



731-336-7856

<http://www.takeout2unow.com>

El Trio Ringgold TNZ

Appetizers

Trio Dip	\$7.15
<i>Fresh spinach, onions, tomatoes and cilantro sauteed to perfection. Mixed with our famous white cheese sauce and garnished with a touch of sour cream</i>	
Spinach Dip	\$6.49
<i>Fresh spinach mixed with our famous white cheese sauce. It's heaven in a bowl!</i>	
Cheese & Bean Dip	\$6.49
Cheese Dip	\$5.85
Guacamole Dip	\$5.85
Guacamole Mexicano	\$7.15
<i>Made fresh when you order! We start with a whole avocado and then we add fresh cilantro, tomatoes, onions and a hint of jalapeno just for that extra kick</i>	
Large Cheese Dip	\$10.79
Chorizo Dip	\$6.35

Chips and Salsa

Small tomatillo 4 oz. Salsa	\$1.35
<i>Chips NOT included</i>	
Small cheese dip 4 oz	\$4.05
Small Salsa 4 oz	\$1.35
Small Bag Chips	\$2.69
Medium tomatillo salsa 8 oz	\$2.69
Medium salsa 8 oz	\$2.69
Medium Cheese Dip 8 oz	\$6.75
Medium Bag of Chips	\$3.75
Big tomatillo salsa 16 oz	\$5.09
Big Salsa 16 oz	\$4.05
Big cheese dip 16 oz	\$10.79
Big Bag Chips	\$8.09

Salads

Dressings: Italian, Thousand Island, and Ranch. Add Guacamole or Extra Melted Cheese for \$1.89 extra

Ensalada El Trio	\$11.35
<i>Fresh mixed salad topped with grilled chicken, onions, tomatoes, bell peppers, two slices of avocado, and shredded white cheese. Served with your choice of dressing</i>	
Taco Salad	\$11.75
<i>Crispy flour tortilla with beef, beans, cheese, lettuce, sour cream, guacamole, and tomatoes</i>	
Skinny Tacos	\$13.49
<i>A healthier take on our Mexican style steak tacos. Strips of grilled steak, topped with fresh cilantro and onions in three lettuce wraps. Served with a side of salsa verde</i>	
Guacamole Salad	\$5.85

Taco Salad El Trio

A flour tortilla shell filled with layers of rice, lettuce, your choice of meat. Covered with grilled onions, bell peppers and mushrooms then topped with our

Fajitas

Cooked with tomatoes, onions and bell peppers. Served with rice, beans, and three flour tortillas, salad with guacamole, sour cream, and tomatoes

Chicken Fajitas	\$16.49
Steak Fajitas	\$17.85
El Trio Fajitas	\$19.19
<i>Strips of grilled steak, chicken and shrimp</i>	
Shrimp Fajitas	\$20.25
Chicken Fajitas for Two	\$33.85
Steak Fajitas for Two	\$32.39
El Trio Fajitas for Two	\$35.15
<i>Strips of grilled steak, chicken and shrimp</i>	
Fajita Con Queso	\$16.19
<i>Grilled chicken covered with cheese dip. Served with rice, beans and salad</i>	
Fajita Hawaiian	\$17.55
<i>Bed of California style vegetables topped with a chicken breast and pineapple. Served with rice, beans and a salad</i>	
Fajita Parrillada	\$22.95
<i>A mix of thin sliced steak, chicken breast, chorizo and shrimp. Cooked with tomatoes, jalapenos and onions. Served with rice, beans and salad</i>	
Steak Trio Fajita	\$22.95
<i>T-bone steak and eight shrimp with vegetables, served with rice, beans and salad</i>	

Chicken

Pollo Loco	\$12.15
<i>Grilled chicken on a bed of rice, topped with cheese dip and your choice of corn or flour tortillas</i>	
Pollo Picante	\$13.49
<i>If you like it HOT, this is the dish for you! Grilled chicken and sauteed onions cooked with our spiciest salsa and famous cheese dip. Served with rice, beans, and three flour tortillas</i>	
Tapatia	\$13.49
<i>Grilled chicken with squash, zucchini and mushrooms. Served with rice and a salad</i>	
Pollo Azteca	\$13.49
<i>Grilled chicken breast with green peppers, tomatoes, mushrooms and topped with cheese dip. Served with rice and guacamole salad</i>	

Steak and Seafood

Camarones Trio	\$22.55
<i>Twelve marinated grilled shrimp. Served with steamed vegetables, on a bed of rice, topped with cheese sauce and a slice of lemon</i>	
Steak Loco	\$13.49
<i>Grilled steak on a bed of rice, topped with cheese dip and your choice of corn or flour tortillas</i>	

Lunch

Served Monday - Friday from 11:00am to 3:00pm

Lunch Picante	\$10.79
<i>If you like it hot...this is for you! Grilled chicken and sauteed onions cooked with our spiciest salsa and famous cheese dip. Served with rice and beans</i>	
Lunch Enchiladas Picosas	\$10.79
<i>Two chicken enchiladas topped with creamy suiza sauce and served with rice and salad</i>	
Lunch Fish Taco	\$10.79
<i>One tilapia taco, rice, and fried beans</i>	
Lunch Pollo Azteca	\$10.79
<i>Grilled chicken with cooked peppers, onions, mushrooms, and topped with our signature cheese dip. Served with rice, sour cream and salad</i>	
Lunch Fajita	\$10.79
<i>Grilled chicken or steak with rice and beans, sauteed with tomatoes, onions, bell peppers and garnished with salad. Add guacamole for an additional charge</i>	
Lunch Chimichanga	\$10.79
<i>One fried flour tortilla filled with ground beef or chicken, sauteed with tomatoes and onions. Topped with nacho cheese and garnished with salad. Served with rice and fried beans</i>	
Lunch Sopas De Pollo	\$9.45
<i>Chicken soup over Mexican rice, topped with avocado slices, California style vegetables, cilantro and pico de gallo</i>	
Lunch Fajita Chicken Taco	\$9.45
Salad	
<i>A crispy flour tortilla with beans, lettuce, cheese, sour cream, guacamole, and tomatoes. Topped with grilled fajita veggies</i>	
Lunch Steak Fajita Taco Salad	\$10.79
<i>A crispy flour tortilla with beans, lettuce, cheese, sour cream, guacamole, and tomatoes. Topped with grilled fajita veggies</i>	
Lunch Special Lunch #1	\$8.89
<i>One chile poblano, one taco, fried beans, and guacamole salad</i>	
Lunch Special Lunch #2	\$8.89
<i>One beef burrito, Mexican rice and fried beans</i>	
Lunch Special Lunch #3	\$8.89
<i>One enchilada, one taco, rice, and fried beans</i>	
Lunch Special Lunch #4	\$8.89
<i>One chili poblano, one taco, rice and fried beans</i>	
Lunch Special Lunch #5	\$8.89
<i>One burrito, one taco and rice</i>	
Lunch Speedy Gonzales	\$7.95
<i>One taco, one enchilada, and your choice of rice or fried beans</i>	

<i>special melted white cheese</i>	
Taco Salad El Trio w/Chicken	\$13.25
Taco Salad El Trio w/Steak	\$14.59
Taco Salad El Trio w/Shrimp	\$17.55
Taco Salad El Trio Texas	\$17.55
<i>Chicken, steak and shrimp</i>	

Vegetarian

Vegetable Fajitas	\$13.49
<i>Sauteed with onions, tomatoes, bell peppers, and mushrooms. Served with guacamole salad, rice, beans and three flour tortillas</i>	
Vegetarian Delight Quesadilla	\$12.15
<i>One quesadilla filled with beans, cheese, bell peppers, tomatoes, onions and mushrooms. Served with rice and guacamole salad</i>	
Vegetable Burrito	\$10.79
<i>A burrito filled with fresh sauteed tomatoes, onions, bell peppers, and mushrooms. Topped with cheese, burrito sauce, lettuce, sour cream and pic de gallo</i>	
Veggie Bowl	\$10.79
<i>Bed of black beans, rice, grilled peppers, onions, tomatoes, and mushrooms topped with lettuce, tomatoes and sour cream. Add guac for an additional charge</i>	
Chili Poblanos	\$13.49
<i>Two chili poblanos topped with ranchero sauce and sour cream. Served with rice and beans</i>	

Nachos

All entrees may have one item (already included) on the side. Any additional items requested on the side will be charged the side order price.

Full Order Nachos Supreme	\$12.15
<i>Ground beef, beans, lettuce, tomatoes, sour cream, and guacamole</i>	
Full Order Nachos w/Grilled Chicken	\$13.25
Full Order Nachos w/Grilled Steak	\$13.49
Full Order El Trio Grilled Shrimp Nachos	\$16.16
Full Order Cheese Nachos	\$7.15
Full Order of Grilled Mix Nachos	\$16.89
Full Order Nachos w/Beans	\$8.45
Full Order Nachos w/Ground Beef	\$9.45
Full Order Nachos w/Shredded Chicken	\$9.45
<i>All shredded chicken is sauteed with bell peppers, tomatoes and onions</i>	
Full Order Nachos w/Mix	\$9.79
Full Order El Trio Nachos	\$17.55
<i>Flour tortilla chips covered with our melted cheese, grilled chicken, shrimp, steak, sauteed bell peppers, tomatoes, and onions. Topped with sour cream and guacamole</i>	

Burritos

Burrito Gigante w/Grilled Chicken	\$15.65
<i>One gigantic burrito filled with grilled chicken, grilled onions, beans and rice. Topped with our melted white cheese, lettuce, sour cream, guacamole, and tomatoes</i>	
Burrito Gigante w/Grilled Steak	\$16.99

Shrimp Loco	\$14.85
<i>Grilled shrimp on a bed of rice, topped with cheese dip and your choice of corn or flour tortillas</i>	
Steak Mexican Style	\$17.55
<i>T-Bone steak topped with Mexican condiments, bell peppers, onions and tomatoes. Served with rice, beans and three flour tortillas</i>	
Carne Asada	\$17.55
<i>Thin sliced steak, rice, beans, salad and three flour tortillas</i>	
Chile Colorado	\$14.85
<i>Grilled Steak with ranchero sauce. Served with rice, beans, and three flour tortillas</i>	
La Costena	\$20.55
<i>Grilled tilapia and shrimp over a bed of rice with California style vegetables covered in cheese</i>	
Valley Special	\$17.55
<i>T-Bone steak served with Mexican rice, grilled vegetables, French fries and three flour tortillas</i>	
Sombrero	\$16.19
<i>Thin sliced steak with 5 seasoned jumbo shrimp. Served with pico de gallo and your choice of chili bowl or black beans</i>	

Chimichangas

Shredded Chicken Chimichangas	\$13.49
<i>Two fried flour tortillas filled with shredded chicken sauteed with tomatoes, onions and bell peppers. Topped with white cheese sauce and served with beans, guacamole salad and sour cream</i>	
Grilled Chicken Chimichangas	\$14.85
<i>Two fried flour tortillas filled with grilled chicken sauteed with tomatoes, onions and bell peppers. Topped with cheese sauce and served with beans. Garnished with guacamole salad and sour cream</i>	
Grilled Steak Chimichangas	\$16.19
<i>Two fried flour tortillas filled with grilled steak sauteed with tomatoes, onions and bell peppers. Topped with cheese sauce and served with beans. Garnished with guacamole salad and sour cream</i>	
Grilled Shrimp Chimichangas	\$17.55
<i>Two fried flour tortillas filled with grilled shrimp sauteed with tomatoes, onions and bell peppers. Topped with cheese sauce and served with beans. Garnished with guacamole salad and sour cream</i>	

Enchiladas

Enchiladas Picosas	\$13.49
<i>Only for the spicy lovers! Three grilled chicken enchiladas topped with creamy suiza sauce and served with rice and salad</i>	
Enchiladas Especiales	\$12.15
<i>Supreme combination consisting of one shredded chicken, one cheese, one beef, and one bean enchilada topped with supreme sauce, lettuce, tomatoes, and sour cream</i>	
Enchiladas Mexicanas	\$12.15
<i>Three shredded chicken enchiladas topped with supreme sauce, rice, and guacamole salad</i>	

Quesadillas

Super Quesadilla	\$13.75
<i>One big quesadilla filled with your choice of grilled chicken or steak and vegetables. Served with rice and a salad</i>	

Lunch Chicken Pollo Loco	\$9.45
<i>Grilled Chicken served with our Mexican Rice. Topped with our famous white cheese and three flour tortillas</i>	
Lunch Steak Loco	\$6.25
<i>Grilled Steak served with our Mexican Rice. Topped with our famous white cheese and three flour tortillas</i>	
Lunch Enslada El Trio	\$9.45
<i>Fresh lettuce topped with grilled chicken, onions, tomatoes, bell peppers, two slices of avocado and shredded white cheese. Served with your choice of dressing</i>	

A La Carte

Hard Shell Tacos (3)	\$10.25
<i>Ground beef or shredded chicken</i>	
Soft Shell Tacos (3)	\$10.79
<i>Ground beef or shredded chicken</i>	
Carne Asada Chicken Tacos (3)	\$13.49
<i>Chicken with lettuce and sour cream</i>	
Carne Asada Steak Tacos	\$13.49
<i>Steak with lettuce and sour cream</i>	
Mexican-Style Steak Tacos (3)	\$13.49
<i>Soft corn tortillas with grilled steak topped with cilantro and onions</i>	
Tamales (3)	\$13.39
Enchiladas (3)	\$11.65
<i>Shredded chicken, beef, beans or cheese</i>	

Side Orders

Side of Grilled Chicken	\$6.75
Side of Grilled Steak	\$8.09
Side of Grilled Baby Shrimp	\$10.79
Side of (6) Large Shrimp	\$10.79
Side of Grilled Large Shrimp	\$12.15
Side of Mexican Rice	\$2.69
Tamale	\$4.75
Side of Sour Cream	\$1.15
Side of Flour Tortillas (3)	\$1.25
Side of Corn Tortillas (3)	\$1.25
Side of Lettuce	\$2.05
Order of Grilled Vegetables	\$5.39
<i>Tomatoes, onions and bell pepper</i>	
Side of French Fries	\$3.65
Side of ReFried Beans	\$2.69
Side of Chopped Tomatoes	\$1.75
Side of Pico de Gallo	\$2.69
Side of Mango Pico de Gallo	\$3.15
Side of Shredded Cheese	\$2.45
Side of Grilled Mushrooms	\$2.69
Mexican Chili Bowl	\$6.75
Side of Black Beans	\$2.69
Side of Macaroni	\$4.05
Chile Poblano	\$5.39
Side of (3) Jalapeno Peppers	\$2.59
Side of (3) Roasted Jalapenos (3)	\$4.05
Hard Shell Taco	\$3.15
<i>Ground beef or shredded chicken</i>	
Soft Shell Taco	\$3.19
<i>Ground beef or shredded chicken</i>	
Grilled Taco w/Chicken	\$4.05
<i>Chicken with lettuce and sour cream</i>	
Grilled Taco w/Steak	\$4.05
<i>Steak with lettuce and sour cream</i>	
Enchilada	\$4.05
<i>Beef, beans, shredded chicken or cheese</i>	
Grilled Taco with Shrimp or	\$5.39

<i>One gigantic burrito filled with grilled steak, grilled onions, beans and rice. Topped with our melted white cheese, lettuce, sour cream, guacamole, and tomatoes</i>	
Grilled Chicken Burrito	\$10.79
<i>A burrito filled with grilled chicken and rice. Grilled and topped with our melted white cheese, lettuce, tomatoes, and sour cream</i>	
Grilled Steak Burrito	\$12.15
<i>A burrito filled with grilled steak and rice. Grilled and topped with our melted white cheese, lettuce, tomatoes, and sour cream</i>	
Grilled Shrimp Burrito	\$13.49
<i>A burrito filled with grilled shrimp and rice. Grilled and topped with our melted white cheese, lettuce, tomatoes, and sour cream</i>	
Burrito Supreme	\$12.15
<i>Two burritos, one chicken and beans, the other beef and beans, topped with lettuce, tomatoes, supreme sauce and sour cream</i>	
Burrito Mojado	\$14.85
<i>One large flour tortilla stuffed with grilled chicken, onions, rice, beans, and sour cream. Topped with our enchilada sauce and cheese</i>	

Combinations

All tacos, enchiladas and burritos are beef unless otherwise specified. Substitute soft taco for hard for \$0.35. Add Cheese Dip to your plate for \$1.89

Tour of Mexico	\$20.95
<i>Little of everything! Seven items on the plate including a burrito, enchilada, tamale, chili poblano, beef taco, Mexican rice, and fried beans. Add cheese dip for additional charge</i>	
Choose-Two Combo	\$11.65
<i>Create your very own one-of-a-kind combination with your choice of 2 of the following (only 1 each): hard or soft shell beef taco, beef enchilada, tostada, tamale, beef burrito, or chile relleno. Served with rice and beans.</i>	
Choose-Three Combo	\$13.49
<i>Create your very own one-of-a-kind combination with your choice of 3 of the following (only 1 each): hard or soft shell beef taco, beef enchilada, tostada, tamale, beef burrito, or chile relleno. Served with rice and beans.</i>	

Quesadilla El Trio	\$13.49
<i>Low-carb tortilla filled with your favorite trio of shrimp, chicken and steak and our famous shredded cheese. Served with rice and fresh lettuce, guacamole, sour cream and pico de gallo</i>	
Quesadilla Fiesta	\$13.49
<i>Grilled chicken quesadilla with pico de gallo inside. Served with a side of sour cream and salsa</i>	
Quesadilla Tropical	\$13.49
<i>One quesadilla filled with grilled chicken, cheese, fresh spinach, mushrooms and onions. Served with shredded lettuce, guacamole, sour cream, mango pico de gallo and rice</i>	
Large Cheese Quesadilla	\$5.85
<i>Cut into 4 pieces</i>	
(1) Grilled Chicken Quesadilla	\$7.15
(2) Grilled Chicken Quesadillas	\$12.55
(1) Steak Quesadilla	\$7.85
(2) Steak Quesadillas	\$13.49
(1) Grilled Shrimp Quesadilla	\$9.45
(2) Grilled Shrimp Quesadillas	\$16.19

Kids & Seniors

Substitute fruit cup or corn instead of fries

Kid's Plate #1	\$6.75
(Quesadilla/Rice/Beans)	
<i>Cheese quesadilla (add grilled chicken for \$3.15), rice and beans</i>	
Kid's Plate #2 (Chicken Fingers)	\$6.75
<i>Chicken fingers and French Fries</i>	
Kid's Plate #3 (Grilled chicken with macaroni and cheese or vegetable)	\$6.75
Kid's Plate #4 (Taco/Rice/Beans)	\$6.75
<i>Taco, rice and beans</i>	

Desserts

Cheesecake	\$5.39
Flan (Mexican Custard)	\$5.39
Sopapilla	\$3.55
Vanilla Ice Cream	\$3.79
Xango	\$4.85
Sopapilla with Ice Cream	\$5.25
Flan	\$5.39
Mini Cheese Cake	\$2.69
Churros	\$4.85

Tilapia	
Shrimp Soft Taco	\$6.19
Burrito	\$6.25
<i>Ground beef, shredded chicken, beans or cheese</i>	
Mexican-Style Chicken Taco	\$4.05
<i>Soft corn tortilla with chicken, onions, cilantro and salsa verde</i>	
Mexican-Style Steak Taco	\$4.05
<i>Soft corn tortilla with steak, onions, cilantro and salsa verde</i>	
Chalupa	\$5.39
<i>Beans sprinkled with cheese and topped with lettuce, tomatoes and guacamole</i>	
Side of Avocado	\$4.85
Side of Rice and Beans	\$5.39
Side of Grilled Mushrooms	\$2.69
Side of Guac Dip	\$2.15