



# WELCOME

Established 2001

(301) 624-1711

1306 West Patrick St, Suite  
14, Frederick, MD 21703

[www.lostriosrestaurants.com](http://www.lostriosrestaurants.com)



**SERVICIO A DOMICILIO AREA LIMITADA / LIMITED AREA DELIVERY**

## SOPAS - SOUPS

All soups are served with 1 tortilla and white rice

### MARISCADA SALVADOREÑA

Salvadorian style seafood soup  
with lobster. Market price

### SOPA DE RES

Beef soup with  
vegetables \$17.99

### SOPAS MINI

Seafood, crabmeat,  
mussels, shrimp 13.99

Sopa de mariscos-Seafood soup

### SOPA DE MARISCOS

with cream soup fish, crab,  
mussels shrimp, crabmeat,  
and scallops. \$18.99

### SOPA DE PESCADO

Fish soup . \$16.99

### SOPA DE POLLO

quarter chicken soup  
with vegetables fried or  
grilled chicken \$14.99

### SOPA DE MONDONGO

Tripe cow soup with  
vegetables. \$16.99

### SOPA DE CAMARONES

shrimp soup \$14.99

### BIRRIA RAMEN

soup with shredded beef  
noodles ,cilantro, onion.\$14.99

Sopa de Mondongo-Beef tripe soup



Sopa de Res-Beef soup



Mariscada Salvadoreña



Sopa de Pollo-Chicken soup



Birria Ramen



fried or grilled chicken-Pollo frito o asado





# PUPUSAS

Corn tortilla stuffed with your choice of served with marinated cabbage and tomato suce

- SPINANCH & CHEESE \$4.00

CHICKEN & CHEESE \$ 4.00

JALAPEÑO & CHEESE \$4.00

CHICHARRON & QUESO\$ 3.50

Pork and cheese

QUESO Y FRIJOL \$3.50

Cheese & beans

PUPUSA LOCA \$6.99

Loroco, chicken, pork meat, cheese, beans, squash, fresh jalapeno.

Available with rice flour Add \$0.50
- AYOTE Y QUESO \$4.00

Squash y cheese

LOROCO & CHEESE \$3.50

PUPUSAS DE VEGETALES \$5.99

squash,spinach,carrot cheese,

pupusa de queso \$3.50

only cheese

# APPETIZERS

- QUESO DIP \$7.99

GUACAMOLE DIP \$7.99

CHORIQUESO DIP \$9.99

BEANS DIP \$5.99

PAPAS SALVADOREÑAS \$6.99

BIRRIA FRIES \$11.99

YUCA CON CHICHARRÓN

Fried cassava with fried pork.  
Served with homemade  
Salvadorian cabbage. \$11.99

ORDEN CHICHARRON  
Fried pork served with homemade  
cabbage and sauce.\$11.99

BOTANA MIXTA  
Shrimp, chicken, beef and two  
pupusas. \$23.99

BOTANA ESPECIAL  
Shrimp, chicken, beef and two  
pupusas, jalapeño and  
sausage.\$30.99

TAMAL DE ELOTE  
(con crema) Corn tamale  
served with sour cream  
fries or steamed. \$3.00

# SALADS

ENSALADA MIXTA  
steak, chicken strips, & shrimp, lettuce, tomato, onions, spinach,  
cucumber, avocado radish and shredded carrot. \$15.99

TROPICAL SALAD  
Steak, chicken, pineapple, mango shredded monterey & jack  
cheese, tomato, lettuce, radish, avoacdo, cucumber, onion,  
spinash and shredded carrot. 15.99

TROPICAL CHIKEN SALAD  
Chicken, pineapple, mango shredded  
monterey & jack cheese, tomato, lettuce,  
radish, avoacdo, cucumber, onion, spinash and  
shredded carrot \$12.99

ENSALADA DE SALMON \$16.99

CHICKEN SALAD  
House chicken salad with slices of chicken, onion,  
lettuce, tomato, cucumber, avocado. \$10.99

HOUSE SALAD  
House salad: avocado, lettuce, tomato,  
cucumber, onions. \$6.99

SHRIMP SALAD \$14.99

Pupusas



Yuca con chicharron / Fried pork & fried cassava



Ceviche



Botana Mixta / Mixed Botana



Alitas de pollo / Chicken wigns



Tropical chicken salad



Ensalada Mixta / Mixed Salad





# MEXICAN FOOD

## FAJITAS ALL ORDERS ARE SERVED WIHT CHARROS BEANS BURRITOS

All fajita are served with rice, bean, lettuce, pico de gallo, guacamole, sour cream and tortilla flour or corn

Fajita Mixta / Mixed Fajita

<b>MIXTA</b>	<b>\$20.99</b>
Beef, chicken and shrimp	
<b>SEADFOOD</b>	<b>\$22.99</b>
Shrimp, fish scallops and crab meat	
<b>STEAK</b>	<b>\$16.99</b>
<b>CHICKEN</b>	<b>\$15.99</b>
<b>SHRIMP</b>	<b>\$18.99</b>
<b>VEGETARIAN</b>	<b>\$15.99</b>



Burrito



Steak Tacos

## TACOS

3 tacos with cilantro, onion, avocado, served rice, beans

<b>STEAK</b>	<b>\$15.99</b>
<b>LENGUA</b>	<b>\$16.99</b>
<b>BEEF TONGUE</b>	
<b>CARNITA</b>	<b>\$14.99</b>
<b>SHREDDED PORK</b>	
<b>CAMARON</b>	<b>\$15.99</b>
<b>SHRIMP</b>	
<b>CHICKEN FLAUTAS</b>	<b>\$13.99</b>
<b>CHICKEN</b>	<b>\$14.99</b>
<b>CHORIZO</b>	<b>\$14.99</b>
<b>SAUSAGE</b>	
<b>AL PASTOR</b>	<b>\$14.99</b>
<b>BIRRIA</b>	<b>\$17.99</b>



Birria Tacos

With consome

<b>PESCADO -FISH</b>	<b>\$14.99</b>
<b>BARBACOA</b>	<b>\$15.99</b>
<b>SINGLE TACOS</b>	



<b>Steak</b>	<b>\$4.50</b>	<b>Barbacoa</b>	<b>\$4.50</b>	<b>HARD SHELL - CORN</b>	
<b>Lengua</b>	<b>\$4.50</b>	<b>Pescado</b>	<b>\$4.00</b>	<b>OR FLOUR TORTILLA</b>	
<b>Shrimp</b>	<b>\$4.00</b>	<b>al pastor</b>	<b>\$4.00</b>	<b>Ground beef</b>	<b>\$4.00</b>
<b>Carnitas</b>	<b>\$4.00</b>	<b>chicken</b>	<b>\$4.00</b>	<b>Shredded chicken</b>	<b>\$4.00</b>

3 Birria tacos \$14.99  
with consome

## 3 HARD SHELL TACOS OR 3 SOFT TACO

with lettuce, tomato, and cheese served with rice & bean

<b>GRILLED CHICKEN</b>	<b>\$14.99</b>	<b>STEAK</b>	<b>\$15.99</b>
<b>GROUND BEEF</b>	<b>\$14.99</b>	<b>BARBACOA</b>	<b>\$15.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$14.99</b>	<b>SHRIMP</b>	<b>\$15.99</b>
<b>VEGGIES</b>	<b>\$14.99</b>		

## TACOS SALAD

Lettuce, beans, guacamole, pico de gallo, sour cream

<b>BEEF</b>	<b>\$14.99</b>	<b>SHRIMP</b>	<b>\$14.99</b>	<b>CHICKEN</b>	<b>\$13.99</b>
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## NACHOS

Crispy tortilla chips topped, cheese, guacamole, pico de gallo and sour cream.

<b>GRILLED CHICKEN</b>	<b>\$12.99</b>	<b>STEAK</b>	<b>\$13.99</b>
<b>GROUND BEEF</b>	<b>\$12.99</b>	<b>BARBACOA</b>	<b>\$13.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$12.99</b>	<b>SHRIMP</b>	<b>\$13.99</b>
<b>TRIOS NACHOS</b>	<b>15.99</b>	<b>VEGGIES</b>	<b>\$12.99</b>
Beef, chicken and shrimp			

served lettuce, guacamole, pico de gallo, cheese, sour cream, rice and bean.

<b>BURRITO FAJITA</b>	<b>\$16.99</b>
Steak, chicken, cheese pepper, onion,	

<b>BURRITO HAWAIIAN</b>	<b>\$15.99</b>
Chicken, sausage, pineapple, cheese,	

<b>VEGGIES BURRITO</b>	<b>\$14.99</b>
Squash, broccoli, spinach, carrot, pepper, onion,	

<b>TRIOS BURRITO</b>	<b>\$16.99</b>
Steak, chicken, shrimp,	

## BURRITO

<b>STEAK</b>	<b>\$15.99</b>	<b>BARBACOA</b>	<b>\$16.99</b>
<b>GRILLED CHICKEN</b>	<b>\$14.99</b>	<b>BIRRIA</b>	<b>\$16.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$14.99</b>	<b>LENGUA</b>	<b>\$16.99</b>
<b>GROUND BEEF</b>	<b>\$14.99</b>	<b>CARNITAS</b>	<b>\$15.99</b>

## CHIMICHANGA

Lettuce, guacamole, cheese, pico de gallo, sour cream, rice and bean.

<b>STEAK</b>	<b>\$15.99</b>	<b>BARBACOA</b>	<b>\$16.99</b>
<b>GRILLED CHICKEN</b>	<b>\$14.99</b>	<b>BIRRIA</b>	<b>\$16.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$14.99</b>	<b>LENGUA</b>	<b>\$16.99</b>
<b>GROUND BEEF</b>	<b>\$14.99</b>	<b>CARNITAS</b>	<b>\$15.99</b>
<b>VEGGIES</b>	<b>\$14.99</b>		

## ENCHILADA

Lettuce, guacamole, pico de gallo, sour cream, rice and bean. Red or green sauce

<b>STEAK</b>	<b>\$15.99</b>	<b>BARBACOA</b>	<b>\$16.99</b>
<b>GRILLED CHICKEN</b>	<b>\$14.99</b>	<b>BIRRIA</b>	<b>\$16.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$14.99</b>	<b>LENGUA</b>	<b>\$16.99</b>
<b>GROUND BEEF</b>	<b>\$14.99</b>	<b>CARNITAS</b>	<b>\$15.99</b>
<b>VEGGIES</b>	<b>\$14.99</b>	<b>ONLY CHEESE</b>	<b>\$12.99</b>

**TRIOS ENCHILADAS** \$15.99

3 enchiladas 1 chicken 1 beef 1 cheese

## COMBINATION

served with rice, bean, pico de gallo, guacamole, sour cream. cheese

## FREDERICK PLATTER

Two enchiladas one hard taco,

<b>STEAK</b>	<b>\$15.99</b>	<b>BARBACOA</b>	<b>\$16.99</b>
<b>GRILLED CHICKEN</b>	<b>\$14.99</b>	<b>BIRRIA</b>	<b>\$16.99</b>
<b>SHREDDED CHICKEN</b>	<b>\$14.99</b>	<b>LENGUA</b>	<b>\$16.99</b>
<b>GROUND BEEF</b>	<b>\$14.99</b>	<b>CARNITAS</b>	<b>\$15.99</b>
<b>VEGGIES</b>	<b>\$14.99</b>		

**COMBINATION #1** \$15.99

Two tacos, ,chicken or beef two pupusa bean and cheese or pork and cheese no salad

**COMBINATION #2**

One burrito 2 hard taco,  
**BEEF** \$14.99 **VEGGIES** \$13.99 **CHICKEN** \$13.99

**COMBINATION #3** \$14.99

Two enchiladas one tamal chicken or beef,





# LUNCH SPECIALS

MONDAY - FRIDAY 11 AM - 3 PM

## SPECIAL #1

Two eggs any style served with fried plantains, sour cream, beans and one tortilla \$12.99

## SPECIAL #2

Eggs scrambled with chorizo, served with rice, beans and sweet plantains. \$12.99

## HUEVOS RANCHEROS

Sunny side up eggs topped with tomato spicy sauce, jalapeno, onions and bell peppers served with rice and beans tortillas \$ 12.99

## FREDERICK PLATTER

Chicken or beef 1 enchilada, & 1 hard taco served rice beans ,salad. \$12.99

# POLLO - CHICKEN

served with rice, beans, salad, tortilla flour or corn

**POLLO RANCHERO**  
Chicken with spicy red sauce, \$16.99

**POLLO A LA PARRILLA**  
Grilled chicken \$15.99

**POLLO ENCEBOLLADO**  
Chicken sautéed with onions, peppers and tomatoes \$16.99

**POLLO ALA CREMA**  
Grilled chicken with white cream sauce, onion tomato.\$16.99

## ENCHILADAS

2 enchiladas served with beans, rice and salad chicken \$11.99 or beef \$12.99

## CHICKEN BURRITO

served with beans, rice and salad chicken \$12.99 or beef \$13.99

## VEGGIES ENCHILADAS

2 enchiladas with bean, rice, salad \$11.99

## VEGGIES BURRITO

with bean, rice, salad \$12.99

## COMBINATION #3

1 enchilada 1 tamal chicken or beef served with rice ,bean ,salad \$13.99

Especial #1



Huevos Rancheros



Pollo Empanizado



Pollo con Tajadas



Quesadilla



Pan con Pollo

# SANDWICH Y QUESADILLAS

**PAN CON POLLO** \$ 8.99  
salvadorian sandwich with coleslaw, lettuce, shredded chicken, tomato, cucumber, radish

**STEAK AND CHEESE SANDWICH**  
Served with french fries. \$11.99

**SANDWICH DE POLLO**  
Chicken sandwich, served with french fries. \$11.99

**TORTAS MEXICANAS**  
Served with french fries.

Mixta \$14.99 Steak 13.99

Chicken \$11.99

Shrimp \$13.99

Carnita-Shredded pork \$13.99

Chorizo-Sausage \$13.99

Lengua-beef tongue \$13.99

Barbacoa \$14.99

Al pastor \$13.99

FRENCH FRIES OR SALAD

## PREMIUM QUESADILLA

Steak, chicken, shrimp, and cheese onion, peppers 15.99

## TRIOS QUESADILLA

Steak, chicken, sausage , and cheese pineapple \$14.99

## VEGGIES QUESADILLA

Squash, broccoli, spinach, onions, peppers and cheese \$11.99

## QUESABIRRIA

Shredded beef with sonsome \$13.99

## QUESADILLA

Chicken \$11.99 Chorizo \$12.99

Steak \$12.99 Barbacoa \$13.99

Carnitas \$12.99 Al pastor \$12.99

Shrimp \$12.99 only cheese \$10.99

Ground beef \$11.99

Shredded chicken \$11.99



# CARNE - MEAT

All dinners are served with rice, salad, beans & tortilla flour or corn .

**LOS TRIOS PARRILLADA**  
Grilled steak, chicken and shrimp. \$23.99 For 2 people \$32.99

**FRITANGA**  
N.Y steak, fried, plantains, sliced, green, banana, fried cheese, mixed bean rice no tortilla . \$19.99

**COMBINACION SALVADOREÑA**  
Salvadorian combination Steak with two eggs, Avocado, fried plantains and Salvadorian cheese. \$20.99

**TIPICO SALVADOREÑO**  
Egg any stlyle served with fried platano ,sour cream, beans \$16.99

**HUEVOS RANCHEROS**  
Sunny side up eggs topped with tomato spicy sauce, jalapeno. \$15.99

**CARNE GUISADA**  
stewed meat. \$15.99

**STEAK RANCHERO**  
Ranchero style steak sautéed with onions, jalapeño pepper, tomato, \$18.99

**CARNE ENCHILADA DE CERDO**  
spicy pork steak \$14.99

**CARNE ASADA**  
New York Strip steak. \$18.99

**TIPICO LOS TRIOS**  
Grilled beef, sausage, cheese, jalapeño Pepper and avocado. \$20.99

**BISTEK CON TOSTONES**  
Beef sautéed with onions tomato, \$17.99

**COSTILLAS DE RES**  
Beef ribs sautéed with onions, \$17.99

**BISTECK ENCEBOLLADO**  
Beef sautéed with onions, peppers and tomatoes \$17.99

**MAR Y TIERRA**  
grilled steak and shrimp. \$19.99

**STEAK AL CABALLO**  
Steak with two eggs on top, \$18.99

**PARRILLA SALVADOREÑA**  
Sausage, Steak, Chicken, Jalapeño, Shrimp  
For two people. For one people. \$40.99 \$23.99

**CHULETA DE CERDO**  
pork chop \$13.99

**CHIRRARON**  
Fried pork skins served with rice, bean, pico de gallo & tortilla \$14.99

## KIDS MENU

CHOOSE ONE SIDES  
RICE ,BEANS , FRENCH FRIES OR  
FRUIT CUP, FRIED PLANTAIN

**CHEESE QUESADILLA** \$7.99

**CHICKEN FINGERS** \$8.99

**SOFT TACO** \$ 7.99

**MINI NACHOS** chicken \$8.99

**BURITO CHICKEN OR BEEF** \$8.99

**SCRAMBLED EGG ,PLANTAIN ,  
BEANS OR FRIES, \$8.99**

**2 PUPUSAS ONLY CHEESE OR  
BEANS AND CHEESE. \$6.99**



chicharron



Chicken Fingers



Soft Taco

## EXTRA ORDENES-SIDE ORDERS

Rice	\$3.00
Beans	\$3.00
Tortillas	\$0.69
Guacamole	\$5.99
Avocado	\$3.50
Crema salvadorian	\$3.00
Sour cream	\$3.00
Jalapeños toreados	\$0.75

Fried cassava	\$6.99
Fried plantain	\$6.99
green fried banana	\$6.99
Tostones	\$6.99
casamiento	\$4.50
Fries cheese	\$3.00
Salvadorian cheese	\$3.00

Combinacion Salvadoreña



Mary y Tierra



Parrillada salvadoreña



fritanga





# SEADFOOD

served with rice, beans ,salad & tortilla flour or corn

**CAMARONES A LA DIABLA**  
Spicy shrimp with jalapeño  
\$17.99

**CAMARONES A LA CREMA**  
Shrimp in white cream sauce  
\$18.99

**CAMARONES CON SCALLOPS**  
Shrimp with scallops, in white cream sauce 18.99

**CAMARONES A LA PLANCHA**  
Grilled shrimp \$17.99

**CAMARONES AL AJILLO**  
Shrimp in garlic sauce \$17.99

**CAMARONES ENTOMATADOS**  
Jumbo shrimp with tomato sauce \$17.99

**SALMON A LA CREMA CON CAMARONES**  
Salmon in white cream sauce, & vegetables.  
\$20.99

**SALMON A LA PARRLLA**  
Grilled salmon served with rice, broccoli, carrot squash. \$17.99

**PESCADO CON CAMARONES**  
Tilapia fried fish with shrimp on top \$17.99

**PESCADO RANCHERO**  
Fried tilapia topped with tomato sauce with bell peppers. \$17.99

**FILETE DE PESCADO \$16.99**  
Tilapia filet

Camarones a la Diabla



Pescado Frito con Camarones



Camarones con Scallops



# BEBIDAS - DRINKS

Horchata  
Ensalada de fruta  
Tamarindo  
Marañon  
jugo de melón

Cafe - coffee  
Coke, diet coke, sprite  
Maid lemonade  
Te frio - iced tea

**MILKSHAKE**  
BANANA  
STRAWBERRY  
CARROT  
OREO  
MELON

**SMOOTHIES**  
STRAWBERRY  
ORANGE  
PINEAPPLE  
MANGO  
CARROT



FLAN \$3.99



FRIED ICE CREAM \$7.99



TRES LECHES  
Cake made with 3 milk \$5.99



Churros \$5.99



EMPANADAS \$5.00

# CERVEZA - BEER

