

MENU

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

LITTLE CRAVINGS

Tabla Peñol	\$18.50
Pork belly rind, yellow potato, flat mashed green plantain 'tostones', potato, empanadas and fried yucca	
Chicharrón con arepa	\$6.50
Corn cake with fried pork belly rind	
Arepa con queso	\$5.00
Corn cake with cheese - GF	
Quail eggs	\$7.00
Beef empanada	\$2.00
Parish empanadas (only potato x 6)	\$7.00
Corn cake with sausage	\$5.50
Chicken turnovers	\$4.00
French fries	\$5.50
Fried yucca	\$7.00
Cheese sticks	\$8.00
Small yellow potatoes	\$7.00
Fried cheese cubes with pineapple sauce	\$7.00
Tostoncitos rancheros	\$10.00
Tostoncitos marineros	\$12.50
Shrimp in a garlic cream sauce and guacamole	
Tostoncitos con guacamole y hogao	\$8.50
Plantain with guacamole and hogao	
Shrimp cocktail	\$13.00
Spicy chicken wings	\$12.50
Morcilla	\$5.00
Ceviche de Chicharrón	\$10.00
Cóctel de Chicharrón	\$10.00
Tacos de Chicharrón	\$15.50
Pork belly tacos, onion, tomato, chipotle, avocado	

FRIED PLANTAIN

Served with rice, beans and salad

It can be green or ripe

Tostón Peñol	\$18.50
Without a side	
Tostón with roast meat	\$18.00
Tostón with chicken	\$17.50
Tostón with shredded meat	\$17.00
Tostón ranchero	\$18.00
With sausage and shredded chicken. Served with rice, beans, and salad	
Tostón paisa	\$18.00
With sausage, pork belly, ground beans, guacamole, tomato, rice, and beans	
Tostón marinero	\$18.50
With shrimp, rice, and salad	

TRADITIONAL BREAKFAST

Calentao is a traditional Colombian breakfast

Calentao 1. Special with grilled steak	\$18.50
Served with eggs, corn cake, grilled steak, and hot chocolate beverage	
Calentao 2. Traditional	\$12.00
Served with potato or ripe plantain mixed with scrambled eggs	
Calentao 3.	\$11.00
With scrambled eggs, tomatoes and onions	
Calentao 4.	\$10.50
With scrambled eggs	
Calentao 5.	\$15.50
With grilled steak	
Calentao 6.	\$14.00
With fried pork belly rind	

AUNT'S TRADITIONAL

Huevos pericos	\$6.00
Scrambled eggs with chopped tomato and onion	
Huevos rancheros	\$8.00
Rice mixed with eggs and potatoes	\$9.50
Eggs with everything (pericos or scrambled)	\$8.50
Ham, sweet corn, and cheese	
Buche con arepa	\$13.50
Black hot chocolate	\$4.00
With milk	\$4.50
Agupanela	\$3.50

KIDS MENU

French fries with sausage and quail eggs	\$10.00
Chicken fingers with french fries	\$10.00
Chicken wings with french fries	\$10.00

PICAR Y COMPARTIR

Picada	
Mixed of pork, beef, and chicken. With sausage, pork belly rind, fried plantain, small yellow potato, fried yucca, and cheese	
For 2 people	\$35.50
For 3 people	\$47.50

DESSERTS

Churros	\$10.00
Figs with cheese	\$9.50
Three milk cake	\$9.50
Caramel flan	\$9.50
Tiramizú	\$9.50

EST 1998
El Peñol

RESTAURANTE
Comida Típica Colombiana y Mariscos

EAST BOSTON

Our beans contains pork

SOUPS

Beef sancocho small	\$11.50
With rice, salad, and plantain (every days) large	\$13.00
Hen sancocho small	\$13.50
With rice and salad (sunday) large	
Tortilla soup small	\$11.50
With a complement of the day (wednesday & saturday) large	\$13.00
Vegetable soup small	\$11.50
With a complement of the day (thursday) large	\$13.00
Meatball soup small	\$11.50
With rice and salad (monday) large	\$13.00
Beef tripe soup small	\$11.50
With rice, salad, and plantain (every days) large	\$13.00
Fish soup small	\$11.50
With rice, salad, and tostones (every days) large	\$13.00
Lentil soup small	\$11.50
With a complement of the day (tuesday/friday) large	\$13.00
Tostones soup small	\$11.50
With a complement of the day (tuesday) large	\$13.00
Shrimp cream small	\$16.00
With rice and tostones large	
Seafood casserole small	\$21.00
With rice and tostones large	



CHICKEN

House chicken	\$19.50
Mushrooms, sweet corn, bacon, and tomatoes. Served with rice and french fries	
Rice mixed with chicken	\$16.00
Rice mixed with vegetables and chicken served with salad and sweet plantains	
Grilled chicken	\$18.00
With rice, beans, salad, and tostones	
Breaded fried chicken	\$18.00
With rice, french fries, and salad	
Chicken stew	\$18.00
Served with rice, beans, salad, potato, and boiled cassava	
Mushroom chicken	\$19.00
With rice, tostones, and salad	
Gratin chicken with mushrooms	\$19.50
Served with french fries and salad	
Chicken strips - Stir-fried chicken pieces or mixed potatoes	\$18.50
Served with rice, beans, salad, and tostones	
Chicken churrasco	\$20.50
With fried yucca, rice, beans, and salad	

TRADITIONAL COLOMBIAN PLATES

BANDEJAS

Bandeja paisa	\$17.50
Mini	\$15.50
Grilled steak, pork belly rind, fried egg, rice, beans, sweet plantains and corn cake	
Bandeja Peñol	\$20.00
Mini	\$18.00
Grilled steak, pork belly rind, fried egg, rice, beans, sweet plantains, and corn cake with Colombian sausage	

Our beans contains pork

CASSEROLES

Cazuela paisa	\$15.50
Beans, pork belly rind, sausage, sweet plantain, sweet corn, avocado, and crunchy potato sticks. Served with rice and egg	
Cazuela Peñol	\$17.50
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

Beef strips	\$17.50
Sautéed beef strips with tomato, onion, green, and red peppers	
Beef and shrimp strips	\$22.50
Sautéed beef strips and shrimp with tomato, onion, green, and red peppers	
Meats strips	\$20.50
Sautéed beef, chicken, and pork strips	
Liver strips	\$18.00
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

Liver a la criolla or a la plancha	\$17.00
Top flank steak a la criolla or a la plancha	\$18.00
Top round steak stew a la criolla or a la plancha	\$18.50
Beef tongue a la criolla or a la plancha	\$19.50
Beef bottom round flat a la criolla or a la plancha	\$18.50

TRADITIONALS

Grilled pork loin	\$18.50
With rice, beans, salad, and sweet ripe plantain	
Sautéed pork	\$17.00
With rice, beans, salad, and tostones	
Liver and onions	\$18.00
With rice, beans, tostones, and salad	
Shredded meat	\$16.50
With beans, rice, and sweet ripe plantains	
Breaded pork loin	\$17.00
With beans, rice, and sweet ripe plantains	
Breaded steak	\$19.00
With beans, rice, and sweet ripe plantains	
Paella valenciana	\$21.00
Combination of beef, chicken, pork, and sausage. Served with rice, vegetables, fried green plantains, and small yellow potatoes	
Grilled steak (Colombian dish)	\$20.50
Steak with tomato and onion sauce, topped with two fried eggs. Served with white rice, beans, salad, and sweet ripe plantain on the side	
Grilled steak	\$18.50
With beans, rice, salad, and sweet ripe plantain	
Grilled beef with sautéed onions	\$19.50
With beans, rice, salad, and tostones	
Grilled sirloin steak	\$26.50
With rice, beans, salad, and french fries	
Grilled sirloin steak in a mushroom cream sauce	\$27.50
With rice, beans, salad, and french fries	
Grill	\$20.50
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.

Tamales	\$17.50
BBQ pork ribs	\$20.50
With rice, beans, and french fries	

SALADS AND VEGETABLES

Caesar salad or vegetables with:

Grilled shrimp	\$17.50
Grilled steak	\$18.50
Grilled chicken	\$17.00
Haddock	\$19.50
Grilled salmon	\$21.50
Vegetarian avocado	\$16.00
Tomatoes, fried plantain, mushrooms, sweet corn, and guacamole	
Vegetarian tostón	\$16.00
Guacamole, tomato, corn, mushrooms, julienned lettuce, avocado, and sweet & sour sauce with rice	
Vegetarian paella	\$16.00

SEAFOOD

Primavera fillet	\$20.50
Red snapper stew	M.P
Crappie stew	M.P
These served with rice, potato, yucca, and salad	
Breaded fillet	\$18.50
With rice, salad, and french fries	
Breaded shrimp	\$19.50
With rice, salad, and french fries	
Pan seared haddock in mushroom cream	\$20.00
With rice, salad, and tostones	
Sautéed shrimp	\$18.50
With rice, salad, and tostones	
Salmon in mushroom cream	\$21.50
With rice, salad, and tostones	

Rice with shrimp	\$18.50
With rice, salad, and tostones	
Seafood paella <small>With green plantain</small>	\$24.50
Include pork and colombian sausage	
Seafood rice	\$22.50
Mixed rice with vegetables and seafood / With green plantain	
Shrimp ceviche	\$16.50
Mixed ceviche	\$19.50
Gratin trout	\$20.00
With rice and french fries	

Fried trout with shrimp	\$25.50
Fried trout	\$19.50
Fried trout with mushroom cream	\$20.00
Garlic trout	\$19.50
Garlic shrimp	\$17.50
Pan seared haddock	\$18.50
Thick grilled steak with shrimp cream	\$30.50
Pan seared haddock with shrimp sauce	\$24.50
Red snapper	M.P
Fried medium bass	M.P
Grilled pork with shrimp cream	\$22.50
Pan seared haddock with shrimp garlic sauce	\$25.50
Grilled salmon	\$21.50
Garlic salmon with shrimp cream	\$27.50

These with rice, salad and tostones

FAST FOOD

Arepa Burger	\$16.50
Hamburguesa Colombiana	\$16.50
Chuzo de Pollo con papas Criollas	\$16.50

Our beans contains pork

MENU BAR

NATURAL JUICES

In water	\$4.50
In milk	\$5.00
Soursop, lulo, blackberry, mango, papaya, tomato tree, passion fruit, guava, pineapple, and strawberry	
Coconut lemonade	\$6.50
Mango, pineapple, strawberry, passionfruit	\$5.00
Sodas	\$3.50
Colombiana, manzana, breña, coca cola, diet coke, uva, naranjada, tamarindo, canada dry, kola roja, sprite, piña, misty, mango, ice tea	
Pony malta	\$5.00
Natural fruit tea	\$5.50
Caramel coffee	\$5.50
Corn flour in milk	\$4.50

WINES

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

BEERS

Maine Lunch IPA	\$11.00
Jacks Abby	\$9.00
Cerveza Colombiana	\$8.00
Corona	\$8.00
Bud Light	\$8.00
Stella Artois	\$8.00
Modelo	\$8.00
Presidente	\$8.00
Allagash White	\$9.00
Michelada (Passionfruit, Mango)	+\$1.00
Buy kitchen a "6 pack"	\$28.00

COCKTAILS

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



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 @elpenolrestaurante

 EI PEÑOL Restaurant

www.elpenoleastboston.com