



# FRIDA

## URBAN TAQUERIA





PIES, ¿PARA QUÉ LOS QUIERO SI TENGO ALAS PARA VOLAR?



FEET, WHY DO I NEED THEM IF I HAVE WINGS TO FLY?

FRIDA KAHLO





# BIENVENIDOS

WHO WE ARE





## THE FAMILY

*We are the Rosas Bailon Family. Mayte Bailon is the mom, the owner, the chef, and the businesswoman who brought the idea to life. Nate, Ezra, and Kevin are the sons, university students, and the workers who keep the business going. Juan Rosas is the dad, the financial wiz who helped get the business up and running. Ofe, Yair, and Andy, extended family, are also part of the team, helping with the day to day.*

*We immigrated from Queretaro, Mexico to Edmonton in the mid-2010s. It all started as a started as a small taco stand at the Edmonton City Farmers' Market on 104 Street in the summer of 2017. Frida Urban Taqueria opened its doors in December 2020.*


*The restaurant was named after renown artist Frida Kahlo, a painter and poet from Mexico City who gained world-wide popularity and fame during the 1930s-50s. Her art and poetry captivated audiences due to its raw portrayal of the human body and spirit. Frida championed for women, indigenous and queer rights during a time when it was dangerous to do so. Further, she refused to conform to societally constructed gender norms, which is why she sported her famous unibrow.*

*Frida suffered many tragedies during her life, including polio and a bus accident which left her paralyzed for a time. Her spirit of perseverance and freedom of expression is what inspired us to use her as the motif for the restaurant.*

## THE FOOD

*At Frida Urban Taqueria, we celebrate the richness and history of Mexican gastronomy. Modern Mexican cuisine is the principal child of the Old World and the New World. The Aztec and Mayan empires had immense gastronomies which fused with Spanish and Arabic gastronomies to create one of the most extensive and exquisite national cuisines in the world. Aztec salsa made its way aorund the work to Italian pasta and pizza, chocolate and vainilla traveled to France to flavor desserts, and zucchini, squash, spices and peppers traveled to India and East Asia to further liven their cuisines.*

*Here at Frida Urban Taqueria, we honor this legacy with recipes true to our native country. We make every tortilla by hand, and accompany our tacos with house-made salsas, chopped onion and cilantro, and lime,*





# LA CENA

DINNER





# TAPAS

## APPETIZERS

### **GUACAMOLE | 14**

*avocado, tomato, onion, cilantro, jalapeño, chips*

### **PICO DE GALLO | 12**

*tomato, onion, cilantro, jalapeño, chips*

### **FRIJOLES | 14**

*fried mozzarella and gouda, refried beans, chips*

### **ELOTES | 18**

*street-style corn on the cob*

### **NOPALES | 16**

*cactus paddle, pico de gallo, tostadas*

### **GUACAMOLE PLATTER | 24**

*guacamole, refried beans, and salsa roja, chips*

### **PICO DE GALLO PLATTER | 22**

*pico de gallo, refried beans, and salsa roja, chips*

### **SALSA PLATTER | 20**

*avocado salsa, salsa verde, and salsa roja, chips*





# FUERTES

## PLATES

### **MOLE de la CASA | 27**

*traditional mole sauce, roasted chicken, rice, house tortillas*

### **BIRRIA de CORDERO | 24**

*lamb shank quesadillas, guajillo and cinnamon consomme*

### **RIBEYE ARRACHERA | 38**

*ribeye steak, pickled onions, guacamole, house refried beans, house tortillas*

### **COCHINITA PIBIL | 27**

*yucatan style braised pork, achiote sauce, pickled onion, frijoles negros*

### **ENCHILADAS VERDES | 24**

*folded tortillas, roasted chicken, tomatillo sauce, gratin gouda cheese*



# DE LA ESQUINA

STREET FOOD







# TACOS

*All tacos are made with fresh, handmade corn tortillas, topped with cilantro and served with a side of house salsa, lime, and cucumber. All are naturally gluten free.*

## MEAT

### **AL PASTOR | 7.5**

*pork shoulder marinated in guajillo and achiote sauce, pineapple, cilantro, onion*

### **SUADERO | 7.5**

*tender beef brisket, onions, cilantro*

### **CARNITAS | 7**

*confit pork, pickled jalapeño, pico de gallo, cilantro*

### **TINGA de POLLO | 7**

*roasted chicken, chipotle sauce, sour cream, queso fresco*

### **PESCADO : FISH | 8**

*beer-battered basa, chipotle coleslaw, avocado*

### **CAMARONES : SHRIMP | 8**

*beer-battered shrimp, chipotle coleslaw, avocado*

## VEGGIE

### **RAJAS CON QUESO | 6.5**

*fire-roasted poblano pepper and corn, melted gouda and mozzarella*

### **CAMOTE | 6.5**

*sweet potato, kale, corn, cilantro, and onion, optional queso fresco*

### **CHAMPIÑON | 6.5**

*sautéed baby portabello mushrooms, bell peppers, onions, optional queso fresco*

### **PAPAS CON FRIJOLES | 6.5**

*refried beans, fried potatoes, sautéed and onions, optional queso fresco*





# ANTOJITOS

## **QUESADILLAS | 22.5**

*house tortillas, melted cheese, choice of filling:  
pastor, suadero, tinga, champinon, papas, or rajas*

## **GORDITA | 14**

*fried masa ball, melted cheese, pork carnitas, lettuce,  
salsa roja*

## **GRINGA | 18**

*handmade flour tortillas, pastor pork, melted gouda and  
mozzarella, fried onion and pineapple*

## **TOSTADAS de TINGA | 16**

*roasted chicken, chipotle sauce, crispy tortillas, refried  
beans, sour cream*

## **EMPANADAS | 24.5**

*two fried masa empanadas, melted cheese, choice of  
filling:  
pork, chicken, mushroom, potato*





# LA VIDA DULCE

THE SWEET LIFE





## DESSERTS

### **TRES LECHES | 10**

*vanilla sponge cake doused in three milks, topped with pineapple*

### **FLAN NAPOLITANO | 8**

*custard topped with peaches, gluten free*

### **CHURROS | 8**

*fried pastry, guava goat milk caramel, gluten free*

### **+ VANILLA ICE CREAM | 3**

## CAFÉ

### **CAFE DE OLLA | 7**

*traditional chocolate spiced coffee*

### **HORCHATA LATTE | 7.5**

*horchata, espresso*

### **ALLONGÉ | 5**

*long espresso*

### **AMERICANO | 4**

### **LATTE | 6**

### **TEA | 5**

*ask your server for tea options.*





## DRINKS

### **HORCHATA | 8**

*rice, cinnamon, cold. smooth.*

### **JAMAICA | 7**

*hibiscus iced tea.*

### **COCA COLA (MEXICAN) | 6**

**DIET COKE | 4**

**CANNED COKE | 4**

### **SANGRIA SEÑORAL | 6**

*non-alcoholic carbonated wine.*

### **JARRITO | 5**

*pop: mango, guava, lime, strawberry, pineapple, mandarin, watermelon, tamarind, hibiscus, grapefruit, tamarind.*

### **CLUB SODA | 4**

**GINGER ALE | 4**

**PERRIER | 4**

### **OLÉ CHILI MANGO MOCKTAIL | 8**

**OLÉ MARGARITA MOCKTAIL | 8**

**OLE PALOMA MOCKTAIL | 8**



# SPECIALS

## DAILY SPECIALS

### TACO TUESDAY

5 TACOS | 25

*Choose any 5 meat or veggie tacos*

### WEDNESDAY

*two gorditas | 22*

*beer | 6*

### THURSDAY

*all cocktails | 12*

*elotes & nopales appetizers | 12 each*

### FRIDAY

*house paloma | 10*

*mezcal shots | 5*

### SATURDAY

*peach margaritas x 2 | 25*

### SUNDAY

*all artisanal cocktails | 15*

## HAPPY HOUR

4-6 PM, 8 PM TO CLOSE

WED TO SAT

HOUSE MARGARITA | 11

HOUSE PALOMA | 11

HOUSE WINE | five oz : 10 | eight oz : 13

SALSA PLATTER | 16

QUESADILLAS | 20

TRES LECHES | 7.5

