

TACOS

BDSI Signature Taco	\$2.50
Crisp or soft corn or flour tortilla shell filled with beef or chicken, lettuce, and tomatoes and cheese (Chicken \$0.25 extra)	
Bessie's Taco (Large taco for serious appetites)	\$6.25
Large crisp flour tortilla shell filled with beef or chicken, lettuce, tomatoes and cheese (Chicken \$0.50 extra)	
Lady's Bite Size Taco	\$1.50
Small crisp corn tortilla shell filled with beef, or chicken and cheese ♪ lettuce & tomatoes available upon request (Chicken \$0.25 extra)	
Low-Carb Taco	\$2.50
Lettuce wrap filled with ground chicken or beef, cheese, lettuce and tomatoes (Chicken \$0.25 extra)	
FairyFish Tacos (Friday Only)	\$2.50
Crisp corn tortilla shell filled with catfish, cheese, lettuce and tomatoes	
Veggie Taco	\$2.50
Crisp corn or flour tortilla shell filled with refried beans, lettuce, tomatoes and cheese	

GRILLED BURRITAS

"Yeah Baby" \$6 dollar Grilled Burrito (the big one)	\$6.00
(Chicken \$0.50 extra)	
Veggie Burrito	\$4.50

NACHOS

Mom's Nachos (Chicken \$0.50 extra)	\$3.75sm/6.25lg
Fresh corn chips, ground beef or chicken, refried beans, cheese, lettuce, tomatoes, sour cream, guacamole and soulsa	
Veggie Nachos	\$5.75
Fresh corn chips, refried beans, cheese, lettuce, tomatoes and soulsa	

EXTRAS: Guacamole \$0.75 Sour Cream \$0.50

SALADS

Heggie's Salad	\$5.75
Fresh romaine lettuce, grape tomatoes, seedless grapes, apples, berries and feta cheese served with house, cilantro or red raspberry dressing and chips	
BDSI House Salad	\$4.25
Fresh green salad with tomatoes served with house, cilantro or italian dressing and chips	
BDSI Taco Salad	\$6.25
Group beef or chicken, fresh romaine lettuce, grape tomatoes, cheese, tortilla strips and soulsa	

WINGS

New York Style Buffalo Wings
Spicy, Mild or HOT

Boss Wings
Savory Sweet and Sour Spicy Wings

Dem Wings (Original Recipe)

5,	10,	15,	20 pcs.
\$3.50	\$6.75	\$10.25	\$13.25

All wings served with chips and dipping sauce



SNACKS AND SPECIALS

Chips and Soulsa	\$1.25
Chips and Guacamole	\$3.25
Home-style Chili *	Cup / Bowl
♪ with crackers cheese, onions & sour cream	\$3.25 - \$5.25
Sock It To Me Cup-Cakes *	\$1.45 & \$2.50
* Seasonal Items	
Soda Pop	Medium/Large
Pepsi / Cherry Pepsi / Diet Pepsi/Dr. Pepper / Slice	\$1.15 / \$1.35
Tropicana Orange Twister / Raspberry Ice Tea	
Coffee	\$.75/1.25

WHAT IS A SOULFUL TACO?

The definition of a soulful taco is a taco that has "A LOT" of good flavor in every bite. Bessie's tacos will excite your taste buds. The best part is they're good for you. Our tacos are prepared home-style with extra lean ground beef or chicken and fresh grown lettuce, tomatoes and a special blend of herbs and spices completes our original soulful flavor.



BDST's will satisfy your hunger and soothe your soul.

"Come on In and Have a Bite"



BDST Savings
"Free" Small Drink with the Purchase of a "Bessie Taco"

(coupon expires 10.31.07)

BDST Savings
Save 5% on orders of \$30 or more

(coupon expires 10.31.07)

BDST Savings
All Seniors Receive 10% Discount (with coupon)

Now Serving Soul Food!

Ox-Tails, Short Ribs, Fish, Chicken, Meat Loaf
Mac&Cheese, Greens, Yams, Rice&Gravy,

Sunday 12 Noon - 5p.m.!

Bessie's Daughter's Soulful Tacos

Home of the "Original" Soulful Taco

2234 Lincoln Avenue

Altadena, California 91001

626-798-2344ph 626-798-2345fx

bessiesdaughterstacos@earthlink.net

Visit us @ www.Bessie'stacos.com

!!!!!!NEW Hours beginning September 1, 2007!!!!!!

Monday, Closed for Private Parties and Meetings (call to schedule your event)

Tuesday-Thursday **Breakfast** 7a.m. - 10a.m. **Lunch & Dinner** 11:00 a.m. to 8 pm

Friday **Breakfast** 7a.m. - 10a.m. **Lunch & Dinner** 11:00 a.m. to 9 pm

-Saturday - **Lunch & Dinner** 11a.m. to 9 pm

**Soul Food Sunday 12 noon to 5 pm

CATERING FOR ALL OCCASIONS AVAILABLE