

La Flor Restaurant

53-02 Roosevelt Avenue 11377-4239 · +17184268023 · Updated: Jan 14, 2026

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APPETIZERS 9

Crab Cake	\$8.95
with corn salad & chipotle aioli	
Flautas De Pollo	\$6.95
rolled crispy tacos filled with potato, chicken cheese	
Baked Macaroni & Cheese	\$6.95
elbow pasta with multiple cheeses	
Fried Calamari	\$7.95
tossed over spicy cornmeal and chipotle aioli	
Shrimp Chalupa	\$10.95
with avocado sauce & poblano pepper pickles	
La Flor Garlic Bread	\$9.95
with gorgonzola cream sauce	
Warm Brie Cheese	\$10.95
with poached pear in red wine, petite salad & balsamic reduction	
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SALADS 6

House Salad	\$5.95
baby greens with balsamic shallots vinaigrette	
Caesar Salad	\$5.95
chopped romaine lettuce with parmesan cheese, croutons & anchovies dressing	
	AVAILABLE OPTIONS
	Add Grilled Shrimp: \$13.95
	Add Grilled Atlantic Salmon: \$13.95
Warm Brie Cheese Salad	\$10.95
with poached pear in red wine, petite salad & balsamic reduction	
Warm Chick-pea Spinach Salad	\$9.95
served with manchego cheese & lemon olive oil	

Grilled Portobello Mushroom Salad	\$9.95
with plum tomatoes baby greens goat cheese & balsamic vinaigrette	
Tinga Salad	\$9.95
strips of chicken cooked on chipotle adovo served over crispy tortilla and baby greens	

ENTREES 9

Molcajete De Salmon	\$20.95
grilled atlantic salmon, pico de gallo, guacamole, sweet corn & poblano pickles	
Pork Loin Stew	\$14.95
dried chiles sauces with chunks of pork & tortilla chips	
Pan-seared Breast Of Natural Chicken	\$16.95
served with sweet corn, mashed potatoes and corn emulsion jus	
Pan-roasted Atlantic Salmon	\$20.95
over potato cake, sauteed spinach, tomato, & white wine capers butter sauce	
Braised Lamb Shank	\$20.95
braised in red win mexican spices, served over mashed potatoes & sauteed spinach	
Barbecue Baby Back Ribs	\$18.95
slow roasted with smoky chipotle sauce served with mashed potatoes & mexican sauce	
Hometown Chicken Enchiladas	\$14.95
with roasted chicken, anejo cheese, raw onions & mole poblano	
Oven Baked Jumbo Shrimp	\$20.95
stuffed with crabmeat, over mashed potatoes, sauteed spinach & corn scampi sauce	
Spaghetti With Chicken Or Shrimp	\$16.95
sauteed seasonal vegetables in light garlic sauce	

PIZZAS 4

Grilled Mexican Pizza	\$8.95
with oaxaca cheese, bits of marinated pork & fresh cilantro	
Chicken And Pineapple Pizza	\$8.95
with spinach & plum tomato sauce	
Homemade Fennel Sausage Pizza	\$8.95
with tomato sauce & mozzarella cheese	
Vegetable Pizza	\$7.95
seasonal vegetable with extra virgin olive oil, garlic & parmesan cheese	

SANDWICHES 6

Grilled Chicken Breast Sandwich	\$9.95
with fresh mozzarella, roasted pepper & lettuce	
Grilled Salmon Sandwich	\$10.95
with light pesto mayonnaise, arugula & red onions	
Fresh Mozzarella Sandwich	\$9.95
with pesto sauce, lettuce & sun dried tomatoes	
Char-grilled Hamburger	\$8.95
with lettuce, tomato & french fries	
Low-calorie Tuna Wrap	\$9.95
with red delicious apples & mango yogurt	
Grilled Salmon Wrap	\$10.95
with plum tomato, avocado & light pesto mayonnaise	

TORTAS ³

La Flor Tortas	\$8.95
chipotle, barbecue marinated pork loin & fresh cheese	
Torta De Milanese	\$8.95
thinly pounded beef steak with lettuce, tomato, & jalapeno pickle	
Torta De Carne Enchilada	\$8.95
chili & spiced marinated pork loin with cheese & chipotle mayonnaise	

TACOS ⁴

Tacos De Camaron	\$10.95
jumbo shrimp, avocado, red peppers & cilantro	
Tacos De Vegetables	\$7.95
zucchini, yellow squash, red peppers, mushroom & fresh cheese	
Tacos De Carnitas	\$7.95
crisp, slow cooked marinated pork with onions & cilantro	
Tacos De Carne Enchilada	\$7.95
chili & spice marinated pork, chopped onions & cilantro	

QUESADILLAS ⁵

Quesadilla De Pollo	\$8.95
with white cheese & potatoes	
Quesadilla De Vegetales	\$8.95
zucchini, mushroom, red pepper, oxaca cheese	

Quesadilla De Bistec**\$8.95**

marinated beef, potatoes & oaxaca cheese

Quesadilla De Camaron**\$10.95**

jumbo shrimp, string cheese & roasted pepper

Quesadilla De Carnitas**\$8.95**

marinated pork in fresh corn with string cheese