STREET TACOS
Soft corn tortilla stuffed with shredded lettuce and fresh cilantro. Each 3.00

CHOICE OF STUFFING:
Adobo marinated chicken, steak or pork

CHOICE OF SALSA:
Tomato Fresca, Verde, Del Diablo

PLATOS: THREE TACOS
Served with rice and refried beans. 9.95

ENCHILADAS
Corn tortilla rolled with cheese, baked and topped with salsa, lettuce, Mexican sour cream and queso fresco. Each 3.00

CHOICE OF STUFFING:
Adobo marinated chicken, steak or pork

CHOICE OF SALSA:
Verde or Mole

PLATOS: THREE ENCHILADAS
Served with rice and refried beans. 9.95

CHILDREN’S MENU
12 and under, please.
Served with tortilla chips and a juice box 4.50
Add chicken 5.50

EL NIÑO BURRITO - Cheese and beans

QUESADILLA - Grilled flour tortilla stuffed with melted cheddar and jack cheese

TACO - Soft corn tortilla with lettuce and cheese

CHEESE ENCHILADA - Soft corn tortilla baked and filled with cheese

ENTREES

TIO’S HALF ROASTED CHICKEN
Dry rubbed with Mexican spices, served with rice and side salad. 11.95

SHRIMP DIABLO - Six jumbo shrimp in a spicy tomato chipotle sauce over rice with a red pepper slaw. 12.95

PORK COLORADO - Tender pork loin marinated in a rich tomato chile sauce. Served with rice and side salad. 11.50

FISH TACO DINNER - Two roasted Tilapia tacos with red pepper slaw, cilantro and ancho sauce. Served with rice and side salad. 9.95

CHILES RELLENOS CON POLLO (seasonal)
Two Poblano chiles stuffed with adobo marinated chicken and mozzarella cheese topped with a rich tomato sauce. Served with rice and refried. 12.95

SIZZLING FAJITAS - Served with 3 tortillas, tomatoes, lettuce, sour, cheese and salsa. Additional tortillas upon request for a small upcharge.

Chicken 12.95
Steak 14.95
Shrimp 16.95
Combo 13.95
Combo w/ Shrimp 15.95

SIDES

SMALL MEDIUM LARGE
Black, Pinto or Refried Beans 2.00  4.00
Mexican Rice 2.00  4.00
Salsa Fresca .75  1.50  3.75
Salsa Verde .75  1.50  3.75
Salsa del Diablo .75  1.50  3.75
Salsa de Mole .75  1.50  3.75
Guacamole .75  1.50  3.75
Sour Cream .75  1.50  3.75
House Dressings .75  1.50  3.75

GREENWICH BAY GOURMET
2 RESTAURANTS UNDER 1 ROOF

Our mission is to provide fresh, healthy, authentic food at a fast pace. We proudly make everything from scratch and strive to make all of our customers feel like family.

Greenwich Bay Gourmet and Tió Mateo’s are a work in constant progress. We are excited to keep evolving and growing and we thank you for taking this journey with us.

Ross DiSegna

401.886.1973
LUNCH AND DINNER AVAILABLE
10:00am to 8:00 pm
Monday through Saturday

70 CLIFF STREET
EAST GREENWICH, RI
TIOS-LUG.COM

We Cater

DESSERTS

S’MORES QUESADILLA 3.50
Grilled flour tortilla with melted marshmallows & chocolate

CONGO SQUARE 1.95
Coconut, peanut butter & chocolate chips

LEMON SQUARES 1.95

DOUBLE FUDGE BROWNIES 1.95

COOKIES THE SIZE OF YOUR HEAD 2.75

PREPARED FOODS TO GO
HOUSE MADE SOUPS
BAKED GOODS

VOTED
BEST Gourmet To Go
BEST Mexican Food Take Out
**CLASSIC CAESAR SALAD**  
Romaine, house-made croutons, parmesan  
$6.50  
with chicken $7.95  
with jumbo shrimp $11.50

**CHOPPED SALAD**  
Romaine, red onion, gorgonzola, caramelized walnuts, apples, champagne vinaigrette  
$6.95  
with chicken $8.95

**SPINACH SALAD**  
Tomatoes, bacon, provolone, mushrooms, balsamic vinaigrette  
$6.95  
with chicken $8.95

**CHINESE CHICKEN SALAD**  
Romaine, mandarin oranges, chow mein noodles, almonds, scallions with peanut dressing  
$8.95

**GREEK SALAD**  
Greens, cucumbers, onions, feta cheese, tomatoes, kalamata olives  
$6.95  
with chicken $8.95

**COMBINATIONS**  
Half mixed greens or Caesar Salad  
~ with ~  
Soup, frittata, pizza or half sandwich  
$8.95  
Any other salad $1.00 extra

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**BURRITOS**

**EL MATEO SUPREMO** - Grilled chicken or steak, jack and cheddar cheese, Mexican rice, pinto beans, tomato fresca salsa, guacamole and sour cream.  
With chicken $7.95  
With steak $8.95

**FAJITA BURRITO** - Grilled chicken or steak, sautéed onions, red and green peppers, Mexican rice, pinto beans, tomato fresca salsa and sour cream.  
With chicken $7.95  
With steak $8.95

**BURRITO DEL MAR** - Cilantro Lime Shrimp, salsa verde, roasted corn salsa, Mexican rice, queso fresco and sour cream.  
$9.25

**VEGGIE BURRITO** - Sauteed green and yellow zucchini, peppers, onions, tomatoes, roasted corn salsa, black beans, queso fresco.  
$6.95

**BEAN AND CHEESE BURRITO** - Refried beans, jack and cheddar cheese  
$5.50

Burrito Bowls are available, just ask!

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**SOUP OF THE DAY**

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**SANDWICHES**  
~ served with chips ~

**CHICKEN WRAP**  
Roasted tomato, caramelized onions, field greens, herb goat cheese spread  
$7.95

**TUSCAN**  
Pesto spread, provolone, roasted red peppers, grilled chicken, on focaccia  
$7.95

**ROASTED VEGGIE WRAP**  
Portabella, red pepper, zucchini, yellow squash, fresh spinach, sun-dried tomato spread  
$7.95

**CALIFORNIA TURKEY COBB WRAP**  
Bacon, tomato, gorgonzola, romaine, avocado cream cheese  
$7.95

**THANKSGIVING TURKEY**  
House made stuffing, cranberry sauce, mixed greens on a french roll  
$7.95

**BBQ PORK**  
House smoked pork, tangy sauce, melted cheddar, red onions on a french roll  
$7.95

**ROAST BEEF**  
Vermont cheddar, horseradish dill spread, field greens on house made focaccia  
$7.95

**HAM & BRIE**  
Caramelized onions, honey mustard, melted brie served warm on a french roll  
$7.95

**CHICKEN OR TUNA SALAD**  
With lettuce and tomato with your choice of bread  
$7.95

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**STARTERS**

**CHIPS & SALSA FRESCA**  
Sm. $2.50  
Lg. $5.00

**CHIPS & GUACAMOLE**  
Sm. $3.00  
Lg. $6.00

**CHIPS & SALSA & GUACAMOLE**  
Sm. $4.00  
Lg. $8.00

**SEVEN LAYER DIP**  
Beans, cheese, lettuce, tomato, sour cream, guacamole. Served with basket of chips  
$6.95  
With chicken $7.95  
With steak $8.95

**HOUSE SALAD**  
Greens, radishes, tomato, red onion, queso fresco, cilantro citrus vinaigrette  
$3.75

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**QUESADILLAS**

**All dressings made in house**

**SOUTHWEST**  
Mesclun greens, roasted corn salsa, red peppers, black beans and Ancho chili vinaigrette.  
$8.95  
With chicken $9.95

**TOSTADA SALAD**  
Crispy flour tortilla topped with pinto beans, melted jack and cheddar cheese, shredded iceberg, tomato fresca salsa, guacamole, sour cream.  
With chicken $8.95  
With steak $9.95

**ENSALADA CAMARONE**  
Grilled Cilantro Lime Shrimp, romaine, red pepper slaw, mango, queso fresco, cilantro citrus vinaigrette.  
$10.50

**ENSALADA MAMA DANA**  
Mesclun greens, tomatoes, radishes, red onion, queso fresco, pepitas, baked tortilla strips, cilantro citrus vinaigrette.  
With chicken $8.95  
With steak $9.95

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**MUCHO MAS**
SANDWICHES
- served with chips -

CHICKEN WRAP
Roasted tomato, caramelized onions, field greens, herb goat cheese spread 7.95

TUSCAN
Pesto spread, provolone, roasted red peppers, grilled chicken, on focaccia 7.95

ROASTED VEGGIE WRAP
Portabella, red pepper, zucchini, yellow squash, fresh spinach, sun-dried tomato spread 7.95

CALIFORNIA TURKEY COBB WRAP
Bacon, tomato, gorgonzola, romaine, avocado cream cheese 7.95

THANKSGIVING TURKEY
House made stuffing, cranberry sauce, mixed greens on a french roll 7.95

BBQ PORK
House smoked pork, tangy sauce, melted cheddar, red onions on a french roll 7.95

ROAST BEEF
Vermont cheddar, horseradish dill spread, field greens on house made focaccia 7.95

HAM & BRIE
Caramelized onions, honey mustard, melted brie served warm on a french roll 7.95

CHICKEN OR TUNA SALAD
With lettuce and tomato with your choice of bread 7.95

COMBINATIONS
Half mixed greens or Caesar Salad
- with -
Soup, frittata, pizza or half sandwich 8.95

Any other salad 1.00 extra

STARTERS

CHIPS & SALSA FRESCA Sm. 2.50 Lg. 5.00

CHIPS & GUACAMOLE Sm. 3.00 Lg. 6.00

CHIPS & SALSA & GUACAMOLE Sm. 4.00 Lg. 8.00

SEVEN LAYER DIP
Beans, cheese, lettuce, tomato, sour cream, guacamole. Served with basket of chips 6.95 with chicken 7.95 with steak 8.95

HOUSE SALAD
Greens, radishes, tomato, red onion, queso fresco, cilantro citrus vinaigrette 3.75

SALADS
- All dressings made in house -

SOUTHWEST
- Mesclun greens, roasted corn salsa, red peppers, black beans and Ancho chile vinaigrette. With chicken 8.95 With steak 9.95

TOSTADA SALAD
Crispy flour tortilla topped with pinto beans, melted jack and cheddar cheese, shredded iceburg, tomato fresca salsa, guacamole, sour cream. With chicken 8.95 With steak 9.95

ENSALADA CAMARONE
Grilled Cilantro Lime Shrimp, romaine, red pepper slaw, mango, queso fresco, cilantro citrus vinaigrette. With chicken 10.50

ENSALADA MAMA DANA
Mesclun greens, tomatoes, radishes, red onion, queso fresco, pepitas, baked tortilla strips, cilantro citrus vinaigrette. With chicken 8.95 With steak 9.95

BURRITOS

EL MATEO SUPREMO
Grilled chicken or steak, jack and cheddar cheese, Mexican rice, pinto beans, tomato fresca salsa, guacamole and sour cream. With chicken 7.95 With steak 8.95

FAJITA BURRITO
Grilled chicken or steak, sauteed onions, red and green peppers, Mexican rice, pinto beans, tomato fresca salsa and sour cream. With chicken 7.95 With steak 8.95

BURRITO DEL MAR
Cilantro Lime Shrimp, salsa verde, roasted corn salsa, Mexican rice, queso fresco and sour cream 9.25

VEGGIE BURRITO
Sautéed green and yellow zucchini, peppers, onions, tomatoes, roasted corn salsa, black beans, queso fresco 6.95

M TI A FLAQUITA
(很低的脂肪) Grilled chicken or steak, jack and cheddar cheese, Mexican rice, pinto beans, roasted red peppers, lettuce, fat free sour cream on a whole wheat tortilla. With chicken 7.95 With steak 8.95

BEAN & CHEESE BURRITO
Refried beans, jack and cheddar cheese 5.50

Burrito Bowls are available, just ask!

BURRITOS

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Grilled chicken or steak, jack and cheddar cheese, Mexican rice, pinto beans, tomato fresca salsa, guacamole and sour cream. With chicken 7.95 With steak 8.95

FAJITA BURRITO
Grilled chicken or steak, sauteed onions, red and green peppers, Mexican rice, pinto beans, tomato fresca salsa and sour cream. With chicken 7.95 With steak 8.95

BURRITO DEL MAR
Cilantro Lime Shrimp, salsa verde, roasted corn salsa, Mexican rice, queso fresco and sour cream 9.25

VEGGIE BURRITO
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STREET TACOS
Soft corn tortilla stuffed with shredded lettuce and fresh cilantro. Each 3.00

CHOICE OF STUFFING:
Adobo marinated chicken, steak or pork

CHOICE OF SALSA:
Tomato Fresca, Verde, Del Diablo

PLATOS: THREE TACOS
Served with rice and refried beans. 9.95

ENCHILADAS
Corn tortilla rolled with cheese, baked and topped with salsa, lettuce, Mexican sour cream and queso fresco. Each 3.00

CHOICE OF STUFFING:
Adobo marinated chicken, steak or pork

CHOICE OF SALSA:
Verde or Mole

PLATOS: THREE ENCHILADAS
Served with rice and refried beans. 9.95

CHILDREN’S MENU
12 and under, please.
Served with tortilla chips and a juice box 4.50
Add chicken 5.50

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TACO - Soft corn tortilla with lettuce and cheese
CHEESE ENCHILADA - Soft corn tortilla baked and filled with cheese

ENTREES

TIO’S HALF ROASTED CHICKEN
Dry rubbed with Mexican spices, served with rice and side salad. 11.95

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- Chicken 12.95
- Steak 14.95
- Shrimp 16.95
- Combo 13.95
- Combo w/ Shrimp 15.95

SIDES

Black, Pinto or Refried Beans 2.00 4.00
Mexican Rice 2.00 4.00
Salsa Fresca .75 1.50 3.75
Salsa Verde .75 1.50 3.75
Salsa del Diablo .75 1.50 3.75
Salsa de Mole .75 1.50 3.75
Guacamole .75 1.50 3.75
Sour Cream .75 1.50 3.75
House Dressings .75 1.50 3.75

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DESSERTS

S’MORES QUESADILLA 3.50
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CONGO SQUARE 1.95
Coconut, peanut butter & chocolate chips
LEMON SQUARES 1.95
DOUBLE FUDGE BROWNIES 1.95
COOKIES THE SIZE OF YOUR HEAD 2.75

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HOUSE MADE SOUPS
BAKED GOODS

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