

170 Walmart Plaza Sylva, NC 28779

(828) 586-8805 elpatronsylva.com

Monday - Thursday: 11 am-9:30 pm
Friday - Saturday: $11 \mathrm{am}-10 \mathrm{pm}$
Sunday: $11 \mathrm{am}-9: 30 \mathrm{pm}$

## NEW ITEMS ADDED!

# Lunch 

## AVAILABLE MONDAY - SATURDAY 11:00 AM - 2:30 PM

No substitutions please. Limit 1 basket of chips and salsa per table unless an appetizer is purchased. Additional chips and salsa are $\$ 2.00$ each.
Guacamole Salad = lettuce, pico de gallo, sour cream and guacamole

## Speedy Gonzales \$6.65

Taco, ground beef enchilada and rice or beans.
\#1) Ground Beef Burrito with rice and beans........... $\$ 6.75$
\#2) Ground Beef Burrito, Taco and rice................... \$6.75
\#3) Chicken Enchilada with rice and beans............. $\$ 6.75$
\#4) NEW! Cheese Quesadilla, Chicken Tostada,
Beef Enchilada.
$\$ 6.75$

## \#5) La Mia \$7.90

Quesadilla filled with your choice of grilled chicken or steak, grilled bell peppers, tomatoes, onions and mushrooms. Served with lettuce, tomatoes, sour cream and rice.

## \#G) Chelindxina $\$ 7.50$

Special deep fried burrito with your choice of chicken, shredded beef or ground beef. Topped with melted cheese and mole sauce. Served with lettuce, tomatoes, guacamole, sour cream, rice and beans.

## \#J) Fajita Mi Rancho \$8.75

Chicken or beef fajita cooked with bell peppers, onions, mushrooms and tomatoes. Served with guacamole salad and rice or beans.
\#8) Fish Taco \$6.75
Served with lettuce, pico de gallo, sour cream and rice.

\#9) La Pina $\$ 7.50$
Chicken quesadilla topped with nacho cheese and served with lettuce, tomatoes, sour cream and rice.
\#10) Fajita el Cavoy $\$ 9.75$
Steak, chicken and shrimp cooked with bell peppers, onions, mushrooms and tomatoes. Served with guacamole salad, rice or beans and $\mathbf{3}$ flour tortillas.

## \#11) Huevos Rancheros \$7.50

3 eggs (fried or scrambled) served with lettuce, tomatoes, sour cream, three flour tortillas rice or beans.
\#22) El Amigo $\$ 7.50$
8 -inch burrito filled with your choice of grilled chicken or steak, black beans, tomatoes, jalapenos and guacamole. Topped with melted cheese.
\#23) El Grande \$7.50
Burrito filled with carnitas, rice and beans. Topped with red sauce, melted cheese, lettuce, tomatoes and sour cream.

NEW! \#24) Ricos Chilaquiles \$7.50 Fried corn tortilla chips topped with chicken or ground beef, cheese and your choice salsa verde or rojo. Served with lettuce, tomatoes, sour cream and rice. Add two eggs \$1.50


## Beverages

Soft Drinks (Coca-Cola, Diet Coke, Sprite, Mr. Pibb, Mountain Dew, Pink Lemonade; No Refills To-Go)....... \$2.25
Iced Tea (Sweet, Unsweet or Raspberry)....................... $\$ 1.99$
Coffee (Regular or Decaf) ........................................... $\$ 1.99$
Hot Tea.................................................................... $\$ 1.99$
Juice (Apple or Orange; No Refill) ............................... $\$ 1.99$
Milk (No Refill).......................................................... $\$ 1.99$
Bottled Root Beer .................................................... $\$ 1.80$

## Appetizers

Guacamole Dip. $\qquad$ Medium $\$ 2.75$

Large \$6.75
Queso Dip
Medium \$2.75
Large \$6.75

## Nachos

All nachos include cheese, half orders not available.
A1) Nachos with cheese............................................. $\$ 5.25$
A2) Nachos with beans.............................................. $\$ 5.75$
A3) Nachos with beans and beef............................... $\$ 6.99$
A4) Nachos with chicken or beef ............................... $\$ 6.75$
A5) Nachos with grilled chicken or steak................. $\$ 8.99$
Add jalapenos.......... $\$ 1.00 \quad$ Add extra cheese .......... \$1.20

## NEW! AG) Nachos California \$7.50

Flour tortilla nachos topped with ground beef, melted cheese, pico de gallo and sour cream.

## A7) Nachos Fajita $\$ 9.50$

Your choice of grilled chicken or steak, tomatoes, bell peppers, mushrooms, onions and melted cheese.


NEW! A9) Mexican Appetizer \$7.99
2 corn-shelled cheese quesadillas, 2 fried chicken burritos and 2 chicken taquitos served with cheese and guacamole.

## A10) Nachos Supreme $\$ 8.99$

Chicken, beef, beans and cheese topped with lettuce, tomatoes, guacamole and sour cream.

## A11) Queso Fundido del Mar \$9.25

Grilled shrimp, crab meat and scallops served with melted cheese and 3 flour tortillas. Add avocado \$1.00

## A12) Queso Fumdido \$8.50

Your choice of grilled chicken, steak, chorizo, spinach or mushrooms served with melted cheese and 3 flour tortillas. Add extra item \$1.00

## A13) Sopa de Camazon \$8.50

Classic Mexican seafood soup with shrimp, tomatoes, broccoli, squash, carrots and zucchini. Served with rice, onions, cilantro and avocado.

A14) Chicken Soup
Chicken or beef and pico de gallo topped with tortilla chips.
Medium \$5.25 Large \$6.50 Add avocado \$1.00

## A15) Acapulco Soup

Chicken, beef and shrimp with tomatoes, bell peppers, mushrooms and onions. Topped with chipotle sauce and tortilla chips.
Medium \$5.75 Large \$7.50

## A16) Botana \$8.75

Cheese quesadilla sliced into quarters and topped with grilled shrimp topped with melted cheese.


## Especialidades

## P1) Flautitas $\$ 7.50$

4 fried corn-shelled taquitos ( 2 beef, 2 chicken) served with lettuce, tomatoes, guacamole and sour cream.

## P2) Taco Salad \$8.50

Crispy flour shell filled with beans and your choice of chicken, ground beef, beef tips or shredded beef. Topped with lettuce, tomatoes, cheese, sour cream and guacamole.

## P3) Especial Taco Salad \$9.50

Crispy flour shell filled with beans, cheese, lettuce and topped with grilled chicken or steak. Served with guacamole, sour cream and pico de gallo on the side. Add shrimp \$1.00

## P4) Cocos Salad \$9.50

Grilled chicken strips marinated in our homemade chipotle sauce served over lettuce, tomatoes, onions, bell peppers, pineapple and cheese.

P5) El Patton Salad \$9.50
Lettuce, tomatoes, bell peppers and mushrooms topped with cheese plus your choice of grilled chicken or steak.


P6) Tamales Tipicos $\$ 9.75$
2 pork tamales topped with lettuce, tomatoes, sour cream, pico de gallo, mole sauce and cheese. Served with rice and beans.

PJ) Poblanos Dinner \$10.50 2 whole poblano peppers stuffed with white Mexican cheese then deep fried in egg white batter. Topped with ranchero sauce and served with lettuce, tomatoes, guacamole and rice.

P8) Chivas Special $\$ 10.50$
1 pork tamale and 2 chicken flautas surrounded by 4 types of nachos (chicken, ground beef, rice and bean).

Topped with guacamole, sour cream, lettuce and tomatoes.


P9) Catamounts \$12.25
Grilled chicken breast and thin-sliced steak alongside grilled broccoli, zucchini, squash and poblano peppers. Topped with melted cheese, served with black beans.


El Patron Mixtas

## MI) Tres raquitos \$9.25

2 chicken, 1 shredded beef; topped with melted cheese, lettuce, tomatoes and sour cream. Served with rice.

## M2) El Combo \$10.50

Chalupa, chile poblano, chicken enchilada and ground beef taco. Served with rice and beans.

M3) Chimichangas $\$ 10.50$ 2 special deep fried burritos filled with your choice of shredded chicken, ground beef or shredded beef.
Topped with melted cheese and red mole sauce. Served with lettuce, tomatoes, sour cream, guacamole and beans (also available soft).


M4) Patzon Taco \$10.50
10 -inch flour tortilla filled with steak, onions and cheese. Served with lettuce, pico de gallo, sour cream, guacamole and rice.

M5) Jalisco Tacos \$9.99
3 corn-shelled tacos grilled with steak, chorizo and onions. Served with cilantro, onions, rice and beans.

MG) Chile al Gusto $\$ 10.50$
Your choice of grilled steak or chicken strips cooked in a spicy sauce (green or red). Served with rice, beans and 3 flour tortillas.
MV) Cawnitas \$10.50

Tender, delicate pork fried and served with grilled onions, rice, beans, guacamole salad and 3 flour tortillas.

## Combos

All combos include rice and beans. No substitutions please.
C1) Ground Beef Enchilada, Ground Beef Taco....... $\$ 8.50$
C2) Ground Beef Enchilada, Cheese Quesadilla....... $\$ 8.50$
C3) Ground Beef Enchilada, Pork Tamale................ $\$ 8.50$
C4) Ground Beef Enchilada, Chile Poblano .............. $\$ 8.50$
C5) Ground Beef Enchilada, Cheese Enchilada ........ $\$ 8.50$
C6) Ground Beef Enchilada, Ground Beef Tostada ... $\$ 8.50$
C7) Ground Beef Burrito, Pork Tamale.................... $\$ 8.99$
C8) Ground Beef Burrito, Ground Beef Taco ........... $\$ 8.99$
C9) Ground Beef Burrito, Cheese Quesadilla............ $\$ 8.99$
C10) Ground Beef Burrito, Ground Beef Enchilada ... $\$ 8.99$
C11) Ground Beef Burrito, Chile Poblano.................. $\$ 8.99$
C12) Burrito filled with chicken and beans. Topped with lettuce, tomatoes and sour cream .............................. $\$ 9.25$
C13) Burrito filled with beef tips and beans. Topped with nacho cheese, mild sauce, lettuce, tomatoes and sour cream .$\$ 9.25$
C14) Special deep fried burrito filled with your choice of chicken, ground beef or shredded beef and topped with melted cheese and red mole sauce. Served with lettuce, tomatoes and sour cream . $\$ 9.25$
C15) Chicken Quesadilla, Ground Beef Taco............ $\$ 9.25$
C16) 3 Ground Beef Hard Tacos (Soft + \$1.00)......... $\$ 9.25$


## E1) Enchiladas del Mar $\$ 10.50$

3 shrimp enchiladas topped with red sauce and melted cheese. Served with lettuce, pico de gallo, sour cream and rice.

## E2) Enchiladas Rancheras \$9.75

5 different enchiladas: ground beef, shredded chicken, shredded beef, bean and cheese. Served with lettuce, tomatoes, sour cream and ranchero sauce.

## E3) Enchiladas Especiales $\$ 10.25$

3 shredded chicken enchiladas topped with your choice of special sauce (red or green). Served with lettuce, tomatoes, sour cream and rice.

## M13) Pollo Feliz \$10.50

Grilled chicken breast and onions marinated in our special recipe. Served with lettuce, tomatoes, cheese, guacamole, rice and 3 flour tortillas.

M14) Pollo con Chorizo $\$ 11.25$
Grilled chicken breast topped with chorizo and melted cheese. Served with rice, beans and 3 flour tortillas.

M15) Pina Loca $\$ 12.75$
Half of a fresh pineapple filled with grilled chicken marinated in our chipotle sauce, bell peppers, onions and pineapple chucks. Topped with mozzarella cheese and served with rice, beans and 3 flour tortillas.


## Quesadillas

Q1) Quesadilla Rica $\$ 9.00$
Cheese quesadilla stuffed with your choice of ground beef, beef tips, chicken or refried beans. Served with lettuce, tomatoes, sour cream, guacamole and rice.

## Q2) Quesadilla Supreme \$9.50

Cheese quesadilla stuffed with beef tips, mushrooms, pico de gallo and refried beans. Served with lettuce, tomatoes, guacamole, sour cream and rice.

## Q3) Quesadilla Fajita \$10.75

Grande cheese quesadilla stuffed with your choice of grilled steak or chicken with bell peppers, tomatoes, onions and mushrooms. Served with pico de gallo, sour cream, guacamole and rice.

## Q4) Quesadilla Fajita Camaron \$12.25

Grande cheese quesadilla stuffed with grilled shrimp, tomatoes, mushrooms, onions and bell peppers. Served with pico de gallo, sour cream, guacamole and rice.

## Q5) Quesadilla Mexicana \$9.50

10 -inch cheese quesadilla stuffed with your choice of chicken or ground beef. Sliced into quarters and served with sour cream, guacamole and pico de gallo.

NEW! Q6) Kattinas $\$ 9.50$
2 corn-shelled chicken and cheese quesadillas topped with melted cheese and served with lettuce, tomatoes, sour cream and rice.


B4) Burwito Jose \$10.99
10 -inch burrito filled with grilled chicken, steak, shrimp, onions, bell peppers, mushrooms, tomatoes, black beans and rice. Topped with pico de gallo, green salsa and mozzarella cheese.
B4 Burrito Jose $\downarrow$


B5) Buteitos Deluxe \$8.99
2 burritos: 1 chicken and bean, 1 ground beef and bean. Both topped with lettuce, tomatoes and sour cream.

B6) Burwito de la Roqueta $\$ 10.25$
10 -inch burrito filled with pork and onions, then topped with melted cheese, green sauce and pico de gallo.

Served with rice and beans.
BJ) Chipotle Butwito \$11.99
10 -inch burrito filled with grilled shrimp and rice, then topped with melted chipotle sauce. Served with lettuce, pico de gallo and sour cream.

## NEW! QJ) Quesadilla Rellena \$9.99

Grande cheese quesadilla stuffed with ground beef, Mexican cheese, corn and black olives. Sliced into quarters and topped with pico de gallo and cheese. Served with sour cream and guacamole.

## Butritos

## B1) Fire Butrito \$9.99

1 big burrito filled with both shredded chicken and ground beef. Topped with cheese and spicy tomatillo sauce. Served with lettuce, tomatoes, sour cream and rice.

## B2) Butrito California $\$ 10.75$

Crispy, grilled 10 -inch burrito filled with your choice of grilled chicken or steak, onions, tomatoes, bell peppers and mozzarella cheese. Served with pico de gallo, sour cream and guacamole.

B3) Super Burwito $\$ 9.99$
1 big burrito filled with both shredded chicken and ground beef. Served with lettuce, tomatoes, sour cream and your choice of rice or beans.


B8) Butrito Especial \$10.50
10 -inch burrito filled with ground beef, lettuce, tomatoes, black beans, guacamole and sour cream.

Topped with beef tips and melted cheese.

## B9) Chimichanga Fajita \$11.99

Deep fried burrito filled with your choice of grilled chicken or steak. Topped with melted cheese and served over grilled onions, bell peppers and mushrooms on a hot sizzling plate. Served with guacamole salad, rice and beans.


NEW! BIO) Cremarito \$10.50
10 -inch burrito stuffed with grilled chicken, zucchini, squash, bell peppers, onions, freshly diced pineapple and rice. Topped with our fresh homemade creamy sauce.

## Steaks

K1) Steak Ranchero \$12.25
Grilled rib-eye steak topped with ranchero sauce. Served with rice, beans, guacamole salad and $\mathbf{3}$ flour tortillas.

K2) Cocinero Especial \$13.50
Grilled rib-eye steak topped with onions, bell peppers, tomatoes and mushrooms. Served with a grilled chicken enchilada, beans, pico de gallo and 3 flour tortillas.

K3) Steak Rico \$11.99
Grilled rib-eye steak served with french fries and guacamole salad.

NEW! K4) Steak Texas \$14.25
Grilled rib-eye steak topped with homemade chorizo.
Served with a cheese-stuffed banana pepper, rice, beans and 3 flour tortillas.


K5) Steak Especial \$14.50
Grilled rib-eye steak topped with 5 grilled shrimp. Served with guacamole salad, rice, beans and 3 flour tortillas.

## K6) Carne Azada \$11.99

Grilled thin cuts of steak topped with grilled onions and served with beans, sliced avocado, lettuce, pico de gallo and 3 flour tortillas.

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## Vegetarian

V1) Bean burrito, cheese enchilada and tostada served with beans and nacho cheese

V2) Chalupa and spinach and cheese enchilada served with rice and beans.
$\$ 8.50$
V3) Butrito Lite \$8.99
10 -inch whole wheat burrito filled with lettuce, black beans, corn, tomatoes, guacamole, sour cream and cheese. Served with our homemade sauce.


V4) Cheese enchilada, bean burrito topped with nacho cheese and a spinach and cheese quesadilla. \$8.50

V5) Chile poblano and cheese enchilada served with rice
and beans.............................................................. $\$ 8.50$
V6) Cheese quesadilla filled with your choice of mushrooms or spinach. Served with lettuce, tomatoes, sour cream and rice
$\$ 8.50$

## V7) Vegetarian Fajitas $\$ 10.50$

Grilled zucchini, squash, carrots, potatoes, onions,
bell peppers, tomatoes and mushrooms. Served with guacamole salad, rice, beans, cheese and 3 flour tortillas.

## V8) Vegetaxian Nachos \$8.75

Tortilla chips topped with grilled zucchini,
squash, carrots, potatoes, onions, bell peppers, tomatoes, mushrooms and cheese.

## V9) Vegetarian Taco Salad \$8.75

Crispy flour shell filled with beans, grilled zucchini, carrots, potatoes, onions, bell peppers, tomatoes, mushrooms and cheese. Served with pico de gallo, sour cream and guacamole.

## V10) Vegetarian

Chimichangas \$9.50
2 special burritos deep fried and filled with grilled vegetables. Topped with melted cheese and red mole sauce. Served with lettuce, tomatoes, sour cream, guacamole and beans.

## V11) Vegetarian Quesadilla \$9.50

Grande cheese quesadilla stuffed with grilled zucchini, squash, carrots, potatoes, bell peppers, tomatoes, onions and mushrooms. Served with lettuce, tomatoes, sour cream and rice.
V11 Vegetarian
Quesadilla $\downarrow$

## Seafood

## SI) Coctel de Camaron \$12.00

Boiled shrimp cooked in a special cocktail sauce. Served with sliced avocado, chopped tomatoes, onions, cilantro and crackers. Medium \$6.75

## S2) Camatones a la Diabla \$12.99

Shrimp cooked in a special spicy sauce. Served with guacamole salad, rice, beans and 3 flour tortillas.

NEW! S3) Camatones al Ajo \$12.99
Grilled shrimp laced with grilled onions and garlic and served with guacamole salad, rice and 3 flour tortillas.

## S4) Tacos de Pescado \$9.25

2 grilled fish tacos served with lettuce, pico de gallo, sour cream and rice.

S5) Camazones a la Crema \$12.75
Shrimp cooked in a special garlic cream sauce. Served with guacamole salad, rice and $\mathbf{3}$ flour tortillas.

S6) Pescado Rico \$9.99
3 tilapia fillets grilled with butter and garlic. Served with rice and guacamole salad.

## S7) Acapulco Dinner \$10.99

Grilled chicken, shrimp and scallops cooked with bell peppers, onions, tomatoes, zucchini, squash and mushrooms. Topped with melted cheese and served with rice.

## Fajitas

All fajitas cooked with bell peppers, tomatoes, mushrooms and onions. Served with rice, refried beans, lettuce, guacamole, sour cream, pico de gallo and 3 flour tortillas.

## F1) Fajitas $\$ 11.99$

Tender slices of grilled chicken or beef.
F2) Fajita Mix \$12.75
Tender slices of grilled chicken and beef.
F3) Fajita Rancheras \$12.99
Tender slices of chicken, beef and chorizo.
F4) Fajita Patton \$13.99
Tender slices of chicken, beef and shrimp.
F5) Fajitas de Camaron \$14.99
Tender shrimp.
F6) Fajitas Cancun $\$ 15.50$
Shrimp, scallops, crab meat and tilapia.
FY) Fajita Grande (for Tuo) \$24.99
Chicken, beef, pork, chorizo and shrimp.
F3 Fajita $\downarrow$
Rancheras

Chalupa
\$3.25
(2) $\$ 5.99$
Pork Tamale......................................... $\$ 3.50$
(2) $\$ 6.25$
Chile Poblano
\$3.50
(2) $\$ 6.25$

## Quesadillas

| Cheese ............................................. \$2.50 |  | \$4.50 |
| :---: | :---: | :---: |
| Spinach or Mushroom....................... $\$ 3.75$ | (2) | \$7.00 |
| Shredded Chicken or Ground Beef...... $\$ 3.99$ | (2) | \$7.00 |
| Chorizo or Carnitas ........................... $\$ 4.75$ | (2) | \$8.00 |
| Grilled Chicken or Steak..................... $\$ 4.75$ | (2) | \$8.50 |
| Grilled Shrimp .................................. $\$ 5.75$ | (2) | \$9.50 |
| Add melted cheese on top ................... \$1.20 |  |  |
| Hatd Tacos |  |  |
| Shredded Chicken or Ground Beef...... \$1.99 | (3) | \$5.25 |
| Grilled Chicken or Steak.................... \$2.65 | (3) | \$6.50 |
| Avocado............................................ \$1.75 | (3) | \$4.00 |

## Soft Tacos

Shredded Chicken or Ground Beef...... \$2.50
(3) $\$ 6.50$
Grilled Chicken or Steak...................... $\$ 3.25$
(3) $\$ 8.50$
Avocado.
\$2.25
(3) $\$ 6.25$

## Enchiladas

Cheese ................................................... \$2.50 (3) \$6.25
Shredded Chicken or Ground Beef...... $\$ 2.65$ (3) $\$ 6.75$
Grilled Chicken, Steak or Carnitas...... \$3.15 (3) $\$ 7.50$

## Butritos

| Bean....................................................... $\$ 3.50$ | (2) $\$ 6.00$ |
| :--- | :--- |
| Shredded Chicken or Ground Beef..... $\$ 3.75$ | (2) $\$ 6.50$ |
| Fried Burrito (Chicken or Beef).......... $\$ 4.25$ | (2) $\$ 7.50$ |
| Grilled Chicken, Steak or Carnitas..... $\$ 4.99$ | (2) $\$ 8.25$ |
| Grilled Shrimp ....................................................... $\$ 1.20$ | (2) $\$ 9.50$ |
| Add melted cheese on top............. |  |

Add melted cheese on top .................... \$1.20

## Tostadas

Your choice of chicken or ground beef.
Topped with lettuce, tomatoes,
sour cream and cheese
\$2.99
(2) $\$ 5.25$

## Sides

Tossed Salad............................................................. $\$ 3.50$
Bean Dip .................................................................. $\$ 4.50$
Pico de Gallo............................................................. $\$ 1.50$
French Fries............................................................. $\$ 1.75$
Jalapenos................................................................... $\$ 1.25$
Rice or Beans............................................................ $\$ 2.25$
8 Corn or Flour Tortillas............................................ $\$ 1.25$


## Kids Meniu

Ages 12 and under please.

## Food

\#1) Beef Taco and Fries served with a side of melted cheese. . $\$ 4.75$
\#2) Beef Taco, Rice and Beans ............... $\$ 4.75$
\#3) Beef Enchilada, Rice and Beans . $\$ 4.75$
\#4) Cheese Quesadilla and Rice............. $\$ 4.75$
\#5) Fried Chicken Burrito and Fries served with melted cheese.
\$4.75
\#6) Hot Dog and Fries............................ $\$ 4.75$
\#7) Cheeseburger and Fries .................... $\$ 4.99$
\#8) Corn Dog and Fries.......................... $\$ 4.99$
\#9) Chicken Fingers and Fries .............. $\$ 4.99$
\#10) Grilled Chicken Strips and Rice topped with melted cheese. $\$ 4.99$

## Dtinks

Soft Drinks (Coca-Cola, Diet Coke, Sprite, Mr. Pibb, Mountain Dew, Pink Lemonade; No Refills To-Go)
$\$ 1.40$
Tea (Sweet, Unsweet or Raspberry) ....... \$1.40
Juice (Apple or Orange; No Refill)......... \$1.40
Milk .......................................................... \$1.40
Bottled Root Beer .............................. \$1.80

## patton Dessexts



Sopapilla \$2.75
Fried flour tortilla with honey, butter, cinnamon and sugar. Cut into 4 slices.


Flan $\$ 4.50$
Mexican custard.


## Fried Ice Cream \$4.50

Ice cream on fried shell topped with whipped cream, chocolate and strawberry.

## P聝tion Dessexts



## Chimi Cheesecake \$4.25

Fried burrito filled with cheesecake and topped with cinnamon, sugar, caramel, chocolate and whipped cream.


Chueros \$4.25
Fried long flour sticks filled with strawberries, cinnamon and sugar. Topped with chocolate and caramel.


[^0]:    ** Consuming raw or undercooked meat, shellfish or eggs can increase your risk of foodborne illness especially if you have certain medical conditions.

