



# ISLAS CANARIAS

## CUBAN EXPRESS

est. 1977



### AWARD-WINNING CROQUETAS

#### ISLAS CANARIAS CROQUETAS

Ask about our seasonal Croquetas!

OG Ham	\$ 1.99
OG Ham Gluten-Free*	\$ 2.07
Mojo Chicken	\$ 1.99
Smoked Fish	\$ 1.99
Kimchee Mojo Pork (Spicy)	\$ 1.99
Buffalo Cauliflower (Vegetarian spicy)	\$ 1.99
Jamon Serrano con Queso Manchego (Serrano ham with Manchego cheese)	\$ 2.99
Traditional Croqueta Sampler (6) (2 OG Ham, 2 Mojo Chicken, 2 Smoked Fish)	\$ 11.99
Specialty Croqueta Sampler (6) (2 Buffalo Cauliflower, 2 Kimchee Mojo Pork, 2 Jamon Serrano con Queso Manchego)	\$ 12.99
Try Them All! (14) (2 of each of our 7 croqueta flavors)	\$28.99

\*Gluten-Free croquetas do not have a dedicated fryer

### TOSTONES PREPARADOS

3 tostones (fried plantains) topped with your choice of protein, pico de gallo and garlic cilantro aioli

Vaca Frita Flight (Mix of three types of Vaca Frita (Beef, chicken & lechón))	\$ 13.99
Vaca Frita (Shredded pan-fried mojo flank steak)	\$ 13.99
Vaca Frita de Pollo (Shredded pan-fried mojo chicken)	\$ 12.99
Vaca Frita de Lechón (Shredded pan-fried mojo roast pork)	\$ 12.99
Picadillo (Cuban style ground beef)	\$ 11.99
Ropa Vieja (Shredded flank steak in Cuban creole sauce)	\$ 13.99
Jack Fruit Ropa Vieja (Vegan, limited availability)	\$ 12.99
Camarones Enchilados (Grilled shrimp in red Cuban creole sauce)	\$ 13.99



### LOADED FRIES

French fries topped with your choice of protein, sweet plantains, pico de gallo, corn, garlic cilantro aioli, aji amarillo, sweet chili mayo

Vaca Frita (Shredded pan-fried mojo flank steak)	\$ 13.99
Vaca Frita de Pollo (Shredded pan-fried mojo chicken)	\$ 12.99
Vaca Frita de Lechón (Shredded pan-fried mojo roast pork)	\$ 12.99
Picadillo (Cuban style ground beef)	\$ 11.99
Ropa Vieja (Shredded flank steak in Cuban creole sauce)	\$ 13.99
Jack Fruit Ropa Vieja (Vegan, limited availability)	\$ 12.99



### SALADS

Grilled Mojo Chicken (Grilled mojo chicken with grilled onions on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, mediterranean vinaigrette dressing)	\$ 12.99
Grilled Steak (Grilled top sirloin steak with grilled onions on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, mediterranean vinaigrette dressing)	\$ 14.99
Crispy Fish (Crispy seasonal Market Fish on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, garlic cilantro aioli, lime (Availability varies))	\$ 13.99
Caribbean Shrimp Salad (Grilled Shrimp (6) on a bed of mixed greens, pico de gallo, corn, crumbled plantain chips, mango-mojo dressing)	\$ 14.99
	<b>SMALL      REGULAR</b>
Vaca Frita (Juicy shredded mojo flank steak on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, garlic cilantro aioli)	\$ 12.99      \$ 14.99
Vaca Frita de Lechón (Shredded pan-fried mojo roast pork on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, sweet chili mayo)	\$ 10.99      \$ 12.99
Vaca Frita de Pollo (Shredded pan-fried mojo chicken on a bed of mixed greens, pico de gallo, corn, chopped sweet plantains, garlic cilantro aioli)	\$ 10.99      \$ 12.99
Ropa Vieja (Shredded flank steak in Cuban creole sauce, pico de gallo, corn, chopped sweet plantains, aji amarillo aioli)	\$ 12.99      \$ 14.99
Jack Fruit Ropa Vieja (Organic Jack Fruit made into ropa vieja, pico de gallo, corn, chopped sweet plantains, aji amarillo aioli)	\$ 12.99      \$ 14.99



### COLD SALADS

Avocado (Seasonal) (Avocado, red onions, olive oil and vinegar)	\$ 4.49
Chicken Salad (Regular) (Homemade "ensalada de pollo" on a bed of romaine lettuce, 2 ham croquettes, saltines, garlic cilantro aioli)	<b>SMALL      REGULAR</b> \$ 11.99      \$ 14.99
Homemade Tuna (Regular) (Two scoops of homemade tuna salad on a bed of romaine lettuce, two mini smoked fish croquetas, tomatoes, banana peppers, mediterranean vinaigrette dressing)	\$ 11.99      \$ 14.99

### HANDHELDS

#### SANDWICHES

Served with potato sticks

Cuban Sandwich (Ham, roast mojo pork, smoked pork shoulder, Swiss cheese, pickles, mustard, pressed on Cuban bread)	\$ 13.49
Croqueta Preparada (Cuban sandwich + 2 OG Ham croquetas)	\$ 14.49
Medianoche (Cuban sandwich pressed on sweet bread)	\$ 12.49
Noche Preparada (Cuban sandwich pressed on sweet bread + 2 OG Ham croquetas)	\$ 14.49
Crispy Fish Sandwich (Seasoned breaded fish, red onions, lettuce, tomatoes, garlic cilantro aioli on pressed Cuban bread (Fish varies with market))	\$ 13.49
Grilled Mojo Chicken Sandwich (Grilled mojo chicken breast, grilled onions, tomatoes, lettuce, mayo, pressed on Cuban bread)	\$ 13.49
Tuna Salad Sandwich (Homemade tuna salad, tomato, lettuce, banana peppers, and mayonnaise)	\$ 13.49
Sloppy José (Cuban style "Sloppy Joe", picadillo (Cuban style ground beef), American cheese, onions, garlic cilantro aioli on pressed Cuban bread)	\$ 11.99
Pan con Bistec (Grilled top sirloin, grilled onions, tomatoes, potato sticks, pressed on Cuban bread)	\$ 13.49
Pan con Lechón (Shredded pan-fried mojo roast pork, garlic cilantro aioli, pressed on Cuban bread)	\$ 12.49
Pan con Vaca Frita (Shredded pan-fried mojo flank steak, garlic cilantro aioli, pressed on Cuban bread)	\$ 14.99
Pan con Vaca Frita de Pollo (Shredded pan-fried mojo chicken, garlic cilantro aioli, pressed on Cuban bread)	\$ 13.99
Pan con Croqueta (2 OG Ham croquetas, Swiss cheese, pressed on Cuban bread (Croqueta substitutions available))	\$ 8.99
Tostada (Cuban pressed toast lathered in butter)	\$ 2.99
Tostada with Cream Cheese (Cuban pressed toast with cream cheese)	\$ 3.99

#### CUBARRITOS

(Cuban burritos) Served with potato sticks

Vaca Frita (Shredded pan-fried mojo flank steak, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 15.49
Vaca Frita de Pollo (Shredded pan-fried mojo chicken, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 14.49
Vaca Frita de Lechón (Shredded pan-fried mojo roast pork, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 13.49
Croqueta (2 Islas Canarias ham croquetas, white rice, black beans, sweet plantains, garlic cilantro aioli)	\$ 12.49
Jack Fruit Ropa Vieja (Shredded Jack Fruit in creole sauce, white rice, black beans, garlic cilantro aioli, sweet plantains (Vegan, limited availability))	\$ 15.49
Ropa Vieja (Shredded flank steak in Cuban creole sauce, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 15.49
Picadillo (Cuban style ground beef, white rice and black beans, sweet plantains, garlic cilantro aioli)	\$ 12.49
Grilled Mojo Chicken (Grilled mojo chicken breast, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 14.49
Grilled Steak (Grilled top sirloin, white rice, black beans, garlic cilantro aioli, sweet plantains)	\$ 15.49

## SOUPS & CREAMS

Sopa de Pollo  
(Chicken soup)

16oz \$4.99  
32oz \$7.99

Crema de Malanga  
(Cream of Taro)

8oz \$4.99  
16oz \$7.49

## BAKERY

### EMPANADAS (Turnovers)

CroquEmpanada Croquette sandwich empanada	\$ 4.59
Vaca Frita (Shredded pan-fried mojo flank steak)	\$ 4.59
Vaca Frita Lechón (Shredded pan-fried mojo roasted pork)	\$ 4.09
Egg, Bacon & Cheese	\$ 3.99
Beef	\$ 4.09
Chicken	\$ 4.09
Ham & Cheese	\$ 4.29
Spinach & Cheese	\$ 4.29
Jack Fruit	\$ 4.09
Yuca bites (Yuca balls) Fried yuca stuffed with ground beef served with garlic cilantro aioli and sweet chili mayo	\$ 4.99

### PASTRIES

Guava	\$ 2.49
Cheese	\$ 2.49
Guava & Cheese	\$ 2.49
Coconut	\$ 2.49
Coconut & Cheese	\$ 2.49
Lengüitas (Soft Cuban cracker) Soft Cuban cookie filled with guava	\$ 1.75

### MINI TEQUEÑOS

Mini fried dough pastries

Queso (1) (Cheese)	\$ 1.75
Guayaba & Queso (1) (Guava and Cheese)	\$ 1.79
Queso (3) (Cheese)	\$ 4.99
Guayaba & Queso (3) (Guava and Cheese)	\$ 4.99



## ISLAS BOWLS

Regular \$12.99 | Large \$14.99 | Canarias Kidz (Small) \$10.99

### CHOOSE YOUR BASE

- White rice
- Congri (One side only)
- Brown rice
- Mixed greens
- Crema de Malanga (One side only)

### CHOOSE YOUR PROTEIN

- Vaca Frita (+\$2)  
Shredded pan-fried mojo flank steak
- Chicken Vaca Frita  
Shredded pan-fried mojo chicken
- Grilled Chicken (+\$2)
- Grilled Top Sirloin Steak (+\$3)
- Lechón Vaca Frita  
Shredded pan-fried mojo roast pork
- Camarones Enchilados (+\$2)  
Grilled shrimp cooked in red Cuban creole sauce (6)
- Picadillo  
Cuban style ground beef
- Croquetas (2) regular (3) large
- Ropa Vieja (+\$2)  
Shredded flank steak in Cuban creole sauce
- Jack Fruit Ropa Vieja (+\$2)  
(Vegan, limited availability)
- Crispy Fish  
(Seasonal market fish)

### CHOOSE YOUR SIDES (2)

Extra side + \$ 1.50

- Black beans
- Maduros (Sweet plantains)
- Tostones (Fried green plantains)
- Mariquitas (Plantain chips)
- Yuca with mojo (Cassava with mojo)
- French Fries

### CHOOSE YOUR SAUCES (2)

Extra sauce + \$ 0.75

- Garlic cilantro aioli
- Ají amarillo
- Volcán canario (Spicy)
- Sweet chili aioli
- Mango-mojo dressing
- Mediterranean dressing

### CHOOSE YOUR TOPPINGS

- Pico de gallo
- Corn
- Shredded cheese (+ \$0.99)



## DRINKS

### BEVERAGES

Bottled Water	\$ 1.99
Perrier	\$3.09
Malta	\$2.99
Canned Sodas	\$2.79
Gatorade	\$3.49

### SHAKES AND JUICES (16oz)

Orange Juice	\$6.99
Watermelon Juice	\$6.59
Limonada Frappé	\$ 3.19
Leche Malteada (12oz) (Milkshake)	\$4.99
Leche Malteada de Chocolate (Chocolate milkshake)	\$5.39
Mango Shake	\$6.99
Mamey Shake	\$6.99
Trigo Shake (Puffed wheat)	\$6.99
Chocolate Trigo Shake (Puffed wheat)	\$6.99

### COFFEE

Alternative milk  
Almond milk \$ .75 | Evaporated milk \$ .75  
Condensed milk \$ .75 | Coconut milk \$ .99

Flavors  
Cocoa \$ .75 | Caramel \$ .75  
Pumpkin Spice (seasonal) \$ .75

	REGULAR	LARGE
Colada (Cuban coffee)	\$2.69	
Cortadito (Cuban espresso with steamed milk)	\$2.74	
Café con Leche (Cuban latte)	\$3.99	\$4.99
Cappuccino	\$3.99	\$4.99
Iced Cuban Latte	\$5.49	\$7.49
Cocoa Cuban Latte	\$5.49	\$7.49
Caramel Cuban Latte	\$4.74	
Pumpkin Spice Cuban Latte (Seasonal)	\$4.74	
Caramel Frappé (Whipped cream, chocolate shavings)	\$6.99	
Cocoa Frappé (Whipped cream, chocolate shavings)	\$6.99	
Pumpkin Spice Frappé (Whipped cream, chocolate shavings) (Seasonal)	\$6.99	
Hot Chocolate	\$3.99	\$4.99

## DESSERTS

Flan	\$4.99
Arroz con leche (Rice pudding)	\$4.99

Natilla de café (Dulce de leche custard with a hint of coffee)	\$4.99
Tres leches (Three-milk cake)	\$4.99
Flan de calabaza (Pumpkin Flan) (Seasonal)	\$4.99

