

# APPETIZERS

## STUFFED JALAPEÑOS \$7.50

### CAMARONES GRATINADOS

Grilled jumbo shrimp chopped with onions & covered with melted Mexican cheese \$10.99

### POLLO GRATINADOS

Grilled chicken chopped with onions & covered with melted Mexican cheese \$8.99

### QUESO FUNDIDO

Melted cheese casserole with Mexican chorizo sausage \$9.99

### GUACAMOLE DIP Small \$3.99 Large \$6.99

### CHEESE DIP Small \$3.99 Large \$6.99

### BEAN DIP \$5.99

### CHICKEN WINGS \$9.99 (8 pieces)



### FRESH GUACAMOLE \$7.99

# NACHOS

## FAJITA NACHOS

Grilled steak or chicken sautéed with onions, red & green bell peppers \$12.49

## MIXED FAJITA NACHOS

Grilled steak & chicken cooked with onions, red & green bell peppers \$13.49

## SHRIMP NACHOS

Grilled shrimp sautéed with onions, red & green bell peppers \$14.99

## NACHOS SUPREME

Beef or chicken topped with lettuce, tomato, sour cream & cheese \$10.99



## OMG NACHOS

A mix of chicken, chorizo and applewood bacon, topped with refried beans, pico de gallo, sour cream, guacamole and pickled jalapeños \$12.99

# SOUPS

## CHICKEN TORTILLA SOUP

Chicken flavor soup with shredded chicken, rice and pico de gallo \$5.95

# SALADS

## FAJITA SALAD

Grilled chicken over a bed of crisp lettuce with tomatoes, onions, carrots, cucumbers & cheese \$11.49

## AZTECA SALAD

Four jumbo grilled shrimp, chicken & mushrooms over a bed of crisp lettuce with tomatoes, cheese & pico de gallo \$13.99

## MIXED FAJITA TACO SALAD

Taco salad with both grilled chicken & steak fajita meat with lettuce, pico de gallo, bell peppers, onions, cheese & sour cream \$12.49

## LA FLAKA CHOPPED SALAD

Chopped romaine lettuce, tomato, onions, avocado, toasted corn, black beans, cucumber, queso fresco, raspberry citrus vinaigrette garnished with crispy tortilla strips \$9.99 Add grilled chicken \$3 Add grilled steak \$4 Add grilled shrimp \$5

## NEW FIESTA SALAD

Mixed greens, sliced zucchini, carrots, cucumber, mango, roasted pineapple, queso fresco, red onion in a citrus balsamic vinaigrette. \$11 Add Grilled Chicken \$3 Add Grilled Steak \$4 Add Grilled Shrimp \$5

## TACO SALAD

Flour tortilla bowl filled with beef or chicken, cheese, beans, lettuce, pico de gallo & sour cream \$9.99

## FAJITA TACO SALAD

Taco salad filled with grilled chicken or steak, cheese, pico de gallo, lettuce, bell peppers, onions & sour cream \$11.99

## NEW LA PINATA SALAD

Mixed greens, strawberries, cucumber, pineapple, avocado, red onion, fresh cheese, dried cranberries and pumpkin seeds in a honey vinaigrette dressing. \$11 Add Grilled Chicken \$3 Add Grilled Steak \$4 Add Grilled Shrimp \$5

# QUESADILLAS

## QUESADILLA RANCHERA

One quesadilla filled with beans, cheese, onions & choice of grilled chicken or steak served rice \$11.49

## QUESADILLA DEL MAR

One quesadilla filled with beans, cheese, onions & grilled shrimp served with rice \$12.99

## QUESADILLA RELLENA

Choice of two shredded beef or chicken quesadillas served with rice and beans \$11.99

## QUESADILLA DE CHORIZO (2)

Two quesadillas filled with Mexican chorizo sausage, cheese. Served with rice & beans \$12.99

## CHICKEN & SPINACH QUESADILLA (2)

Two quesadillas filled with grilled chicken & spinach. Served with rice \$12.99

## MUSHROOM QUESADILLA (2)

Two quesadillas served with mushrooms, onions, green pepper, red pepper & cheese served with rice \$11.99

### \* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \*

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.



# LUNCH ENTRÉES



*Served from 11am to 3pm ~ Available after 3pm for \$2 per entree more*

## BURRITO SAN JOSE

Lunch-sized burrito stuffed with grilled chicken, Mexican chorizo sausage, rice & beans inside, then topped with pico de gallo & cheese dip \$9.99

## DOS TAQUITOS (FLAUTAS)

One beef & one chicken fried taquito served with rice and cheese sauce \$8.49

## BURRITO FAJITA (1)

One burrito filled with grilled chicken or steak & sautéed onions, crema salad topped with nacho cheese & choice of rice or beans \$9.99

## BURRITO DE ESPINCA

One flour tortilla stuffed with grilled chicken, rice, beans & spinach. Topped with spinach sauce & garnished with sour cream & pickled onions \$11.99

## QUESADILLA RELLENA (1)

One shredded beef or chicken quesadilla served with crema salad & choice of rice or beans \$8.99

## ENCHILADAS SUIZAS

Two chicken enchiladas topped with creamy tomatillo sauce, topped with sour cream. Served with rice or beans \$8.99

## LUNCH FAJITAS

A lunch-sized portion of sizzling fajitas - Grilled steak or chicken with onions, red & green peppers served with rice or beans \$10.99

## NEW DELUXE WRAPS

Flour tortilla filled with shredded chicken, rice, black beans, guacamole, cheese and lettuce \$9.00

## CHIMICHANGA (1)

Choice of beef or chicken stuffed in a tortilla served fried or soft with crema salad & choice of rice or beans \$9.99

## NEW BURRITO BOWL

Your choice of grilled chicken or steak, rice, black beans, corn, lettuce, sour cream and pico de gallo \$10.00

## ENCHILADAS POBLANAS

Two chicken enchiladas topped with poblano sauce & chopped grilled onions, served with rice and beans \$9.99

## BURRITO DELUXE (1)

One beef & bean or chicken & bean burrito, crema salad with choice of rice or beans \$9.49

## SEAFOOD CHIMICHANGA (1)

Shrimp & crab meat in a flour tortilla with chopped onion & celery, crema salad served fried or soft with choice of rice or beans \$8.99



# LUNCH SPECIALS



*Served from 11am to 3pm*

## LUNCH 1

Chile relleno, spinach & chicken quesadilla, rice or beans. \$8.99

## LUNCH 3

Enchilada, spinach & chicken quesadilla, rice or beans. \$8.99

## LUNCH 5

Burrito, taco & rice  
\$8.99

## LUNCH 7

Grilled steak or chicken fajita quesadilla  
with choice of rice or beans \$8.99

## LUNCH 9

Beef burrito & beef enchilada with choice of rice or beans  
\$8.99

## LUNCH 11

**Speedy Gonzalez** - Taco & enchilada with choice of rice or beans  
\$8.99

## LUNCH 2

One burrito, rice & beans  
\$8.99

## LUNCH 4

Chile relleno, taco, rice & beans  
\$8.99

## LUNCH 6

Two chicken enchiladas with lettuce,  
tomatoes, sour cream & rice \$8.99

## LUNCH 8

Beef or chicken quesadilla & two beef tacos  
\$8.99

## LUNCH 10

Chicken enchilada & chicken burrito topped with  
lettuce, sour cream & tomato \$8.99

## ASK ABOUT OUR DESSERTS



**\* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \***

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.

# AZTECA PLATTERS

## CHIMICHANGAS DINNER

Two flour tortillas fried or soft, filled with shredded beef or chicken covered with nacho cheese lettuce and sour cream.  
Served with rice and beans \$12.49

## CHILE VERDE OR CHILE COLORADO

Steak beef tips with green or red sauce served with rice, beans and tortillas \$12.99

# ENCHILADAS

## ENCHILADAS SONORAS

Three corn tortillas stuffed with grilled chicken & spinach topped with roasted spinach poblano salsa & white fresh cheese, sour cream, served with rice \$12.99

## ENCHILADAS NORTEÑAS

Three corn tortillas, one with chicken topped with spinach sauce, one with shredded pork topped with chipotle sauce and one with potato and chorizo topped with cheese sauce. Drizzled with cheese and sour cream. Served with rice and beans \$12.49

## ENCHILADAS SUPREME

Supreme combo of enchiladas - one chicken, one ground beef, one cheese, & one shredded beef. Served with crema salad on top \$12.49

## ENCHILADAS POBLANAS

Two chicken enchiladas topped with poblano sauce & chopped grilled onions, served with rice and beans \$10.99

## ENCHILADAS CHIPOTLE

Three enchiladas, one shredded beef, one ground beef & one chicken. Topped with chipotle sauce.  
Served with rice and beans \$12.49

## ENCHILADAS RANCHERAS

Two cheese enchiladas with shredded pork cooked with onions & bell peppers, served with rice & beans \$12.99



## ENCHILADAS SUIZAS

Three chicken enchiladas topped with cream tomatillo sauce, topped with fresh cheese, sour cream & onions. Served with rice and beans \$12.99

## ENCHILADAS BANDERAS

Three corn tortillas, one with chicken, one with beef & one with cheese. topped with sour cream, pickled onions on top and three different sauces. Served with rice and beans \$12.49

# AUTHENTIC TACOS

## NEW TACOS DE CARNITAS

Pork confit topped with onions, cilantro and served with beans \$13.49

## FLAUTAS

Four deep-fried rolled corn tortillas stuffed with two chicken & two beef, served with guacamole salad \$9.99

## NEW TACOS DE POLLO

Grilled chicken with tomato, cilantro, queso fresco, avocado and chile de arbol sauce and served with beans \$13.99

## TACOS DE CARNE ASADA (3)

Three folded soft corn tortillas filled with grilled steak, beans & cilantro & onions \$13.49

## TACOS AL PASTOR

Pork meat braised in a clay pot with our unique al pastor marinade.  
Served on three corn tortillas and garnished with pineapple salsa, cilantro, onions and beans \$13.99

# BURRITOS

## BURRITO CHICKEN CHIPOTLE

A tortilla filled with grilled chicken, rice & corn, wrapped & covered with a creamy chipotle sauce.  
Served with black beans \$12.99

## BURRITO DELUXE

Flour tortillas combined - one chicken & bean burrito paired with one beef & bean burrito, sour cream and lettuce.  
Served with rice and beans \$11.99

## BURRITO RULETA

One tortilla filled with grilled chicken & onions, topped with nacho cheese & enchilada sauce served with rice, beans & pico de gallo \$9.99

## BURRITO SAN JOSE

A huge tortilla stuffed with grilled chicken, Mexican chorizo, rice & beans topped with cheese dip & pico de gallo \$11.99

## NEW CARNITAS BURRITO

One flour tortilla filled with pork confit, rice, beans and guacamole dip. Drizzled with cheese sauce and a side of tomatillo sauce \$12.99

## BURRITOS FAJITAS (2)

Two tortillas filled with choice of grilled steak or chicken & onions, covered with nacho cheese, rice and beans \$13.99

## BURRITO CHULLIN

Two shredded beef burritos topped with cheese dip.  
Served with rice & beans \$11.99

## BURRITO ESPINACA

One flour tortilla stuffed with grilled chicken & spinach. Topped with spinach sauce & garnished with sour cream.  
Served with rice, beans and pickled onion \$12.99

## VIKING BURRITO

Thinly sliced steak meat, onions, mushrooms and roasted poblano peppers. Drizzled with a cheese salsa and cream \$12.99

## BURRITO MEX

One flour tortilla stuffed with grilled steak or chicken, rice, beans and onions. Topped with queso dip, pico de gallo and garnished with guacamole and sour cream.  
Served with rice and beans on the side \$12.99

**\* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \***

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.

## OUR FAMOUS SIZZLING FAJITAS

*Texas Fajitas*



# SIZZLING FAJITAS

*All fajitas are grilled with red bell peppers, green bell peppers & onions, flour tortillas, rice and beans*

### JUMBO SHRIMP FAJITAS

Jumbo shrimp lightly dusted with El Azteca's authentic spices  
\$19.99 (2) for \$26.99

### VEGGIE FAJITAS

Fresh grilled red & green bell peppers, mushrooms, squash, tomato & onions. \$12.99

### MIXED FAJITAS

Both fresh tender sliced beef & chicken \$16.99

### FAJITAS (FOR TWO)

The most delicious fajitas prepared for two people with a fresh mix of beef, chicken, pork & jumbo shrimp all mixed together \$26.99

### TEXAS FAJITAS

Fresh tender grilled steak, chicken & 4 jumbo shrimp seasoned with El Azteca's authentic spices \$17.99

### FAJITAS

Choice of fresh tender sliced beef or chicken  
\$15.99



### PIÑA LOKA

Grilled pineapple stuffed with chicken, steak, peppers and onions in a "al pastor sauce" topped with melted cheese \$19.99

# SEAFOOD ENTRÉES

### CAMARONES A LA DIABLA

Ten spicy & grilled jumbo shrimp in a hot Mexican sauce, crema salad and avocado sliced, served with rice \$15.99

### NEW ENCHILADAS CANCUN

Three cheese and avocado enchiladas made with flour tortillas covered with a delicious creamy white wine sauce cooked with shrimp and scallops Poblano pepper & mushroom & spinach sautéed in olive oil served with white rice, black beans \$16.99

### SEAFOOD CHIMICHANGAS

Two flour tortillas fried or soft, filled with shrimp, crab meat, crema salad celery & onion. Served with choice of rice or beans \$14.99

### CALIFORNIA FISH TACOS (3)

Three corn tortillas filled with grilled cut pieces of tilapia fillet marinated with our secret sauce. Served with rice and crema salad. \$12.99

### BAJA FISH TACOS

Breaded fish served on our home made corn tortilla. Garnished with a citrus cole slaw and drizzled with a honey chipotle sauce, served with rice and crema salad \$12.99

### LOBSTER ENCHILADAS

Three corn tortillas filled with lobster tail meat, green onions, cilantro with a hint of lime & shredded cheese, covered with shrimp, corn and chipotle sauce. Served with rice \$16.99

### CAMARONES AL MOJO DE AJO

Sautéed shrimp in sweet roasted garlic mojo (sauce), onions, tomato & fresh avocado over rice \$15.99

### NEW FIESTA CAMARON

10 Jumbo shrimps cooked with Pico de Gallo & Cheese Deep on Top. Served with Rice & Guaca Salad \$17.99

### SHRIMP TACOS

Corn tortillas or flour tortillas filled with succulent shrimp cooked with tomatoes, onions, cilantro & cheese. Served with rice & honey sauce on the side \$14.99

### PLAZA DEL MAR

Grilled tilapia, scallops & shrimp topped with seafood chipotle sauce, served with rice \$15.99

**\* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \***

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.

# STEAKS

## CARNITAS

Diced pork cooked golden brown, delicately seasoned with herbs & spices. Served with rice, beans & flour tortillas \$14.99

## EL PAISANO

One T-Bone with shrimp, mushrooms, onions, peppers. Topped with cheese sauce. served with rice, beans and flour tortillas \$20.49

## CHORI-STEAK

12 oz. grilled T-bone steak covered with Mexican chorizo sausage & nacho cheese, served with rice, beans & flour tortillas \$19.99

## CARNE ASADA

Tender top sirloin steak served with beans, rice & flour tortillas \$14.99

## STEAK AZTECA

Fresh top sirloin steak grilled with onions, green bell peppers & mushrooms, served with rice, beans & flour tortillas \$14.99

## RANCHERO SPECIAL

A combo of grilled chicken breast & sliced steak paired with one chicken enchilada & pico de gallo. Served with rice, beans & corn tortillas \$16.99

## MOLCAJETE AZTECA (FOR TWO)

A traditional feast for all! A hot stone bowl filled with rib-eye steak, chicken, shrimp, poblano peppers, onions, chunks of pineapple & honey pasilla sauce topped with shredded cheese. Served with rice, beans & flour tortillas \$25.99

# CHICKEN



## CHICKEN & SPINACH

Grilled chicken breast topped with creamy spinach & bacon sauce. your choice of rice or mashed potatoes \$15.99

## POLLO SONORA

Grilled marinated chicken breast in a special seasoning, grilled mushrooms & onions, covered with cheese. Served with rice, beans & flour tortillas \$14.99

## CHORI-POLLO

Grilled chicken breast covered with Mexican chorizo sausage & nacho cheese, served with rice, beans & flour tortillas \$16.99

## CHICKEN FRIED RICE

Grilled chicken served over a bed of rice & nacho cheese \$12.49

## NEW POLLO CON RAJAS

Grilled chicken breast topped with poblano rajas and jalapenos in a sour cream base sauce. Served with a side of rice, black beans and tortillas \$15.99

## NEW POLLO BORRACHO

Tender chicken Breast grilled with onions, asparagus, avocado slices, & spinach leaves with a touch of Tequila served with white rice & black beans & tortillas \$15.99

## NEW POLLO MEXICO AZTECA

Succulent breaded chicken breast rolled & filled with spinach, ham & queso fresco slowly fried until golden, covered with our red creamy sauce served with white rice & salad \$15.99

## EL PAISANO POLLO

Grilled chicken breast, (4) jumbo shrimp, mushrooms, onions, peppers topped with cheese sauce. Served with rice, beans and flour tortillas \$16.99

# VEGETARIAN

## MUSHROOM QUESADILLA

Two quesadillas filled with mushrooms, onions, green peppers and cheese. Served with rice \$11.99

## SONORA

Bean burrito drizzled with cheese sauce, cheese quesadilla & cheese enchilada \$10.99

## VEGAN BURRITO BOWL

A rice bowl topped with black beans, corn, guacamole, lettuce and pico de gallo \$11 Add cheese and sour cream for \$1

## DURANGO

Potato burrito, mushroom quesadilla & cheese enchilada \$10.99

## SPINACH ENCHILADAS

Three corn tortillas with spinach, topped with our delicious roasted poblano salsa & queso fresco. Served with rice \$10.99

## CHILE RELLENOS

Served with rice and beans \$11.99



## ENCHILADAS VEGETARIANAS

1 Cheese, 1 bean & 1 potato enchiladas, topped with cheese sauce & served with rice \$10.99

## QUESADILLA VEGETARIANA

A flour tortilla filled with a mix of spinach, green zucchini, yellow squash and mushrooms. Served with rice \$12.99

**\* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \***

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.

# COMBINATIONS \$10.99



Most combos are made with beef. substitute chicken for 50¢ more. Most combos topped with sour cream.

- 1 ~ Taco, Two Enchiladas, Rice or Beans

2 ~ Fried Chicken Burrito, Fried Chicken Taquito topped with Cheese Sauce, Rice & Beans

3 ~ Enchilada, Taco, Chile Relleno & Rice

4 ~ Taco, Beef & Cheese Tostada, Enchilada & Rice

5 ~ Cheese Enchilada & Beef Enchilada, Rice & Beans

6 ~ Enchilada, Taco, Rice & Beans

7 ~ Enchilada, Chile Relleno, Rice & Beans

8 ~ Enchilada, Tamale, Rice & Beans

9 ~ Chicken burrito, chicken quesadilla and tamale

10 ~ Two Tacos, Rice & Beans
- 11 ~ Burrito, Taco & Enchilada

12 ~ Burrito, Chicken Quesadilla & Enchilada

13 ~ Burrito, Enchilada & Chile Relleno

14 ~ Burrito, Enchilada & Tamale

15 ~ Chicken Quesadilla, Beef & Cheese Tostada & Taco

16 ~ Chicken Chalupa, Chile Relleno & Enchilada

17 ~ Burrito, Enchilada, Rice & Beans

18 ~ Burrito, Taco, Rice & Beans

19 ~ Two Chicken Enchiladas with Lettuce, Tomato, Sour Cream, Rice & Beans

20 ~ Burrito, Taco & Chile Relleno

## A LA CARTE

FAVORITES ~	
RICE	\$2.99
BEANS	\$2.99
BLACK BEANS	\$2.99
CORN OR FLOUR TORTILLAS	(3) \$1.25
TAMALES	\$3.00
CHILE RELLENO	\$3.50
TACOS ~	
HARD SHELL Beef or Chicken	(1) \$2.50 (3) \$6.50
SOFT SHELL Beef or Chicken	(1) \$2.99 (3) \$8.95

## KID'S MENU

12 years & under only - kids beverage (12oz) included for only \$7.99

- K1 ~ Mac & Cheese

K2 ~ Corn Dog & Fries

K3 ~ One Burrito & Soft Taco

K4 ~ Cheese Quesadillas & Rice

K5 ~ Cheeseburger & Fries

K6 ~ Chicken Fingers & Fries

## BEVERAGES

COKE PRODUCTS (free refills)	\$2.89
Coke, Diet Coke, Sprite, Fanta, Mr. Pibb, Mellow Yellow, Limonada, Root Beer	
ICE TEA (free refills)	\$2.89
FRUIT SMOOTHIE (no refills)	\$4.49
Strawberry, Raspberry, Pina Colada, Peach, Mango	
MILK (no refills)	\$1.99
CHOCOLATE MILK (no refills)	\$2.99
ORANGE JUICE (no refills)	\$2.89
COFFEE & HOT TEA (free refills)	\$2.49

## SIDE ITEMS

SOUR CREAM	\$1.25
JALAPEÑOS	\$1.25
PICO DE GALLO	\$2.25
SHREDDED CHEESE	\$2.49
GRILLED MUSHROOMS	\$3.75
LETTUCE	\$1.25
TOMATO	\$0.99
GUACAMOLE SALAD	\$3.99
CREMA SALAD	\$2.99

CHECK OUT OUR SPECIALS AT:



WWW.ELAZTECAMEXICAN.COM

\* TO OUR GUEST WITH FOOD SENSITIVITIES OR ALLERGIES \*

El Azteca Mexican Restaurant cannot ensure that menu items do not contain ingredients that might cause an allergic reaction.

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOOD-BORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDER-COOKED.