

The heart behind every recipe, the root of everything we are.

Thank you, mamita, for teaching us that cooking is a way of loving.



WELCOME TO

El Peñol

RESTAURANTE

Comida Tipica Colombiana y Mariscos

SINCE 1998

AT EL PEÑOL, WE BRING THE FLAVORS OF COLOMBIA TO YOUR TABLE.

FROM CLASSICS LIKE AJIACO AND BANDEJA PAISA TO ONE-OF-A-KIND SPECIALTIES, EVERY DISH HONORS TRADITION WITH A CREATIVE TOUCH.

www.elpenoleastboston.com

Elpenol54@gmail.com

+1 (617) 569 - 0100 / +1 (617) 569 - 1311

Visit us: 54 Bennington St, East Boston, MA 02128



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*Our beans contain small pieces of pork.

MENU

El Peñol Traditional Restaurant
The flavors that take you back home, with the homemade taste you've been missing.

LITTLE CRAVINGS

El Peñol Sampler Board $19.50
- Pork belly rind, yellow potato, flat mashed green plantain, potato, empanadas and fried yuca.

Fried pork belly rind with corn cake $6.50

Arepa with cheese - GF $5.50

Quail eggs $7.00

Beef empanada (1) $2.00

Potato Empanadas (6) $7.00
- Potato only.

Corn cake with sausage $6.00

Chicken turnovers $4.00

French fries $5.50

Fried cassava - V $7.00

Cheese Sticks - V $7.00

Small yellow potatos - V $7.00

Fried cheese cubes with pineapple sauce $7.00

Ranchero-style mini tostones $11.00

Seafood tostones $13.50
- With garlic shrimp in sauce and guacamole.

Tostones with guacamole & hogao $9.00

Shrimp cocktail $13.50

Spicy chicken wings $12.50

Blood Sausage - 1/2 lb $5.00

Pork belly rind ceviche $11.00

Pork belly rind Tacos $15.50
- Pork belly rind, onion, tomato, chipotle, avocado. (3 pieces)

(V) VEGETARIAN

OUR BEANS CONTAIN SMALL PIECES OF PORK.



FRIED PLANTAINS

Made with sweet or green plantain

SERVED WITH RICE, BEANS, SALAD, GUACAMOLE & HOGAO (CREOLE TOMATO-ONION SAUCE).

El Peñol fried plantain $18.50
- No sides.

Fried plantains with grilled steak* $19.00

Fried plantains with grilled chicken* $19.00

Fried plantains with shredded beef & scrambled egg* $18.00

Ranchero fried plantain $19.00
- With sausage and shredded chicken.

Paisa fried plantain $19.50
- With chorizo, pork belly rind, mashed beans, guacamole, tomato, rice and beans.

Seafood fried plantains $19.50
- With shrimp, rice and salad.

GRANDMA´S BREAKFAST

Colombian Style

A taste of home from El Peñol's traditional Colombian cooking.

Calentado 1. Beef special $20.00
- Served with eggs, corn cake and hot chocolate.

Calentado 2. Traditional $13.00
- Served with potato slices or sweet plantain scrambled with egg.

Calentado 3. ..... $12.00
- With scrambled eggs, tomato and onion.

Calentado 4. ..... $11.00
- With scrambled eggs.

Calentado 5. ..... $16.00
- With grilled steak.

Calentado 6. ..... $15.00
- With pork belly.



GRANDMA'S TRADITIONALS

Huevos pericos $6.00
- Scrambled with chopped tomato and onion.

Huevos rancheros $8.50

Rice with eggs & fries $10.00

Eggs with everything (pericos or scrambled) $9.00
- With ham, sweet corn and cheese.

Buche with corn cake $13.50

Hot chocolate $4.00

Hot chocolate with milk $4.50

Hot aguapanela $3.50

KIDS MENU

Sausage & fries with quail eggs $10.00

Chicken tenders with French fries $10.00

Chicken wings with French fries $10.00

SHAREABLES

PICADA

GRILLED PORK, BEEF AND CHICKEN, CHORIZO, PORK BELLY RIND, TOSTONES, SMALL YELLOW POTATO, CASSAVA AND CHEESE.*

Serves 2 ..... $37.50

Serves 3 ..... $49.00

*BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

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FAST FOOD

Arepa Burger $16.50

Colombian Burger $16.50

Chicken skewer with Creole potatoes $16.50

SOUPS
The taste of home

SERVED WITH RICE, SWEET PLANTAIN AND SALAD.

Beef sancocho*
- (Every day) Served with rice, salad and sweet plantain.
Small $12.00 Large $13.50

Chicken sancocho* $14.00
- (Every day) Served with rice and salad.

Tortilla soup
- (Wednesdays & Saturdays) Served with the daily side.
Small $12.00 Large $13.50

Vegetable soup
- (Thursdays) Served with the daily side.
Small $12.00 Large $13.50

Meatball soup*
- (Mondays) Served with rice and salad.
Small $12.00 Large $13.50

Beef, pork & tripe soup*
- (Every day) Served with rice, salad and sweet plantain.
Small $12.00 Large $13.50

Fish soup
- (Every day) Served with rice, salad and tostones.
Small $12.50 Large $14.00

Lentil soup
- (Tuesdays / Fridays) Served with the daily side.
Small $12.00 Large $13.50

Tostones soup
- (Tuesdays) Served with the daily side.
Small $12.00 Large $13.50

Cream of shrimp soup $17.00
- Served with rice and tostones.

Seafood cazuela $23.00
- Served with rice and tostones.

Ajiaco $15.00
- (Saturday) Served with rice & avocado.

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(V) VEGETARIAN

CREOLE AND GRILLED

SERVED WITH RICE, BEANS & SALAD.

Liver $18.00
- *(Creole or Grilled).*

Top flank steak $19.00
- *(Creole or Grilled).*

Beef bottom round flat $19.00
- *(Creole or Grilled).*

Beef tongue $20.00
- *(Creole or Grilled).*

Top round steak $19.50
- *(Creole or Grilled).*

CHICKEN

House Chicken $20.00
- Mushrooms, sweet corn, bacon and tomatoes (served with rice & fries).

Rice mixed with chicken $17.00
- Mixed rice with vegetables & chicken (served with salad and sweet plantain).

Grilled chicken plate $19.00
- Served with rice, beans, salad & tostones.

Breaded fried chicken $19.00
- Served with rice, beans, fries & salad.

Chicken stew $19.00
- Chicken in sauce with rice, beans, salad, potato and braised cassava.

Breaded chicken with mushroom cream sauce $20.00
- Served with rice, tostones & salad.

Chicken au gratin with mushrooms $20.50
- Served with French fries and salad.

Chicken strips $19.50
- Served with rice, beans, salad & tostones.

Chicken churrasco $21.50
- Served with fried cassava, rice, beans and salad.

*Our beans contain small pieces of pork.



GRILLED PLATES AND SALADS

Grilled shrimp* $18.50

Grilled steak* $19.00

Grilled chicken breast* $18.00

Grilled fish fillet* $19.50

Grilled salmon* $22.50

Vegetarian avocado* - V $17.00
- Tomatoes, fried sweet plantain, mushrooms, baby corn & guacamole.

Vegetarian Tostón* - V $17.00
- Guacamole, tomato, corn, mushrooms, julienned lettuce, avocado and sweet-and-sour sauce with rice.

Vegetarian Paella* - V $17.00

PORK & BEEF SPECIALTIES

Grilled pork loin $19.50
- Served with rice, beans, salad and sweet plantain.

Sautéed pork $18.00
- Served with rice, beans, tostones & salad.

Liver and onions $19.00
- Served with rice, beans, tostones & salad.

Pulled beef with egg $17.50
- Served with beans, rice and sweet plantain.

Breaded pork loin $18.00
- Served with beans, rice, sweet plantain and salad.

Breaded steak $20.00
- Served with beans, rice, sweet plantain and salad.

Colombian style steak $21.50
- Steak in a tomato and onion sauce, topped with two fried eggs; served with rice, beans, salad, and sweet plantain.

Paella a la valenciana $22.50
- Combination of rice, vegetables, beef, chicken, pork, chorizo and small yellow potato with tostones.

Beef in Creamy Mushroom Sauce $20.50
- Served with rice, salad, and tostones.

Grilled steak $19.00
- Served with beans, rice, salad and sweet plantain.

Grilled beef topped with sautéed onions $20.50
- Served with rice, beans, salad and tostones.

Grilled sirloin steak $27.50
- Served with rice, beans, salad and French fries.

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Grilled sirloin steak in barbacoa sauce $28.50
- Served with barbecue sauce, beans, rice, French fries and salad.

Mixed grill $22.00
- Beef, chicken, pork, chorizo, small yellow potato, cassava, rice and beans.

BBQ pork ribs $21.50
- Served with rice, beans and French fries.

Tamales $17.50

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SEAFOOD

Fish fillet primavera $21.50

Red snapper stew ..... MP
- Served with rice, potato, cassava & salad.

Medium bass stew ..... MP
- Served with rice, potato, cassava & salad.

Breaded fillet $19.50
- Served with rice, salad & French fries.

Breaded shrimp $20.00
- Served with rice, salad & French fries.

Pan seared haddock in mushroom cream sauce $21.00
- Served with rice, salad and tostones.

Sautéed shrimp $19.50
- Served with rice, salad & French fries.

Salmon in mushroom cream sauce $23.00
- Served with rice, salad and tostones.

Rice with shrimp $19.50
- Served with rice, salad and tostones.

Seafood paella (with tostones) $25.50
- Includes pork and chorizo.

Seafood rice (with tostones) $25.50
- Mixed rice with vegetables & seafood.

Shrimp ceviche $16.50

Seafood ceviche $19.50

Trout au gratin $21.00
- Served with rice and French fries.

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ALL DISHES BELOW ARE SERVED WITH RICE, TOSTONES AND SALAD.

Trout with shrimp sauce $26.00

Fried trout $20.50

Trout in mushroom cream sauce $21.00

Garlic trout $20.50

Garlic shrimp $18.50

Pan seared haddock $19.00

Thick-cut grilled steak with shrimp cream sauce $31.00

Fish fillet grilled with shrimp $25.00

Red Snapper ..... MP

Fried medium bass ..... MP

Grilled pork loin in a creamy shrimp sauce $23.00

Fish fillet with shrimp in garlic sauce $26.50

Grilled Salmon $22.50

Salmon with shrimp in garlic sauce $28.00

STEW

El Peñol cazuela $18.50
- Beans, pork belly rind, shredded beef, chorizo, sweet plantain, crispy potato sticks, sweet corn kernels, avocado; served with rice and egg.

Paisa cazuela $16.50
- Beans, pork belly rind, chorizo, sweet plantain, sweet corn kernels, avocado and crispy potato sticks; served with rice and egg.

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TRADITIONAL COLOMBIAN PLATES

Bandeja Paisa $18.50
- Grilled steak, pork belly rind, fried egg, beans, rice, sweet plantain and corn cake.

Bandeja Paisa Mini $16.50
- Grilled steak, pork belly rind, fried egg, beans, rice, sweet plantain and corn cake.

Bandeja El Peñol $21.00
- Grilled steak, pork belly rind, fried egg, beans, rice, sweet plantain, corn cake and chorizo.

Bandeja El Peñol Mini $19.00
- Grilled steak, pork belly rind, fried egg, beans, rice, sweet plantain, corn cake and chorizo.

SAUTÉED MEATS

SERVED WITH RICE, BEANS, TOSTONES AND SALAD.

Beef strips $19.50
- Beef pieces with tomato, green onion and red peppers.

Beef & shrimp strips $23.50
- Sautéed beef pieces and shrimp with tomato, onion, and green and red peppers.

Sautéed chicken, beef & pork strips $21.50
- Sautéed pieces of chicken, beef & pork.

Liver strips $21.50
- Sautéed liver pieces.

DESSERTS

House Dessertt -Churros- $10.00

Figs with Cheese $9.50

Tres Leches Cake $9.50

Tiramisu $9.50

Flan $9.50

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BAR MENU

BEVERAGES

NATURALS JUICES

Water $4.50

Milk $5.00

- Soursop, lulo, blackberry, mango, papaya, tree tomato, passion fruit, guava, pineapple and strawberry.

Coconut Lemonade $6.50
- Mango, pineapple, strawberry, and passion fruit.

Soda $3.50
- Colombiana, Apple, Bretaña, Coca-Cola, Diet Coke, Grape, Orange, Tamarind, Ginger Ale, Red Kola, Sprite, Pineapple, Misty, Mango, Iced Tea.

Pony Malta $5.50
- Colombian malt soft drink.

Natural fruit tea $5.50

Apple Tea $3.00

Caramel coffee $5.50

Mazamorra $4.50
- Traditional Colombian corn and milk drink.

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BEERS

Maine Beer Lunch IPA $11.00

Jacks Abby House Lager $9.00

Colombian beers $8.00

Corona $8.00

Bud Light $8.00

Stella Artois $8.00

Modelo $8.00

Presidente $8.00

Allagash White $9.00

Michelada ..... + $1.00
- (Passion fruit, mango).

BUY THE KITCHEN A "6 PACK"

WINE

House Red Cabernet $10.00
Bottle - $36.00

Meomi Pinot Noir $11.00
Bottle - $40.00

Robert Mondavi Merlot $9.00
Bottle - $30.00

House Chardonnay $10.00
Bottle - $36.00

House Pinot Grigio $9.00
Bottle - $32.00

Kim Crawford Sauvignon Blanc $11.00
Bottle - $40.00

Rose $9.00
Bottle - $32.00

Ruffino Prosecco $9.00

COCKTAILS

House Margarita $13.00
- Tortilla Tequila, Agave, Lime Juice & Triple Sec. **Flavors:** Passion Fruit, Mango, Strawberry.

House Mojito $13.00
- Bacardi Tropical, Mint, Lime & Agave. **Flavors:** Guava, Passion Fruit, Mango, Strawberry, Coconut.

Spicy Passion Fruit Margarita $13.00
- Tequila, Passion Fruit, Jalapeño, Triplesec, Lime Juice.

Colombian Caipiriña $12.00
- Aguardiente, Lime & Sugar.

Espresso Martini $13.00
- Stoli vanilla espresso, Baileys & Kahlua.

House Sangría $12.00
- Red or white house sangría.

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