

LUNCH MENU

Lunch is served Monday through Friday from 11:00 am to 3:00 pm
Please choose from these lunch specials below or enjoy any item from our dinner menu.



LUNCH COMBINATIONS

All combinations are served with rice and beans. Available with cheese, beef, chicken, shredded beef or beans.
Add asada +2.00

- #1 **TWO TACOS** 7.99
- #2 **ONE TAMALE & ONE TACO** 7.99
- #3 **ONE ENCHILADA & ONE TACO** 7.99
- #4 **ONE ENCHILADA & ONE BEAN TOSTADA** 7.99
- #5 **BURRITO** 8.99
- #6 **CHALUPA**
Big crispy flour taco stuffed with chicken, beef or shredded beef, lettuce, tomato and cheese 7.99
- #7 **CHILE RELLENO**
Poblano pepper stuffed with cheese battered in egg, covered with sauce and melted cheese 9.99
- #8 **CHIMICHANGA**
With guacamole and sour cream. Try one grilled 9.99
- #9 **TWO ENCHILADAS** 8.99
- #10 **BURRITO JALISCO**
Flour tortilla filled with rice, beans, cheese, and filled with your choice of meat covered with burrito sauce and melted cheese. Garnished with fresh lettuce, tomatoes and sour cream 10.99
- #11 **TAQUITOS RANCHERO**
Crispy corn tortilla stuffed with your choice of shredded beef or chicken. Garnish with lettuce, tomato, parmesan cheese, sour cream and guacamole 8.99
- #12 **TACOS AL CARBON**
2 soft corn tortillas filled with your choice of steak, or chicken and pico de gallo with special sauce 9.99
- #13 **FAJITA BURRITO (STEAK OR CHICKEN) REALLY GOOD!**
Flour tortilla stuffed with sautéed onions, bell peppers and your choice of steak or chicken. Topped with sauce and monterey jack cheese 10.99
- #14 **ENCHILADA SONORA**
2 corn tortillas stuffed with rice, beans and your choice of meat served with sour cream 8.99
- #15 **COLORADO BURRITO**
Flour tortilla stuffed with beef chunks, cooked in a tasty red chile sauce covered with monterey jack cheese 9.99
- #16 **CHILE VERDE BURRITO**
Flour tortilla stuffed with pork chunks, cooked with a light tomatillo sauce covered with monterey jack cheese 9.99

TOSTADA

Your choice of bean, beef, chicken or picadillo 7.99
Add sour cream and guacamole +2.59



TACO SALAD

Your choice of bean, beef, chicken or picadillo 7.99
Add sour cream and guacamole +2.59

ALLERGEN WARNING: Please be aware that our sauces, such as ENCHILADA, SEAFOOD AND CARNES contain PEANUT BUTTER. For more information, please speak with a manager.

**612 YELLOWSTONE
POCATELLO, IDAHO
208.233.9933**

**610 N. OVERLAND
BURLEY, IDAHO
208.678.2117**

APPETIZERS

NACHOS EL CAPORAL

This house Nacho topped with ground Beef, Beans, guacamole, sour cream, jalapenos, tomatoes, onions and cheddar cheese

Sm 8.99 | Lg 9.99 Your choice of Asada, Chicken Picadillo or Adobada for 3.99

NACHOS CHEESE

Chips with cheddar cheese
Sm 6.99 | Lg 7.99

NACHOS BEEF

Ground beef with cheddar cheese, tomatoes and onions Sm 7.99 | Lg 8.99

NACHOS PICADILLO

Shredded beef with cheddar cheese, tomatoes and onions Sm 7.99 | Lg 8.99

NACHOS CHICKEN

Chicken with cheddar cheese, tomatoes and onions
Sm 7.99 | Lg 8.99

NACHOS FAJITA STEAK OR CHICKEN LG 14.99

NACHOS CHORIZO

Spicy ground pork with monterey jack cheese, tomatoes and onions
Sm 9.99 | Lg 10.99

NACHOS SHRIMP

With monterey jack cheese, tomatoes and onions
Sm 9.99 | Lg 10.99

EL CAPORAL VARIEDAD

Combination of taquito, nachos, and quesadilla garnished with tomatoes, green onions, guacamole and sour cream 14.99 - **Very Good!**

Add asada +9.99

TOSTADAS

Choose from **ceviche** or **shrimp** - 9.99

CHEESE DIP

With green onions, tomatoes and jalapeño 8.99

QUESADILLA

Flour tortillas stuffed with melted cheese, onions, tomatoes, and served with sour cream and guacamole 8.99

Add asada, adobada or baby shrimp +3.99

Build to your taste with the following options, Chicken Ground Beef, Picadillo for 1.99

MEXICAN PIZZA

Deep fried flour tortilla topped with beans, beef, jack cheese, tomatoes, and green onions then garnished Mexican style 9.99

Add chicken, beef or picadillo +1.99

CHEESE CRISPY

Deep fried flour tortilla topped with melted cheese 7.99

CHICKEN SOUP

Made fresh to order. Shredded chicken in a zesty broth with rice, avocado, tortilla chips and fresh lime and cilantro

Cup 7.99 | Bowl 8.99

FAJITA QUESADILLA

Flour tortilla stuffed with melted cheese, with fajita steak or chicken, bell peppers, onions and tomatoes, served with sour cream and guacamole, beans and rice 15.99

CHICKEN TAQUITOS

Crisp flour or corn tortilla filled with chicken or picadillo with enchilada salsa on a bed of lettuce and garnished with tomatoes, sour cream and guacamole 10.99

STEAK FRIES

Fries topped with steak, monterey jack cheese, tomatoes, onions, jalapeños, guacamole and sour cream 12.99



COMBINATIONS

All combinations are served with rice and beans (refried or frijoles de la olla).
Choose from ground beef, chicken, picadillo or cheese. Chimichangas with guacamole and sour cream.

- 1. CHOOSE THREE ITEMS**
Enchiladas, taco, tostada, or tamale 12.99
- 2. CHOOSE TWO ITEMS**
Burrito, enchilada, chimichanga or grilled chimi, chile relleno, tamale, chalupa or tostada 12.99
- 3. CHOOSE TWO ITEMS**
Taco, enchilada, tostada, or tamale 10.99
- 4. CHOOSE ONE ITEM**
Chile relleno, chalupa, chimichanga or grilled chimi 9.99

Make it DELUXE, add guacamole and sour cream +2.50

CARNES

All Steaks are Choice Angus Beef

17. CARNE ASADA

Steak, charbroiled to your taste with grilled onions, served with rice and beans, pico de gallo and garnished with guacamole 17.99 Shrimp 26.99

18. STEAK A LA CHICANA

Top sirloin steak cut into strips, cooked with bell peppers, onions, mushrooms and tomatoes, then sautéed with a Mexican sauce. Served with rice and beans 14.99

19. T-BONE STEAK

A flavorful marinated T-bone steak, charbroiled and served with rice, beans, and guacamole 25.99

CIELO, MAR, Y TIERRA

Charbroiled steak, pollo asado, your choice of shrimp with rice, beans, guacamole, sour cream and pico de gallo 25.99

20. NEW YORK STEAK & MEXICAN COMBINATION

Steak charbroiled to your liking and served with chile relleno, rice and beans 23.99

PORK CARNITAS

With rice, beans and pico de gallo 14.99

21. CHILE VERDE

Chunks of pork cooked with a light tomatillo sauce. Served with rice and beans 13.99

22. CHILE COLORADO

Chunks of beef cooked in a tasty red chile sauce. Served with rice and beans 13.99

23. CARNITAS RES

Top sirloin strips cooked with bell peppers, mushrooms, tomatoes and onions. Served with rice and beans and guacamole 14.99

24. TACOS DE CARNE ASADA

Adobada, fish, chicken, or shrimp topped with onions, and cilantro on a corn tortilla. **Not served with rice and beans**

25. THREE CHILES

Chunks of pork cooked with tomatillo sauce, chunks of beef cooked with red chile and a chile relleno, served with beans and rice 25.99

EL MOLCAJETE LOCO

Comes with steak, chicken and shrimp wrapped in bacon, cactus, fresh Mexican cheese, bell peppers and onion with our special sauce. Served with rice and beans 25.99

STEAK CAPORAL

14 oz. ribeye steak with sautéed mushrooms and onions. Served with your choice of fries and salad, or beans and rice 29.99

POLLO

NATURAL CHICKEN

31. ARROZ CON POLLO

Boneless chicken breast sautéed in a special sauce with mushrooms, onions and tomatoes. Served over a bed of rice, topped with melted cheese 14.99
(Not served with beans)

32. EL MOLCAJETE

Chicken and steak cooked with bell peppers, onions and tomatoes with El Caporal sauce and topped with jack cheese. Served with rice and beans 19.99

33. POLLO MEXICAN

Boneless chicken with onions, mushrooms, tomatoes and bell peppers in a tasty sauce. Served with rice and beans 14.99

34. POLLO EN MOLE

Boneless chicken mixed with onions and mushrooms in a sweet sauce with peanuts, ground cinnamon, cocoa and spices. Served with rice and beans 14.99

35. POLLO CAPORAL

Tender chunks of chicken breast sautéed in butter with onions, mushrooms and tomatoes. Covered with a special sauce and served with rice and beans 14.99

36. POLLO ASADO

Charcoal-broiled marinated chicken breast with sautéed onions on top. Served with your choice of chimichanga, enchilada or chile relleno and rice and beans 16.99

37. POLLO CARNITAS

Chunks of chicken breast sautéed with bell peppers, tomatoes, mushrooms and onions. Served with rice and beans, and guacamole 14.99

38. POLLO A LA PLANCHA

Lightly marinated 9 oz. chicken breast grilled with sautéed onions on top. Served with rice and beans 14.99

FAJITAS

SERVED with Choice Grade Beef and Natural Chicken

26. STEAK OR CHICKEN OR SHRIMP

17.99 | All three 25.99

27. FAJITA EL CAPORAL

Prawn with onions, mushrooms and bacon covered in melted monterey jack. Served with rice and beans 16.99

28. STEAK & CHICKEN COMBO 17.99

29. FAJITA SALAD

A steak, chicken or pollo asado in a deep-fried flour tortilla covered in beans, stuffed with lettuce and topped with a mix of sautéed onions, bell peppers and mushrooms. Garnished with slices of avocado and tomatoes 14.99 | Shrimp Fajita Salad 15.99

30. BURRO RANCHERO

Steak, chicken or pollo asado in a flour tortilla stuffed with sautéed onions, bell peppers, rice and whole beans, topped with melted monterey jack cheese served with rice, beans, guacamole and sour cream on the side 14.99 Shrimp Burro Ranchero 17.99

ALLERGEN WARNING: Please be aware that our sauces, such as ENCHILADA, SEAFOOD AND CARNES contain PEANUT BUTTER. For more information, please speak with a manager.

MEXICAN FAVORITES

All these exciting Mexican favorites are served with rice and beans (refried or frijoles de la olla). Your choice of ground beef, chicken or shredded beef.

39. TACOS COSTENOS

Three soft corn tortillas filled with your choice of pork, chicken or steak and pico de gallo. With melted cheddar cheese on top 14.99

40. TAQUITOS RANCHEROS

Crisp corn tortillas stuffed with your choice of shredded beef or chicken. Garnished with lettuce, tomatoes, parmesan cheese, sour cream and guacamole 11.99

41. FLAUTAS

Crisp flour tortillas stuffed with your choice of filling. Garnished with lettuce, tomato, cheese, sour cream and guacamole 11.99

42. SOPITOS

Homemade corn maza shells filled with beans, your choice of meat, lettuce, cheese and tomato. Served with sour cream and guacamole 11.99 Add asada +2.99



Ask about our Botana, Aguachiles and Oysters!

SEAFOOD

These specialties are served with rice and beans (refried or frijoles de la olla) and tortillas.

43. CAMARONES RANCHEROS

Shrimp, sautéed with bell peppers, onions, mushrooms and carrots in a Mexican sauce 14.99

44. CAMARONES "AL MOJO"

Delicious shrimp and mushrooms sautéed in butter, garlic and spices 14.99

45. CAMARONES FILETE "COSTENO" - VERY GOOD!

Sautéed prawns with bacon wrapping and jack cheese. Served in a tasty red or mole sauce 15.99

46. CAMARONES CABO BLANCO

Shrimp and onions sautéed in butter and wine served in a sauce with parmesan and jack cheese 14.99

47. ARROZ CON CAMARONES (NOT SERVED WITH BEANS)

Delicious shrimp sautéed in a unique sauce with mushrooms, bell peppers, onions and carrots. Served over a bed of rice with melted cheese 14.99

48. CAMARONES A LA DIABLA

Prawns cooked in a red sauce with onions and mushrooms 14.99

49. SHRIMP ENCHILADA

Corn tortillas filled with baby shrimp, topped with choice of red or green sauce and jack cheese. Garnished with sour cream, sliced avocado and tomato. One 10.99 | Two 12.99

50. CRAB ENCHILADA

Corn tortillas filled with crab meat, topped with choice of red or green sauce and jack cheese. Garnished with sour cream, sliced avocado and tomato. One 10.99 | Two 12.99

BREADED SHRIMP OR FISH

With fries and salad 19.99

51. CHIMICHANGA "JAROCHA"

A different chimichanga, filled with crab and shrimp in a delicious mixture. Garnished with sour cream and guacamole 14.99

52. CAMARONES EL CAPORAL

Prawns sautéed in butter with onions and mushrooms. Served with a special sauce 14.99

53. SHRIMP COCKTAIL OR CAMPECHANAS

Market Price

(NOT SERVED WITH RICE OR BEANS)

54. SIETE MARES

Seven seas hot soup, shrimp, octopus, fish, scallops, clams and crab legs. Not served with rice or beans 22.99

55. PESCADO (FISH)

Fillet or deep fried tilapia fish prepared to your preference. Comes with rice, beans and a salad 25.99

MOLCAJETE SIETE MARES

Scallops, shrimp, crab, octopus, clams, ceviche shrimp and fish 25.99

56. CALDO DE CAMARON

Hot shrimp soup with fresh vegetables. [Not served with rice and beans] 14.99

57. TACOS DE PESADO

Prepared in traditional Mexican manner, three tacos. Served in a soft corn tortilla, sliced avocado and pico de gallo 13.99

TACO EL GOBERNADOR

Three tacos, shrimp wrapped in bacon, lettuce, pico de gallo and special sauce with avocado, rice and beans 15.99

ALLERGEN WARNING: Please be aware that our sauces, such as ENCHILADA, SEAFOOD AND CARNES contain PEANUT BUTTER. For more information, please speak with a manager.

ENCHILADAS

Enchiladas are soft corn tortillas stuffed with your choice of chicken, ground beef, cheese or picadillo, rolled up and then covered with enchilada sauce and melted cheese. Served with rice and beans (refried or frijoles de la olla).

ONE ENCHILADA 8.99

TWO ENCHILADAS 10.99

Choice of fillings: cheese and onion, ground beef, chicken or picadillo Add asada +2.00

58. MOLE ENCHILADA

Corn tortillas stuffed with tender chunk chicken, topped with a delicious sweet spicy Mexican sauce One 8.99 | Two 11.99

59. ENCHILADA RANCHERA

Soft corn tortillas filled with chicken, picadillo, ground beef or cheese, topped with a special mixed sauce and melted cheese One 8.99 | Two 11.99

60. ENCHILADA VEGETARIAN

One 8.99 | Two 11.99

61. ENCHILADA SUIZA

Corn tortillas stuffed with your choice of fillings, topped with a delicious green tomatillo sauce and melted cheddar cheese. Garnished with sour cream One 9.99 | Two 11.99

62. ENCHILADA SUNRISE

Your favorite enchilada topped with eggs over easy One 8.99 | Two 11.99

ENCHILADAS MEXICANAS

Special red sauce garnish with lettuce, tomatoes, sour cream, and queso fresco 10.99 with the option of Chicken, Ground Beef, Picadillo 12.99

Add Asada to your enchiladas

One Enchiladas 1.50

Two Enchiladas 2.99

ALLERGEN WARNING: Please be aware that our sauces, such as ENCHILADA, SEAFOOD AND CARNES contain PEANUT BUTTER. For more information, please speak with a manager.



BURRITOS

Large flour tortilla rolled up and filled with your choice of meat topped with sauce and melted cheese. All burritos come with rice and beans.

63. BEAN & BEEF BURRITO 11.99

64. BEEF BURRITO 11.99

65. PICADILLO BURRITO 11.99

66. CHILE COLORADO BURRITO 11.99

67. CHORIZO BURRITO 11.99

68. CHICKEN BURRITO 11.99

69. CHILE VERDE BURRITO 11.99

70. EL CAPORAL BURRITO

Large flour tortilla with a chile relleno, rice and beans. Topped with spanish sauce and garnished with lettuce, tomatoes and cheese 12.99 Add asada +2.99

71. BURRO JALISCO

A super burrito! Flour tortilla filled with rice, beans, cheese and your choice of filling. Covered with burrito sauce and melted cheese. Garnished with fresh lettuce, tomato and sour cream 11.99 Add asada +2.99

BURRITO CARNE ASADA

Asada chunks wrapped in a flour tortilla topped with sauce and cheese. Garnished with lettuce, guacamole and pico de gallo 13.99



IN OLD MEXICO THE HACIENDA OWNER PICKED THE MAN THAT HE COULD TRUST TO DO ANY JOB. HE KNEW HOW FARMS RAN AND HOW TO MAKE THEM BETTER. THE ONLY ONE THAT COULD TALK TO THE OWNER, EL CAPORAL WAS IN CHARGE OF THE OPERATION. HE CONTROLLED THE CATTLE, THE HORSES AND THE WORKERS. RESPECTED BY ALL FOR HIS HONESTY AND WORK ETHIC EL CAPORAL WAS THE HACIENDA OWNER'S RIGHT HAND ON THE FARM.

WELCOME TO EL CAPORAL.
WHETHER IT BE LUNCH, DINNER, DRINKS, PARTIES OR TO CELEBRATE YOUR OWN SPECIAL OCCASION, RELAX AND LET US BE YOUR CAPORAL.

-EL CAPORAL

TACO SALAD

TRADITIONAL

Served on a northern-style crispy shell topped with lettuce, tomato and cheese. Your choice of ground beef, chicken or picadillo with refried beans 8.99
Add sour cream and guacamole +2.50

VEGETARIAN 9.99

HUEVOS

Served with rice and beans (refried or frijoles de la olla). Flour or corn tortillas.

HUEVOS RANCHEROS

Three eggs over easy covered with sauce and melted cheese 11.99

HUEVOS CON CHORIZO

Mexican sausage mixed with eggs 11.99

AMERICAN DISHES

HAMBURGER

With French fries 9.99 With cheese +1.64

US GRADE CHOICE NEW YORK STEAK

Aged Choice 12oz New York Steak With salad & Fries 19.99

POLLO BURGER

Chicken breast served with French fries 9.99

SALAD 4.99

CHILD'S PLATE

Served with rice and beans.
For children 12 years or under.

HAMBURGER 5.50

CHOICE OF ENCHILADA, TACO,

OR BURRITO 4.99

CHICKEN TENDERS 5.99

QUESADILLA 4.99

TOSTADAS

TRADITIONAL

Crispy flat corn tortilla shell topped with refried beans, your choice of topping (ground beef, chicken or picadillo), lettuce, tomatoes, and cheese 8.99
For a crispy flour tortilla +.60 | Add baby shrimp +2.99

VEGETARIAN 9.99

SPECIALTY

HAMBURGER EL CAPORAL

Two beef patties, bacon, cheese, onions, tomatoes and avocado 12.99

MENUDO 18.99

TORTA

Chicken, asada or abobada 10.99

SIDE ORDERS

CHIMICHANGA 6.99

TACO 2.99

CHALUPA 4.99

TAMALE 3.99

BURRITO 9.99

CHILE RELLENO 5.99

CHEESE 2.39

ENCHILADA 3.59

RICE OR BEANS 3.99

BLACK BEANS 4.99

TORTILLAS 1.59

SOUR CREAM 1.99

GUACAMOLE 2.99

SIDE FRIES 3.99

EXTRA BASKET OF CHIPS 2.99

COCKTAILS & SPECIALTY DRINKS

Ask about our top shelf selections

MARGARITAS

Strawberry, Banana, Lime, Raspberry, Peach and Blackberry. Grande with your choice of tequila

DAIQUIRIS

Rum and triple sec with your choice of flavoring

MEXICAN MIST

Tequila, grapefruit, orange juice, and cranberry juice

TEQUILA DRIVER

Tequila and orange juice

DIRTY MOTHER

Tequila, kahlua and 1/2 & 1/2

FUZZY NAVEL

Peach schnapps, vodka and orange juice

GREYHOUND

Vodka and grapefruit

SCREWDRIVER

Vodka and orange juice

LYNCHBURG LEMONADE

Jack daniels, triple sec, sweet 'n' sour and 7-up

PEACH COMFORT COOLER

Southern comfort, peach schnapps and orange juice 'n' sour

LONG ISLAND

Rum, vodka, gin, triple sec, cola and sweet 'n' sour

BLOODY MARY

Vodka and spicy tomato juice

SEX ON THE BEACH

Vodka, peach schnapps, orange juice and cranberry juice

BEER

AMERICAN
MEXICAN
DRAFT

HOUSE WINE

CHABLIS
CHARDONNAY
BLUSH
BURGUNDY
DRAUGHT

BEBIDAS

SODA (refillable)
COFFEE OR TEA
ICED TEA
JUICE
Orange, Pineapple, Tomato,
Grapefruit, Cranberry
MILK
HOT COCOA

DESSERTS

FLAN
SOPAPILLAS
CHURROS
FRIED ICE CREAM

Gratuity added to groups of 8+ people.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Idaho Food Code Advisory 3-700.02

