

EL FOGON
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EL FOGON - WEST GLEN
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West Des Moines, IA 50266
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APPETIZER

SHRIMP ROSE DELICIOUS 6

Jumbo breaded shrimp served with delicious chipotle sauce.

NACHOS 9

Ground beef or Shredded chicken
Would you like to make them Supreme for \$2 more?
(Lettuce, Sour cream and Pico De Gallo)

NACHOS PLAIN 6

Only cheese
Add beans for \$1

CHEESE FRIES 7

Topped with bacon

8TH STREET APPETIZER 12

8 bite size deep fried to a golden brown chimichangas covered with house cheese sauce, served with lettuce, sour cream, cheese and tomatoes.
Chicken or Beef

*CEVICHE

The dish is typically made from fresh fish cured in citrus juices, such as lime, and perfectly spiced with our chef's recipe. Served with avocado and mango.

SHRIMP 12 FISH 11

FOGON DIP 11

Delicious blend of perfectly seasoned grilled chicken, steak, shrimp and mushrooms in our savory house cheese sauce and diced pickled jalapeños.

GUACAMOLE ON STONE 10

Diced and chunky avocados perfectly seasoned, lemon juice for taste served on a volcanic molcajete stone.

STREET CORN 6

GUACAMOLE DIP 5

CHEESE DIP 5

LARGE CHEESE DIP 10

BEAN DIP 7

CHORI-QUESO FUNDIDO 10

ADD MUSHROOMS FOR 1

FAJITAS

All Fajitas have grilled onions, and colored peppers, served with rice, refried beans, coleslaw, sour cream, pico de gallo and fresh guacamole with a side of handmade corn tortillas.

MAKE ANY FAJITA DOUBLE FOR 12 MORE (Excluded Piña Fajita)

PIÑA FAJITA 20

Fresh grilled pineapple stuffed with shrimp, fish, grilled veggies, imitation crab meat, scallops, topped with melted cheese.

COWBOY FAJITA 18 Steak, Chorizo, Carnitas and Beef Ribs

TEXAS FAJITA 17 Chicken, Steak, Shrimp and Pineapple

FAJITA FOGON 19

Steak, shrimp, chicken, chorizo sausage, mushrooms, colored peppers, topped with melted cheese.

FAJITAS 16 Chicken, Steak, Mixed, or Shrimp **17**

PORK FAJITA 15

Like "Good old days" perfect combination of pork tips, grilled pineapple and irresistible juicy veggies.

SALADS

LEMON PEPPER CHICKEN SALAD 12

Classic bed of greens with onions, tomato, bell pepper, grilled pineapple and cheese with deliciously lime pepper seasoned grilled chicken.

CATRINA SALAD

Bed Romaine lettuce mixed with spinach, tomato, black beans, corn, cheese and avocado slices.

Choice of charbroiled **CHICKEN BREAST 15, SALMON 17, SHRIMP 16**

TACO SALAD 10

Crispy flour shell served with your choice of ground beef or shredded chicken with lettuce, tomato, cheese and sour cream.

FAJITA TACO SALAD 12

Crispy flour shell served with your choice of grilled chicken or steak, bell peppers, onions and cheese sauce. Served with lettuce, sour cream, guacamole and pico de gallo.

SOUPS

SOPA AZTECA 12

It's shredded chicken in a rich and spicy tomato broth with house corn salsa, balanced with avocado, cheese and sour cream with tortilla strips added for crunch.

CALDO MICHÍ 22

(FROM THE NÁHUATL, WORD MICHÍ, MEANING FISH)

This savory soup is cooked on the seafood's own juices blending the flavors of fresh shrimp, tilapia fish, octopus, clams, crab legs, mixed with potato and carrots.

DESIGN YOUR OWN COMBO

PICK ANY TWO, SERVED WITH RICE AND BEANS 10

Burrito (Deluxe add 1 dollar more), Enchilada, Tostada, Chile Relleno, Tamal, Hard or Soft Shell Taco, Taco Supremo, Quesadilla

BURRITOS

BURRITO CALIFORNIA 15.5 The beast of a thing for hungry ones! Carne asada, grilled chicken or both mixed, rice, beans, lettuce, pico de gallo, spicy salsa, sour cream and guacamole. Topped with 3 salsas, white cheese, green and red.

SHRIMP BURRITO 15 Large tortilla filled with grilled shrimp, onions, mushrooms and white rice, topped with flavorful blend of green salsa and cheese sauce. Served with coleslaw and corn salsa.

SUPER BURRITO 12 Amazing flavor fusion! this grilled ground beef and chorizo mixed with rice, beans, cheese and spicy salsa, lettuce and pico de gallo.

BURRITOS DELUXE 10 One beef and one chicken, covered with house burrito sauce, topped with lettuce, tomato and sour cream.

CHEESE STEAK BURRITOS 13 House favorite! Two steak and lettuce burritos topped with a bunch of cheese sauce, served with rice and beans.

DINNER BURRITO VERDE 13 Marinated carnitas (pork) burrito topped with blend of green salsa and cheese sauce. Served with rice, lettuce and pico de gallo.

BREAKFAST BURRITO 12 This yummy breakfast of cooked crumbled chorizo sausage with onions, and scrambled eggs mixed throughout with spicy salsa, cheese and black beans. Topped with our house red burrito sauce.

ENCHILADAS

LA MARTINA ENCHILADAS 12 4 house special enchiladas filled with beef, chicken, cheese or beans, topped with fresh lettuce, tomato and sour cream.

SHRIMP ENCHILADAS 14 Two tasty enchiladas, filled with grilled shrimp, colored peppers, mushrooms and onions topped with cheese sauce, served with white rice, corn salsa, sour cream and coleslaw.

SEAFOOD ENCHILADAS 14.5 Two enchiladas with grilled shrimp, imitation crabmeat, colored peppers and onion and spinach topped with house blend cheese sauce. Served with white rice, cole slaw, corn salsa, sour cream and avocado slices.

ENCHILADAS VERDES 12 Three melted cheese enchiladas topped with house marinated pork meat and distinctive green sauce. Served with a side of beans, lettuce, tomato and sour cream.

ENCHILADAS BLANCAS 12 Two Chicken enchiladas topped with creamy delicious cheese sauce, served with white rice, coleslaw, corn salsa and sour cream.

TACOS

TACOS DEL SOL 15 Delightful mix of fish and fresh shrimp grilled with mango-pico de gallo savory salsa served on our fresh handmade corn tortillas topped with coleslaw, corn salsa and avocado slices, with a side of white rice and chipotle sauce.

TACOS DE BARBACOA ESTILO GUADALAJARA 14 A traditional Mexican way of eating barbacoa is having it served on handmade corn tortilla "doraditas" (toasted), served with a side of beans, fresh cilantro and onion. Can't get it wrong, this is the way to go!

TACOS TROPICALES 14 Pork and Pineapple are the perfect food fusion cooked with grilled colored peppers and onions. Served with a side of beans, house special coleslaw, corn salsa and avocado slices.

TACOS DE PESCADO 14 Three tilapia fillet grilled tacos on our fresh handmade corn tortillas topped with coleslaw, corn salsa and avocado slices, served with a side of white rice and chipotle sauce.

SHRIMP TACOS 14 Three grilled shrimp tacos on our fresh handmade corn tortillas topped with coleslaw, corn salsa and avocado slices, served with a side of white rice and chipotle sauce.

NEW! TACOS LOCOS 12 Two tacos filled with grilled poblano and colored peppers, mushrooms, onions and chicken topped with delicious cheese sauce and lettuce. Served on soft flour shells and a side of rice.

NEW! STREET QUESADILLAS 11 Two savory grilled corn tortillas filled with cheese and steak. Served with beans, spicy salsa and sour cream (on the side).

NEW! QUESATACO BIRRIA 15 3 Cheese and Birria tacos made with our handmade corn tortillas "doraditas" (toasted) served with a side of Birria Consome broth, fresh cilantro and onion. Deliciously trending

STREET TACOS 3.75 EA Steak, Chorizo, Carnitas, Grilled Chicken, Lengua **4.75**
Served on a hand made corn tortilla, with fresh chopped cilantro and onion.

Cheese, Tomato, and Lechuga .50 cents more each

QUESADILLAS

FAJITA QUESADILLA 13 The most popular quesadilla, filled with quality melted cheese, choice of steak, grilled chicken or both mixed with grilled onions and bell peppers served with rice, lettuce, tomato and sour cream.

MEXICAN-ITALIAN QUESADILLA 13 Choice of grilled chicken and cheese or steak and cheese quesadilla topped with cheese sauce, served with rice and beans.

SHRIMP QUESADILLA 14.5 Warm folded tortilla filled with grilled onion, bell pepper and shrimp served with white rice, coleslaw and corn salsa

SEAFOOD QUESADILLA 15.5 Cheese melted quesadilla filled with ocean goods: shrimp, imitation crab meat, scallops, perfectly grilled peppers and onion, served with white rice, coleslaw and corn salsa.

CHORI-QUESADILLA 14 10 inch tortilla filled with grilled chicken and chorizo with melted cheese and cheese sauce on top served with a side of Mexican rice



VEGETARIAN

POTATO BURRITO 10

Filled with potatoes, topped with house salsa and melted cheese, served with rice and beans.

MUSHROOM QUESADILLA 11

Golden brown cheese melted quesadilla is filled with grilled mushrooms, onions, bell pepper, served with lettuce, guacamole, sour cream and tomato.

VEGGIE ZUCCHINI BOATS 11

Roasted zucchini, stuffed with grilled colored peppers, mushrooms, onions, broccoli and black beans topped with melted cheese and avocado, served with lettuce and sour cream.

ENFRIJOLADAS 11

Four enchiladas filled with cheese topped with house bean salsa, cheese, lettuce, sour cream and corn salsa.

VEGGIE SIZZLING FAJITAS 14

Perfectly grilled onions, colored peppers, zucchini, broccoli, mushrooms and spinach served with rice, beans, coleslaw, guacamole and fresh handmade corn tortillas.

SPINACH ENCHILADAS 13

Three cheese enchiladas filled with grilled mushrooms, spinach and onions, topped with spinach cheese sauce, served with rice, coleslaw and corn salsa.

HEALTHY CHOICES

Cooked with coconut oil

TRAINERS APPROVED CHOOSE FAVORITE PROTEIN!

Seasoned to perfection steamed salmon, or tilapia or charbroiled chicken cooked with broccoli, mushrooms, zucchini, colored bell peppers and onions, served with lettuce, tomatoes and avocado slices.

TILAPIA 15 RIBEYE 18 SALMON 17 CHICKEN 15

FIT FAJITAS 15

Perfectly grilled mushrooms, zucchini, broccoli, colored peppers with choice of steak or grilled chicken, served with lettuce, tomatoes and avocado slices.

THE HUNGRY COACH 17

Tender juicy ribeye and grilled shrimp with colored bell peppers and onions served with lettuce, tomatoes and avocado slices.

KIDS MENU

FOR KIDS UNDER 12

PICK 1 SIDE OF RICE, BEANS OR FRIES, INCLUDES A FOUNTAIN DRINK ONLY 6.50

QUESADILLA, ENCHILADA, TACO, BURRITO, HAMBURGER OR CHEESE BURGER, CHICKEN TENDER, CORN DOG, GRILLED CHEESE SANDWICH

KRAFT MAC AND CHEESE (No other sides)

GRILLED CHICKEN WITH RICE (No other sides)

DRINKS

- *RUSA LIMONADA 4 No refills
- *HORCHATA 3.95 No refills
- *MILK 2.75
- *APPLE OR ORANGE JUICE 2.75 No refills
- *JARRITOS 3.75 No refills
- *MEXICAN PEPSI 3.75 No refills
- FLAVORED LEMONADE 3.50 1 refill
- PEPSI PRODUCTS 3.25

SIDES

Flour Tortillas, Pico de Gallo, and Lettuce 1.50
Sour Cream, Shredded Cheese, Jalapeños, Cilantro, Onion, and Tomato 1

CORN SALSA 2

MANGO SALSA 4

CHILES TOREADOS 3

THREE HANDMADE CORN TORTILLAS 2.5

COLESLAW 2

RICE 3

BEANS 2.5

FRIES 3

ENCHILADAS 3

HARD OR SOFT SHELL TACOS 3

SUPER TACO 3.5

BURRITOS 4 DELUXE 1 MORE

GRILLED CHICKEN OR STEAK BURRITO TOPPED WITH CHEESE SAUCE 6.5

TAMALES 4

CHEESE QUESADILLAS 3

CHICKEN OR BEEF QUESADILLAS 4

STEAK OR GRILLED CHICKEN QUESADILLA 6

TOSTADA 3.5

CHILE RELLENO 4.5

SERVED ANYTIME

PA'LA GENERALA 16 Tender seasoned ribeye steak served with red chilaquiles and two sunny side up eggs, with beans and queso fresco.

ENCHILADAS DE MOLE 13 Two chicken enchiladas covered with our exquisite mole poblano sauce, topped with two sunny side up eggs, served with white rice and house corn salsa, sour cream and coleslaw.

HUEVOS DIVORCIADOS 10 "Divorced eggs" featuring two over easy eggs, separated by rice, beans and queso fresco, one egg is covered in salsa roja, while the other is covered in salsa verde, giving them distinct and complimentary flavors. With side of fresh handmade corn tortillas.

HUEVOS RANCHEROS 12 Ranch over easy eggs smothered in cooked tomato salsa. When you cut into them, the egg yolks mix in with everything. Served with rice, beans, queso fresco, with side of fresh handmade tortillas.

HUEVOS CON CHORIZO 12 It's made by mixing Chorizo with scrambled eggs, served with rice and beans, queso fresco. Accompanied with 3 fresh corn handmade tortillas.

ESPECIALIDAD DE LA CASA

CARNE AL FOGON 17.5 Tender Juicy broiled Ribeye Steak served with grilled nopal (cactus), onions, whole pinto beans, rice, coleslaw, queso fresco and a side of handmade tortillas.

TAMAL EN HOJA (FROM THE NAHUATL: TAMALLI) 10 Is a traditional Mesoamerican dish made of masa or corn dough steamed in a corn husk. The wrapping is discarded before eating, topped one with green salsa and one with red salsa.

MOLE POBLANO (FROM THE NAHUATL MOLLI: SAUCE) 15 Tender chicken breast topped with house specialty mole sauce and sesame seeds, served with white rice, coleslaw, corn salsa and a side of handmade corn tortillas. *Consumption of mole is strongly associated with celebrations*

MOLCAJETE 27 Combines classic flavors of carne asada ribeye, broiled chicken breast, grilled shrimp, chorizo sausage, nopal (cactus), cambray (green) onion, jalapeño toreado and queso fresco and avocados served on top of house salsa in a molcajete stone with a side of rice, beans, coleslaw, pico de gallo and handmade corn tortillas. "Goes well with a Michelada!"

LOS TR3S CHIVOS 18 Tender grilled ribeye steak, broiled chicken breast and grilled shrimp, served on a bed of fresh grilled veggies; peppers, onion and mushrooms, with a side of rice, beans and handmade corn tortillas.

POLLO A LA CREMA 16 This perfectly cooked sliced grilled chicken breast with mushrooms, broccoli, pickled jalapeño topped with creamy sauce served with rice, romaine lettuce, avocado slices and corn salsa.

NEW! CAMARONES CHIPOTLE 16 Grilled shrimp and mushrooms, topped with creamy chipotle sauce served with white rice, romaine lettuce, pico de gallo and avocado slices.

LENGUA EN SALSA VERDE 17.5 Covered with our house green sauce, served with rice, beans and a side of handmade corn tortillas.

NEW! CAMARONES AL MANGO 16 Fresh sautéed shrimp topped with a delicious mango, honey spicy salsa served with white rice, romaine lettuce, pico de gallo and avocado slices.

SOPES Corn dough small thick tortilla with favorite topping, a little bit of beans, lettuce, queso fresco, pico de gallo and sour cream.

STEAK, CHICKEN, CARNITAS (PORK) OR CHORIZO 5.5 EACH, LENGUA 6.5

THE CLASSICS

CHIMICHANGA 12 Prepared by filling a flour tortilla with choice of shredded chicken or shredded beef, perfectly golden deep fried, topped with house special cheese sauce, served with rice, beans, lettuce, sour cream and tomato.

CHILE POBLANO 13 Consists of a cheese and potato stuffed roasted poblano pepper covered in egg battering deep fried, topped with choice of steak or grilled chicken and cheese sauce, served with rice and beans.

TAQUITOS DORADOS 10 Four rolled-up tortillas filled with choice of shredded chicken or potato, crispy deep fried served with fresh lettuce, sour cream and queso fresco.

NEW! TORTA 13 Mexican sandwich bread spread with mayo, refried beans, lettuce, tomato, avocado slices, pickled jalapeños, queso fresco and is served with a side of fries.

Choice of Steak, Grilled Chicken, Pork Carnitas or Chorizo.

NACHOS FAJITA 14 Grilled bell pepper, onion, with steak or grilled chicken with cheese sauce.

Topped with lettuce, sour cream, pico de gallo and guacamole.

HUNGRY IOWAN 16 This is a Mexican-style meal, made up of a selection of various dishes, for a hungry one who wants to try a little of everything: Potato taquito, Tamal, Chile relleno, Cheese quesadilla and Sope de chorizo sausage.

STEAK

TAMPIQUEÑO STEAK 17.5 Tender Ribeye Steak with juicy broiled chicken breast and chorizo sausage topped with cheese sauce, served with rice, beans and a side of handmade corn tortillas.

CHARBROILED RIBEYE STEAK 17

Served with house salad and french fries.

STEAK JALISCO 15 Tender grilled steak strips with caramelized onion, pineapple and chorizo topped with cheese sauce, served with rice, beans and a side of handmade corn tortillas.

CHILE COLORADO 15 Juicy steak strips with our special blend of red sauces served with rice, beans and a side of handmade corn tortillas.

AVAILABLE TO GO

CHIPS

SMALL 2 MÉDIUM 4 LARGE 6

SALSA

SMALL 1.5 MÉDIUM 3 LARGE 5

All served with white coconut rice, coleslaw and corn salsa.

TEQUILA LIME SHRIMP JALAPEÑO 16 Perfect combination of fresh grilled shrimp, then combine jalapeño and colored peppers to create unique flavor!

NEW! SALMON WITH MANGO 18 Deliciously grilled salmon topped with a delicious mango, honey spicy salsa.

*Salmon adds omega 3 fatty acids to your diet.

CAMARONES A LA DIABLA 16 Delicious fresh sautéed shrimp in a hot spicy sauce, served with fresh handmade corn tortillas and a big glass of water!

CAMARONES AL ANGEL 16 This is the opposite of diabla spicy, (see dish above) fresh sautéed shrimp and pineapple topped with cheese sauce.

TILAPIA POBLANO 17 Grilled tilapia fish fillet with sautéed zucchini, onion, mushrooms, colored peppers and shrimp on a bed of grilled poblano pepper and topped with cheese sauce.

SHRIMP COCKTAIL 16 We prepare this refreshing shrimp cocktail with ketchup, tomato clamato juice, topped with additional hot sauce, avocado slices and pico de gallo served with saltine crackers on the side.

SHRIMP CHIMICHANGA 16 Filled with grilled onions, shrimp, bell peppers, topped with cheese sauce, served with rice, beans, lettuce, sour cream, tomato and cheese.

NEW! HUACHINANGO FRITO 19 Deliciously fresh red snapper fried fish served with white rice, lettuce, pico de gallo and avocado slices.

MOJARRA MOLCAJETE 21 Served in a traditional blazing hot stone molcajete bowl, a whole fried mojarra, fresh tail on shrimp topped with Diabla Sauce. Served with a side of white coconut rice, lettuce, pico de gallo, avocado slices, and a side of our delicious handmade tortillas.

MOJARRA FRITA 16 Whole deep-fried mojarra fish, served with white coconut rice, lettuce, pico de gallo, avocado slices and a side of handmade corn tortillas.

SEAFOOD

PORK

CHILE VERDE 14 Traditional fresh grilled pork tips covered with our house green sauce, served with rice, beans and a side of handmade corn tortillas.

CARNITAS 15.5 Tender chunks of crisp roast pork meat topped with grilled onions and pickled jalapeños, served with rice, beans, lettuce, tomato, guacamole, corn salsa and a side of handmade corn tortillas.

T-BONES

STEAK ACAPULCO 20 T-bone steak topped with grilled jumbo shrimp, onion and mushroom, served with rice, beans, and a side of handmade corn tortillas.

STEAK A LA MEXICANA 17.5 T-bone steak topped with fresh grilled jalapeño, onion, tomato, served with rice, beans and a side of handmade corn tortillas.

STEAK RANCHERO 17.5 T-bone topped with house blend of cheese fundido and salsa ranchera, served with rice, beans and a side of handmade corn tortillas.

CHICKEN DINNER

POLLO LOCO 15 Tender broiled chicken breast topped with grilled onions and house cheese sauce, served with rice, lettuce, sour cream, pico de gallo and a side of handmade corn tortillas.

CHORI-POLLO 15 Seasoned grilled chicken topped with chorizo sausage, caramelized onions, smothered with melted cheese, served with white rice, lettuce, sour cream, pico de gallo and a side of handmade corn tortillas.

BLANCA'S FAVORITE CHICKEN 16 Mole marinated chicken breast with perfectly grilled zucchini, onion, mushrooms, colored bell peppers, broccoli, served with white rice, coleslaw, corn salsa, sour cream and a side of handmade corn tortillas.

POPEYE'S CHICKEN 15 Tender broiled chicken breast topped with grilled mushrooms, our creamy spinach cheese sauce, served with rice, coleslaw, corn salsa and a side of handmade corn tortillas.

POLLO TROPICAL 16 Grilled marinated chicken breast topped with golden grilled pineapple slices and shrimp topped with cheese sauce, served with white rice, coleslaw, corn salsa and a side of handmade corn tortillas.

POLLO CON ARROZ 13 Grilled chicken on a bed of rice topped with cheese sauce.