (Spicy)	\$ 1.99
Buffalo Cauliflower (Vegetarian Spicy)	\$ 1.99
Croqueta Sampler (6) (2 ham - 2 chicken - 2 fish)	\$ 11.99

PASTRIES

Guava	\$ 3.96
Cheese	\$ 3.96
Guava and Cheese	\$ 3.96

EMPANADAS

Beef	\$ 4.79
Chicken	\$ 4.79
Ham and Cheese	\$ 4.94

TOSTONES PREPARADOS (3)

(all Topped with 3 Vaca Fritas, Pico de Gallo and Garlic Cilantro Aioli)

Tostones Preparados (3)	\$ 11.89
Jack Fruit Ropa Vieja (Vegetarian)	\$ 12.89



HANDHELDS

SANDWICHES

(served with potato sticks)

All on Cuban bread

Cuban Sandwich	\$ 13.49
Croqueta Preparada	\$ 14.49
Pan con Bistec	\$ 13.49
Pan con Lechon	\$ 12.49
Pan con Vaca Frita	\$ 14.99
Pan con Vaca Frita de Pollo	\$ 13.99
Pan con Croqueta	\$ 8.99
Grilled Chicken Sandwich	\$ 13.49
Tostada	\$ 2.99

CUBARRITOS

(served with potato sticks)

Vaca Frita	\$ 15.49
Shredded pan fried flank steak, white rice, black beans, Garlic Cilantro Aioli, sweet plantains	
Chicken Vaca Frita	\$ 14.49
Shredded pan fried chicken, white rice, black beans, Garlic Cilantro Aioli, sweet plantains	
Lechon Vaca Frita	\$ 13.49
Shredded pan fried roast pork, white rice, black beans, Garlic Cilantro Aioli, sweet plantains	
Croqueta	\$ 12.49
Islas Canarias Ham Croquetas, white rice, black beans, Garlic Cilantro Aioli	
Jack Fruit Ropa Vieja	\$ 15.49
White rice, black beans, Garlic Cilantro Aioli, sweet plantains (vegetarian)	

CANARIAS KIDZ

\$ 10.99

White rice, black beans, sweet plantains, Garlic Cilantro Aioli

CHOOSE YOUR PROTEIN:

- Vaca Frita + \$2
- Chicken Vaca Frita
- Lechon Vaca Frita
- Picadillo
- Jack Fruit Ropa Vieja + \$3
(vegetarian)



ISLAS BOWLS & SALADS

Regular \$ 12.99 | Large \$ 14.99

CHOOSE YOUR BASE

- White Rice
- Congris
- Brown Rice
- Mixed Greens

CHOOSE YOUR PROTEIN

- Vaca Frita +\$2
- Chicken Vaca Frita
- Lechon Vaca Frita
- Picadillo
- Jack Fruit Ropa Vieja +\$3
(vegetarian)

CHOOSE YOUR SIDES (2)

Extra side + \$ 1.50

- Black Beans
- Sweet Plantains
- Fried Plantains
- Plantain Chips

CHOOSE YOUR SAUCES (2)

Extra sauce + \$ 0.75

- Garlic Cilantro Aioli
- Aji Amarillo
- Volcan Canario (Spicy)
- Sweet Chili Aioli
- Avocado Cilantro

DRINKS

COFFEE

Colada	\$ 2.99
Cortadito	\$ 3.79
Café con Leche	\$ 3.99
Iced Latte	\$ 4.99
Capuccino	\$ 4.99

SHAKES

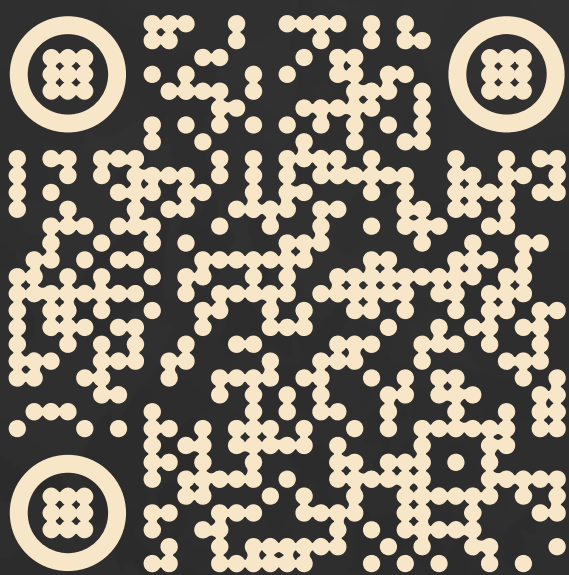
Mamey	\$ 6.99
Trigo	\$ 6.99
Mango	\$ 6.99

DESSERT

Flan	\$ 5.99
Arroz con Leche	\$ 5.99

DRINKS

Perrier	\$ 3.79
Bottled Water	\$ 2.49
Coca Cola	\$ 2.99
Diet Coke	\$ 2.99
Coke Zero	\$ 2.99
Pepsi	\$ 2.99
Diet Pepsi	\$ 2.99
Diet Materva	\$ 2.99
Diet Jupiña	\$ 2.99
Sprite	\$ 2.99
Materva	\$ 2.99
Ironbeer	\$ 2.99
Sunkist	\$ 2.99
Gatorade Yellow	\$ 3.49
Gatorade Red	\$ 3.49
Gatorade Orange	\$ 3.49



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