



trigos

COLOMBIAN RESTAURANT

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trigos colombian restaurant

@trigos_restaurant_bakery

www.trigosatl.com



Colombian Beverages Bebidas Colombianas

Coffee Café	
SMALL	4.00
LARGE	5.00
Chocolate Milk (Milo) Milo	5.00
Oatmeal Avena	5.00
Homemade Yogurt Kumis	5.00
Fruit Juice (with water or milk) Jugos de Fruta (en agua ó leche)	5.00
Passion Fruit (maracuya) Guava (guayaba) Soursop (guanabana) Lulo Blackberry (mora) Mango	
Colombian Sodas Sodas Colombianas	3.50

Desserts Postres

Colombian Black Cake Torta negra	5.49
Milhojas	5.49
Guava Pastry Pastel de Guayaba	5.49
Cookies and Cream	5.49
Strawberry Cake Brazo de Reina	5.49
Caramel Pastry Pastel de Arequipe	5.49
Tres Leches	5.49

Breakfast Desayunos

Calentao Solo Mixed rice and beans, small corn cake. <i>Calentado con arepita.</i>	8.00
Calentao Solo Huevos Mixed rice and beans, small corn cake and eggs (fried, scrambled with or without green onions and tomato) <i>Calentado con arepita y huevos al gusto.</i>	11.00
Calentao Solo Carne (add eggs +1.75) Beans, rice and small corn cake. With a choice of: Frijol, arroz y arepita. Con opción de: STEAK (carne) CHICKEN (pollo) CHORIZO PORK BELLY (chicharrón)	13.00
Colombian Tamales (15 min to be served) Tamales Colombianos.	12.49
Eggs with small corncake Fried (over easy over medium, well cooked) Scrambled with green onions and tomato. Cacerolas (blanditos, medio, bien cocidos) Revueltos pericos (con tomate y cebolla)	7.50
White corn cake Arepas Cheese and grilled steak or chicken Con queso y carne/pollo a la plancha	10.49
Grilled steak or chicken Con carne o pollo a la plancha	9.00
Cheese Con queso	6.00

Daily Special 11.49
Especial del día

Weekend Special 14.00
Especial fin de semana

Kids Menu (12 or under)
Menú para niños (12 años ó menores) 7.49

Grilled Steak or Chicken
Carne o Pollo a la plancha
With white rice and french fries.
Con arroz blanco y papas fritas.

French Fries with fried hot dogs
Salchipapas

Breaded Tilapia Fillet
Filete de tilapia apanado
With white rice and french fries.
Con arroz blanco y papas fritas.

Chicken Tenders
Deditos de pollo
With french fries.
Con papas fritas.

NO CHANGES OR SUBSTITUTIONS.

20% gratuity will be automatically added to tables of 4 or more people.

Uncooked and undercooked meat, poultry and egg products are potentially unsafe, raw meat, poultry and eggs should always be cooked to a safe internal temperature.

Prices may be changed at any time without further notice.



Traditional Colombian Meals

Comida típica Colombiana

Bandeja Trigos 19.00

Colombian beans and white rice served with grilled steak or chicken, pork belly, chorizo, sunny side up egg, sweet plantains, avocado and small corn cake.

Frijoles colombianos con arroz blanco servido con carne o pollo a la plancha, chicharrón, chorizo, huevo frito, maduros, aguacate y arepita.

Colombian Breaded Pork Fillet 17.00

Chuleta Valluna

With white rice, french fries and salad or beans.

Con arroz, papas fritas y ensalada o frijoles.

Mini Bandeja 15.00

Colombian beans and white rice served with grilled steak or chicken, pork belly, sunny side up egg, sweet plantains and small corn cake.

Frijoles colombianos con arroz blanco servido con carne o pollo a la plancha, chicharrón, huevo frito, maduros y arepita.

Chicken and Rice 17.00

Arroz con pollo

Yellow rice mixed with shredded chicken, peas and carrots with french fries.

Arroz amarillo mezclado con pollo desmechado, alverjas y zanahoria, servida con papas fritas.

Flank Steak with Colombian Creole Sause 18.00

Sobrebarriga a la criolla

With cooked potatoes and yuca in creole sauce with white rice, sweet plantains and salad or beans.

Con papa y yuca en salsa criolla, servida con arroz blanco, maduro y ensalada o frijoles.

Creole Steak with eggs 18.00

Bistec a Caballo

With sunny side up eggs on top, white rice, potatoes, fried yuca, sweet plantain and salad or beans.

Con huevos fritos, arroz, papa cocida, yuca frita, maduro y ensalada o frijoles.

Grilled Steak with Grilled Onions 17.00

Bistec Encebollado

With white rice, sweet plantain and salad or beans.

Con arroz, maduro y ensalada o frijoles.

Sea Food

Comida del Mar

Fried Tilapia 19.00

Mojarra Frita

With white rice, fried plantain and salad or beans.

Con arroz blanco, tostones y ensalada o frijoles.

Fried Redsnapper 19.00

Pargo Rojo

With white rice, fried plantains and salad or beans.

Con arroz blanco, tostones y ensalada o frijoles.

Breaded Tilapia Fillet 17.00

Filete de Tilapia Apanado

With white rice, fried plantains and salad or beans.

Con arroz blanco, tostones y ensalada o frijoles.

Specialities

Especialidades

Grilled Steak 16.00

Carne Asada

With white rice, sweet plantain and salad or beans.

Con arroz blanco, maduro y ensalada o frijoles.

Grilled Chicken breast 16.00

Pechuga a la plancha

With white rice, sweet plantain and salad or beans.

Con arroz blanco, maduro y ensalada o frijoles.

Breaded Chicken breast 16.00

Pechuga de pollo apanada

With white rice, french fries and salad or beans.

Con arroz blanco, papas fritas y ensalada o frijoles.

Grilled Pork Fillet 16.00

Chuleta de cerdo asado

With white rice, fried plantains and salad or beans.

Con arroz blanco, tostones y ensalada o frijoles.

Colombian Picada (two people) 20.00

Picada Colombiana (dos personas)

Pork ribs, chorizo, pork belly, fried plantains, yellow potatoes, yuca and small corn cakes.

Costilla de cerdo, chorizo, chicharrón, tostones, papa amarilla, yuca y arepitas.

Sides

Acompañantes

Weekday small soup 6.00

Sopa pequeña entre semana.

Weekend small soup 7.00

Sopa pequeña fin de semana.

Pork belly with small corn cake 7.50

Chicharrón con arepita.

Fried plantains 5.50

Tostones

Fried plantains with creole sauce 7.00

Tostones con hogao

White rice 4.00

Arroz blanco

Sweet Plantains 4.50

Maduros

Fried Yuca 4.50

Yuca frita

Beans (side)

Frijoles

SMALL 3.50

MEDIUM 5.00

LARGE 8.00

Small corncake (3 count) 2.75

Arepitas (3 unidades)

French Fries 4.50

Papas fritas

Avocado 4.50

Aguacate

Salad (side) 4.50

Ensalada

Fresco Cheese (slice) 4.50

Queso fresco

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