

# MENU

La sazón que lo transporta a casa, con el sabor de casa que usted añora.

## LITTLE CRAVINGS

<b>Tabla Peñol</b> .....	\$17.00
Pork belly rind, yellow potato, flat mashed green plantain 'tostones', potato, empanadas and fried yucca	
<b>Chicharrón con arepa</b> .....	\$5.00
Corn cake with fried pork belly rind	
<b>Arepa con queso</b> .....	\$4.50
Corn cake with cheese - GF	
<b>Quail eggs</b> .....	\$6.50
<b>Beef empanada</b> .....	\$1.50
<b>Parish empanadas</b> (only potato x 6) .....	\$6.00
<b>Corn cake with sausage</b> .....	\$4.00
<b>Chicken turnovers</b> .....	\$3.50
<b>French fries</b> .....	\$5.00
<b>Fried yucca</b> .....	\$5.00
<b>Cheese sticks</b> .....	\$7.50
<b>Small yellow potatoes</b> .....	\$6.50
<b>Fried cheese cubes with pineapple sauce</b> .....	\$6.50
<b>Tostoncitos rancheros</b> .....	\$9.50
<b>Tostoncitos marineros</b> .....	\$11.00
Shrimp in a garlic cream sauce and guacamole	
<b>Tostoncitos con guacamole y hogao</b> .....	\$8.00
Plantain with guacamole and hogao	
<b>Shrimp cocktail</b> .....	\$11.50
<b>Spicy chicken wings</b> .....	\$11.00
<b>Morcilla</b> .....	\$4.50
<b>Ceviche de Chicharrón</b> .....	\$8.50
<b>Cóctel de Chicharrón</b> .....	\$8.50
<b>Tacos de Chicharrón</b> .....	\$11.00
Pork belly tacos, onion, tomato, chipotle, avocado	

## FRIED PLANTAIN

Served with rice, beans and salad

It can be green or ripe

<b>Tostón Peñol</b> .....	\$17.00
Without a side	
<b>Tostón with grilled steak</b> .....	\$16.50
With Rice, beans and salad	
<b>Tostón with chicken</b> .....	\$16.00
With Rice, beans and salad	
<b>Tostón with shredded meat</b> .....	\$15.50
With Rice, beans and salad	
<b>Tostón ranchero</b> .....	\$16.50
With sausage and shredded chicken. Served with rice, beans, and salad	
<b>Tostón paisa</b> .....	\$16.50
With sausage, pork belly, ground beans, guacamole, tomato, rice, beans and salad	
<b>Tostón marinero</b> .....	\$17.00
With shrimp, rice, and salad	

## TRADITIONAL BREAKFAST

Calentao is a traditional Colombian breakfast

<b>Calentao 1. Special with grilled steak</b> .....	\$17.00
Served with eggs, corn cake, grilled steak, and hot chocolate beverage	
<b>Calentao 2. Traditional</b> .....	\$10.50
Served with potato or ripe plantain mixed with scrambled eggs	
<b>Calentao 3.</b> .....	\$9.50
With scrambled eggs, tomatoes and onions	
<b>Calentao 4.</b> .....	\$9.00
With scrambled eggs	
<b>Calentao 5.</b> .....	\$14.00
With grilled steak	
<b>Calentao 6.</b> .....	\$12.50
With fried pork belly rind	

## AUNT'S TRADITIONAL

<b>Huevos pericos</b> .....	\$5.50
Scrambled eggs with chopped tomato and onion	
<b>Huevos rancheros</b> .....	\$7.50
<b>Rice mixed with eggs and potatoes</b> .....	\$9.00
<b>Eggs with everything</b> .....	\$8.00
(pericos or scrambled) Ham, sweet corn, and cheese	
<b>Buche con arepa</b> .....	\$12.00
<b>Black hot chocolate</b> .....	\$3.50
<b>With milk</b> .....	\$4.00
<b>Aguapanela</b> .....	\$3.00

## KIDS MENU

<b>French fries with sausage and quail eggs</b> .....	\$9.50
<b>Chicken fingers with french fries</b> .....	\$9.50
<b>Chicken wings with french fries</b> .....	\$9.50

## PICAR Y COMPARTIR

<b>Picada</b> .....	
Mixed of pork, beef, and chicken. With sausage, pork belly rind, fried plantain, small yellow potato, fried yucca, and cheese	
<b>For 2 people</b> .....	\$34.00
<b>For 3 people</b> .....	\$46.00

## DESSERTS

<b>Churros</b> .....	\$8.00
<b>Figs with cheese</b> .....	\$7.00
<b>Three milk cake</b> .....	\$7.50
<b>Caramel flan</b> .....	\$7.50
<b>Tiramizú</b> .....	\$7.50



## SOUPS

<b>Beef sancocho</b> ..... small	\$10.50
<b>With rice, salad, and plantain</b> ..... large	\$12.00
<b>(every days)</b>	
<b>Hen sancocho</b> .....	\$12.50
<b>With rice and salad (sunday)</b>	
<b>Tortilla soup</b> .....	\$10.50
<b>With a complement of the day</b> .....	\$12.00
<b>(wednesday &amp; saturday)</b>	
<b>Vegetable soup</b> .....	\$10.50
<b>With a complement of the day</b> .....	\$12.00
<b>(thursday)</b>	
<b>Meatball soup</b> .....	\$10.50
<b>With rice and salad (monday)</b>	\$12.00
<b>Beef tripe soup</b> .....	\$10.50
<b>With rice, salad, and plantain</b> .....	\$12.00
<b>(every days)</b>	
<b>Fish soup</b> .....	\$11.00
<b>With rice, salad, and tostones</b> .....	\$13.00
<b>(every days)</b>	
<b>Lentil soup</b> .....	\$10.50
<b>With a complement of the day</b> .....	\$12.00
<b>(tuesday/friday)</b>	
<b>Tostones soup</b> .....	\$10.50
<b>With a complement of the day</b> .....	\$12.00
<b>(tuesday)</b>	
<b>Shrimp cream</b> .....	\$15.00
<b>With rice and tostones</b>	
<b>Seafood casserole</b> .....	\$20.00
<b>With rice and tostones</b>	

## CHICKEN

<b>House chicken</b> .....	\$18.00
Mushrooms, sweet corn, bacon, and tomatoes. Served with rice and french fries	
<b>Rice mixed with chicken</b> .....	\$14.50
Rice mixed with vegetables and chicken served with salad and sweet plantains	
<b>Grilled chicken</b> .....	\$16.50
With rice, beans, salad, and tostones	
<b>Breaded fried chicken</b> .....	\$16.50
With rice, french fries, and salad	
<b>Chicken stew</b> .....	\$16.50
Served with rice, beans, salad, potato, and boiled cassava	
<b>Mushroom chicken</b> .....	\$17.50
With rice, tostones, and salad	
<b>Gratin chicken with mushrooms</b> .....	\$18.00
Served with french fries and salad	
<b>Chicken strips - Stir-fried chicken pieces or mixed potatoes</b> .....	\$17.00
Served with rice, beans, salad, and tostones	
<b>Chicken churrasco</b> .....	\$19.00
With fried yucca, rice, beans, and salad	

## TRADITIONAL COLOMBIAN PLATES

### BANDEJAS

<b>Bandeja paisa</b> .....	\$16.00
<b>Mini</b> .....	\$14.00
Grilled steak, pork belly rind, fried egg, rice, beans, sweet plantains and corn cake	
<b>Bandeja Peñol</b> .....	\$18.50
<b>Mini</b> .....	\$16.50
Grilled steak, pork belly rind, fried egg, rice, beans, sweet plantains, and corn cake with Colombian sausage	

### CASSEROLES

<b>Cazuela paisa</b> .....	\$14.00
Beans, pork belly rind, sausage, sweet plantain, sweet corn, avocado, and crunchy potato sticks. Served with rice and egg	
<b>Cazuela Peñol</b> .....	\$16.00
Beans, pork belly rind, shredded meat, sausage, sweet plantain, crunchy potato sticks, sweet corn, and avocado. Served with rice and egg	

### HASH DISHES

Served with rice, beans, tostones, and salad

<b>Beef strips</b> .....	\$16.00
Sautéed beef strips with tomato, onion, green, and red peppers	
<b>Beef and shrimp strips</b> .....	\$21.00
Sautéed beef strips and shrimp with tomato, onion, green, and red peppers	
<b>Meats strips</b> .....	\$19.00
Sautéed beef, chicken, and pork strips	
<b>Liver strips</b> .....	\$16.00
Sautéed liver pieces	

## A LA CRIOLLA O A LA PLANCHA

"A la criolla" Colombian stew with yucca and potatoes  
 "A la plancha" with tostones served with rice, beans, and salad

<b>Liver a la criolla or a la plancha</b> .....	\$15.50
<b>Top flank steak a la criolla or a la plancha</b> .....	\$16.50
<b>Top round steak stew a la criolla or a la plancha</b> .....	\$17.00
<b>Beef tongue a la criolla or a la plancha</b> .....	\$18.00
<b>Beef bottom round flat a la criolla or a la plancha</b> .....	\$17.00



## TRADITIONALS

<b>Grilled pork loin</b> .....	\$17.00
With rice, beans, salad, and sweet ripe plantain	
<b>Sautéed pork</b> .....	\$15.50
With rice, beans, salad, and tostones	
<b>Liver and onions</b> .....	\$16.00
With rice, beans, tostones, and salad	
<b>Shredded meat</b> .....	\$15.00
With beans, rice, sweet ripe plantains, and salad	
<b>Breaded pork loin</b> .....	\$15.50
With beans, rice, sweet ripe plantains, and salad	
<b>Breaded steak</b> .....	\$17.50
With beans, rice, sweet ripe plantains, and salad	
<b>Paella valenciana</b> .....	\$19.50
Combination of beef, chicken, pork, and sausage. Served with rice, vegetables, fried green plantains, and small yellow potatoes	
<b>Grilled steak (Colombian dish)</b> .....	\$19.00
Steak with tomato and onion sauce, topped with two fried eggs. Served with white rice, beans, salad, and sweet ripe plantain on the side	
<b>Grilled steak</b> .....	\$17.00
With beans, rice, salad, and sweet ripe plantain	
<b>Grilled beef with sautéed onions</b> .....	\$18.00
With beans, rice, salad, and tostones	
<b>Grilled sirloin steak</b> .....	\$25.00
With rice, beans, salad, and french fries	
<b>Grilled sirloin steak in a mushroom cream sauce</b> .....	\$26.00
With rice, beans, salad, and french fries	
<b>Parrillada</b> .....	\$19.00
Beef, chicken, pork, sausage, small yellow potato, yucca, rice, and beans	

*Before placing your order, please inform your server if a person in your party has a food allergy.*

*Consumption of raw or undercooked meat, seafood, poultry and eggs may increase your risk of foodborne illness.*

<b>Tamales</b> .....	\$16.00
<b>BBQ pork ribs</b> .....	\$19.00
With rice, beans, and french fries	

## SALADS AND VEGETABLES

Caesar salad or vegetables with:

<b>Grilled shrimp</b> .....	\$16.00
<b>Grilled steak</b> .....	\$17.00
<b>Grilled chicken</b> .....	\$15.50
<b>Haddock Grilled</b> .....	\$18.00
<b>Grilled salmon</b> .....	\$20.00
<b>Vegetarian avocado</b> .....	\$14.50
Tomatoes, fried plantain, mushrooms, sweet corn, and guacamole	
<b>Vegetarian tostón</b> .....	\$14.50
Guacamole, tomato, corn, mushrooms, julienned lettuce, avocado, and sweet & sour sauce with rice	
<b>Vegetarian paella</b> .....	\$14.50

## SEAFOOD

<b>Primavera fillet</b> .....	\$19.00
<b>Red snapper stew</b> .....	M.P
<b>Hybrid bass stew</b> .....	M.P
Served with rice, potato, yucca, and salad	
<b>Breaded Haddock</b> .....	\$17.00
With rice, salad, and french fries	
<b>Breaded shrimp</b> .....	\$18.00
With rice, salad, and french fries	
<b>Pan seared haddock in mushroom cream</b> .....	\$18.50
With rice, salad, and tostones	
<b>Sautéed shrimp</b> .....	\$17.00
With rice, salad, and tostones	
<b>Salmon in mushroom cream</b> .....	\$20.00
With rice, salad, and tostones	

<b>Rice with shrimp</b> .....	\$17.00
With rice, salad, and tostones	
<b>Seafood paella</b> .....	\$23.00
<b>Seafood rice</b> .....	\$21.00
Mixed rice with vegetables and seafood	
<b>Shrimp ceviche</b> .....	\$15.00
<b>Mixed ceviche</b> .....	\$18.00
<b>Gratin trout</b> .....	\$18.50
With rice and french fries	

<b>Fried Trout Creamy with shrimp</b> .....	\$24.00
<b>Fried trout</b> .....	\$18.00
<b>Fried trout with mushroom cream</b> .....	\$18.50
<b>Garlic trout</b> .....	\$18.00
<b>Garlic shrimp</b> .....	\$16.00
<b>Pan seared haddock</b> .....	\$17.00
<b>Thick grilled steak with shrimp cream</b> .....	\$29.00
<b>Pan seared haddock with shrimp sauce</b> .....	\$23.00
<b>Red snapper</b> .....	M.P
<b>Fried medium bass</b> .....	M.P
<b>Grilled pork with shrimp cream</b> .....	\$21.00
<b>Pan seared haddock with shrimp garlic sauce</b> .....	\$24.00
<b>Grilled salmon</b> .....	\$20.00
<b>Garlic salmon with shrimp cream</b> .....	\$26.00
<b>Served with rice, salad, and tostones</b>	

## FAST FOOD

<b>Arepa Burger</b> .....	\$15.00
<b>Hamburguesa Colombiana</b> .....	\$15.00
<b>Chuzo de Pollo con papas Criollas</b> .....	\$15.00

# MENU BAR

## NATURAL JUICES

<b>In water</b> .....	\$4.00
<b>In milk</b> .....	\$4.50
Soursop, lulo, blackberry, mango, papaya, tomato tree, passion fruit, guava, pineapple, and strawberry	
<b>Coconut lemonade</b> .....	\$6.50
Mango, pineapple, strawberry, passionfruit	\$5.00
<b>Sodas</b> .....	\$3.00
Colombiana, manzana, bretaña, coca cola, diet coke, uva, naranjada, tamarindo, canada dry, kola roja, sprite, piña, misty, mango, ice tea	
<b>Pony malta</b> .....	\$4.50
<b>Natural fruit tea</b> .....	\$5.50
<b>Caramel coffee</b> .....	\$5.50
<b>Corn flour in milk</b> .....	\$4.50

## WINES

<b>House Red Cabernet</b> .....	\$10.00
Bottle \$36.00	
<b>Meomi Pinot Noir</b> .....	\$11.00
Bottle \$40.00	
<b>Robert Mondavi Merlot</b> .....	\$9.00
Bottle \$30.00	
<b>House Chardonnay</b> .....	\$10.00
Bottle \$36.00	
<b>House Pinot Grigio</b> .....	\$9.00
Bottle \$32.00	
<b>Kim Crawford Sauvignon Blanc</b> .....	\$11.00
Bottle \$40.00	
<b>Rose</b> .....	\$9.00
Bottle \$32.00	
<b>Ruffino Prosecco</b> .....	\$9.00
Bottle \$32.00	


## BEERS

<b>Maine Lunch IPA</b> .....	\$11.00
<b>Jacks Abby</b> .....	\$9.00
<b>Cerveza Colombiana</b> .....	\$8.00
<b>Corona</b> .....	\$7.00
<b>Bud Light</b> .....	\$6.00
<b>Stella Artois</b> .....	\$7.00
<b>Modelo</b> .....	\$7.00
<b>Presidente</b> .....	\$7.00
<b>Allagash White</b> .....	\$9.00
<b>Michelada (Passionfruit, Mango)</b> .....	+\$1.00
<b>Buy kitchen a "6 pack"</b> .....	\$24.00

## COCKTAILS

<b>House Margarita</b> .....	\$13.00
Tortilla Tequila, Agave, Lime Juice & Triple Sec Flavors: Passion Fruit, Mango, Strawberry +\$1	
<b>House Mojito</b> .....	\$13.00
Bacardi Tropical, Mint, Lime & Agave Flavors: Guava, Passion Fruit, Mango, Strawberry, Coconut +\$1	
<b>Spicy Passion Fruit Margarita</b> .....	\$13.00
Tequila, Passion Fruit, Jalapeño, Triplesec, Lime Juice	
<b>Colombian Caipirinha</b> .....	\$12.00
Aguardiente, Lime & Sugar	
<b>Espresso Martini</b> .....	\$13.00
Stoli vanilla espresso, Baileys & Kahlua	
<b>Sangría</b> .....	\$12.00
Red or white house sangría Jarra \$36.00	



 @elpenolrestaurante  
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