

PALADAR

LATIN KITCHEN & RUM BAR

Gluten Free Menu

REPUBLICA DE GUACAMOLE

Our guacamole is made fresh! We suggest ordering enough for the table to keep the peace. Served with our Housemade Chip Blend of Plantain, Yucca, Malanga & Tortilla. Fresh Veggies are available as a Gluten Free dipping option.

4.95 per Order, Serves 1-2 People
Try all three 11.95

TRADITIONAL

Fresh avocados smashed with Tomatoes, Cucumbers, Tomatillos, Onions, Cilantro, Oregano, and Lime Juice

SPICY

Fresh avocados smashed with our House Blend of Chile Peppers, Tomatillos, Cilantro, and Lime Juice

SPECIAL

Chef's Inspiration

HOUSE MADE SALSAS

Tomatillo Salsa Verde, Charred Tomato & Sweet Corn, Mango & Black Bean with our Housemade Chip Blend

GLUTEN FREE MENU NOTES

Hi there,

We know it can be difficult to tell what has gluten and what doesn't by glancing at a menu. So, we created this gluten-free version to make things a bit easier for you.

If you're very sensitive to gluten, the note below applies to you:

There are a handful of gluten free ingredients (as marked) that are prepared in a fryer that is also used for food containing gluten. This includes our Housemade Chip Blend, Tortilla Strips on salads, and Sweet Plantains. We suggest avoiding these ingredients if your gluten allergy is extremely sensitive.

Please be sure your server knows about your allergy so we can do all we can to accommodate you.

APPETIZERS

CUBAN BRAISED BEEF ROPA VIEJA

Gluten Free if ordered without Sweet Plantains
Slow Cooked Shredded Skirt Steak served over Sweet Plantains and topped with Red Onion & Jicama Slaw and Aji Pepper Sauce 10.95

SPICED COCONUT MILK STEAMED MUSSELS

Gluten Free if ordered without Grilled Tortillas
Steamed Prince Edward Island Mussels with Crumbled Chorizo, Sliced Garlic and a Spicy Cilantro Coconut Broth served with Grilled Tortillas 11.95

BRAISED SHORT RIB AREPAS

Three Corn Arepas topped with Slow Cooked Shredded Short Rib, Tomatillo Salsa and drizzled with Tomato-Ginger Jam 9.95

BRAZILIAN CHURRASCO TRIO

Gluten Free if ordered without Grilled Tortillas
Skewers of Grilled Skirt Steak, Chicken & Chorizo Sausage accompanied by Grilled Fingerling Potato Salad, Grilled Tortillas and Our Housemade Chimichurri 12.95

LATIN COMFORT FOOD

Add Our Ensalada Mixta, Cezar or Spinach & Bacon Salad 3.95

RUM GLAZED CUBAN PORK

Slow Roasted Shredded Pork Shoulder with Bacon Black Beans & Coconut-Mango Rice topped with Fresh Pico De Gallo 16.95

BRAZILIAN FEIJOADA STEW

Gluten Free if ordered without Grilled Tortillas

A Traditional Stew of Slow Cooked Shredded Pork & Chorizo Sausage, Bacon Black Beans, Pickled Jalapeños, Sofrito Vegetables and Cabbage served with Rice Pilaf and Grilled Tortillas 15.95

GRILLED CHICKEN WITH ROASTED TOMATO SALSA

Two Grilled Chicken Breasts marinated in our House Mojo served with Rice Pilaf, Adobo Black Beans and Roasted Tomato Salsa 16.95

SLOW ROASTED CHICKEN

Gluten Free if ordered without Sweet Plantains

Tender Slow Cooked Chicken pulled & tossed in our Guajillo Marinade atop Colombian Arepas and Sweet Plantains finished with our Aji Pepper Sauce 16.95

GRILLED PORTOBELLO CHURRASCO

Gluten Free if ordered without Hearts of Palm

Marinated Portobello Mushrooms served over Sautéed Garlic Spinach and Cuban Sofrito Rice topped with our Fresh Housemade Chimichurri and Crispy Fried Hearts of Palm 14.95

COCONUT CURRY VEGETABLES

Roasted Sweet Potatoes, Zucchini, Bell Peppers & Onions slowly simmered in our Vegan Jamaican Curry Sauce over Red Beans & Brown Rice garnished with Green Onions 14.95

GARLIC ROASTED HALF CHICKEN

Our Yucca Fries are prepared in a fryer shared with gluten items
Slow Roasted Half Chicken marinated in Garlic served with Crispy Yucca Fries, Frijoles and our Spicy Aji Verde Sauce 17.95

JALAPEÑO SPICED LAMB STEW

Gluten Free if ordered without Grilled Tortillas

Tender Pieces of Lamb & Hominy slowly simmered in a Jalapeno-Cilantro Broth served over Cinnamon Rice Pilaf with Grilled Tortillas and topped with Crumbled Queso Fresco Cheese and Pico de Gallo 16.95

SLOW ROASTED MOJO PORK

Slow Roasted Shredded Pork marinated in our House Mojo served over Rice Pilaf and Adobo Black Beans topped with our Smoked Corn Salsa 15.95

BRAISED BEEF ROPA VIEJA

Gluten Free if ordered without Sweet Plantains

Slow Cooked Shredded Skirt Steak served over Sweet Plantains, Rice Pilaf and Adobo Black Beans topped with Red Onion & Jicama Slaw and Spicy Aji Pepper Sauce 17.95

SOUP & SALAD

Add Grilled Chicken (3.95), Salmon (5.95) or Skirt Steak (5.95) to any salad

All of our salads are topped with Crispy Tortilla Strips that are prepared in a fryer also used for food containing gluten. If you're very sensitive to gluten, please request no Tortilla Strips.

ENSALADA MIXTA

Mixed Greens tossed with Queso Fresco Cheese, Cucumbers, Red Onions, Candied Pumpkin Seeds, Cherry Tomatoes and our Housemade Sherry Vinaigrette Side 5.95 / Grande 8.95

CÉZAR SALAD

Gluten Free if ordered without Cuban Croutons
Crisp Romaine Lettuce tossed in our Sugar Cane Caesar Dressing with Shaved Manchego Cheese & Cuban Croutons Side 5.95 / Grande 8.95

SPINACH & BACON SALAD

Fresh Spinach tossed with Crispy Bacon, Hard Boiled Egg, Queso Fresco Cheese and Pickled Red Onions with Our Housemade Sherry Vinaigrette Side 6.95 / Grande 9.95

TROPICAL HEARTS OF PALM SALAD

Hearts of Palm tossed with Diced Mango, Fresh Avocado, Tomatoes, Black Beans and our Tropical Vinaigrette 6.95

CUBAN BLACK BEAN SOUP

Our Housemade Black Bean Soup topped with Fresh Pico De Gallo & Key Lime Sour Cream 4.95

SLOW COOKED CHICKEN TORTILLA SOUP

Gluten Free if ordered without Tortilla Strips
A Hearty Soup with Shredded Chicken, Hominy and Avocado in a Roasted Tomato Broth topped with Sour Cream and Tortillas 5.95

CHILLED LATIN GAZPACHO

Gluten Free if ordered without Cuban Croutons
A refreshing soup made with Tomatoes, Red Peppers, Cucumbers, Garlic and Onions garnished with Jicama, Cucumber and Cuban Croutons 4.95

MARKET SALADS

All of our salads are topped with Crispy Tortilla Strips that are prepared in a fryer also used for food containing gluten. If you're very sensitive to gluten, please request no Tortilla Strips.

CARIBBEAN MANGO CHICKEN SALAD

Mixed Greens tossed with Thinly Sliced Marinated Grilled Chicken, Bacon, Roasted Red Peppers, Fresh Mango, Avocado, Black Beans and our Mango Jerk Vinaigrette 13.95

TAMARIND BBQ SALMON SALAD*

Grilled Atlantic Salmon brushed with Tamarind BBQ Sauce over Mixed Greens & Cabbage, Queso Fresco Cheese, Granny Smith Apples, Pickled Red Onions and Orange Soaked Raisins in our Tamarind-Honey Vinaigrette 14.95

CORIANDER SEARED TUNA SALAD*

Coriander & Ginger Rubbed Seared Tuna over Mixed Greens, Green Beans, Cherry Tomatoes, Pickled Red Onion, Kalamata Olives, Hard Boiled Egg and our Chimichurri Vinaigrette 14.95

CILANTRO PEANUT CHICKEN SALAD

Mixed Greens tossed with Sliced Grilled Chicken, Sweet Corn, Black Beans, Tomatillos, Tomatoes, Peanuts, Chihuahua Cheese and our Cilantro Peanut Vinaigrette 12.95

GRILLED SKIRT STEAK CHOPPED SALAD*

Sliced Skirt Steak served over Chopped Mixed Greens, Green Beans, Cucumbers, Grape Tomatoes, Pickled Red Onions and Candied Pumpkin Seeds tossed with our Blue Cheese Vinaigrette 14.95

FRESH SEAFOOD

Add Our Ensalada Mixta, Cezar or Spinach & Bacon Salad 3.95

VERACRUZ SEAFOOD STEW

Gluten Free if ordered without Grilled Flour Tortillas
Shrimp, Calamari, Mussels & Fresh Tilapia slowly simmered in our Veracruz Tomato Sauce with Green Beans and Pickled Jalapenos served with Cilantro Rice Pilaf and Grilled Tortillas 18.95

GRILLED CARIBBEAN MAHI MAHI*

Gluten Free if ordered without Potato and Plantain Hash

Please choose another side from list below
Fresh Mahi Mahi served over our Grilled Sweet Potato, Roasted Fingerling & Plantain Hash topped with Cilantro Adobo Green Beans finished with a Smoked Chipotle Pepper Sauce 21.95

MOJO MARINATED ATLANTIC SALMON*

Gluten Free if ordered without Yucca Spaetzle

Please choose another side from list below
Fresh Salmon seared on our Plancha Grill with Sautéed Zucchini, Roasted Carrot Puree, and Crispy Yucca Spaetzle with our Olive Pasilla Sauce 19.95

JAMAICAN CURRIED SHRIMP

Sautéed Shrimp & Chorizo Sausage over Haitian Red Beans & Brown Rice with Diced Bell Peppers, Onions & Sweet Plantains slowly simmered in our Coconut Curry Sauce topped with Fresh Herbs 17.95

PLANCHA SEARED SEA SCALLOPS*

Seared Scallops with Roasted Fingerling Potatoes, Snap Peas and Preserved Lemons with our Cauliflower Huancaína Sauce 21.95

CORIANDER RUBBED SEARED TUNA*

Sushi Grade Tuna seared rare on our Plancha Grill served over Quinoa with Sweet Corn, Boiled Yucca and Fresh Spinach drizzled with Tomato Marmalade and topped with Fresh Herbs 22.95

STEAKS & CHOPS

Add Our Ensalada Mixta, Cezar or Spinach & Bacon Salad 3.95

GRILLED SKIRT STEAK CHURRASCO*

Marinated Skirt Steak served over Pinto Beans and Cuban Sofrito Rice topped with our Fresh Housemade Chimichurri 17.95

GRILLED ADOBO CRUSTED STRIP STEAK*

Gluten Free if ordered without Potato and Plantain Hash

Please choose another side from list below
Handcut 14 oz Strip served over Grilled Sweet Potato, Roasted Fingerling & Plantain Hash topped with Pickled Red Onion & Carrot Slaw and our Balsamic & Red Wine Glaze 26.95

"OCHO HORA" BRAISED SHORT RIB

Gluten Free if ordered without Crispy Fried Onions
Boneless Short Rib Braised for 8 Hours in a Caribbean Jus served atop Smoky Corn Grits and Sautéed Garlic Spinach garnished with Crispy Onions 18.95

SOFT TACOS

Add Our Ensalada Mixta, Cezar or Spinach & Bacon Salad 3.95

Soft Tacos are served on our special Corn/Flour Tortillas with Frijoles. Gluten Free if ordered with 100% Corn Tortillas.

PALADAR'S BLACKENED FISH TACOS*

Blackened Tilapia drizzled with Cilantro Adobo Sauce topped with a Pickled Red Onion & Pineapple Slaw and Shredded Cabbage 13.95

SLOW ROASTED PORK SOFT TACOS

Braised and Pulled Pork drizzled with Cilantro Adobo Sauce topped with Shredded Cabbage and Tomatillo Pico de Gallo 12.95

RIO STYLE CHICKEN SOFT TACOS

Gluten Free if ordered without Crushed Peanuts & Crispy Plantains
Grilled Chicken, Caramelized Onions, and Poblano Peppers simmered in Coconut Milk with Shredded Cabbage, Cilantro Adobo Sauce, Crushed Peanuts and Crispy Plantains 12.95

GRILLED SWEET POTATO SOFT TACOS

Seared Sweet Potatoes and Hearts of Palm with Pinto Beans, Shredded Cabbage, Green Onions, Tomatillo Salsa and Roasted Garlic-Pasilla Aioli with a side of Haitian Brown Rice & Beans 11.95

CHORIZO, POTATO & GOAT CHEESE SOFT TACOS

Chorizo Sausage & Fingerling Potatoes with Creamy Goat Cheese, Shredded Cabbage and Cilantro drizzled with Smoky Aioli 12.95

CUBAN BRAISED BEEF SOFT TACOS

Slow Cooked Shredded Skirt Steak with Aji Pepper Sauce, Queso Blanco Cheese, Shredded Cabbage, Pickled Jalapeños and Cilantro 14.95

SIDES

Great to Share for the Table

Make an Entree, Choose Three 10.95

Coconut-Mango Rice 4.95

Haitian Brown Rice & Red Beans 4.25

Quinoa with Sweet Corn & Yucca 5.95

Adobo Bacon Black Beans 3.95

Sautéed Zucchini Or Green Beans 4.95

Cuban Sofrito Rice 3.95

Frijoles {Bacon Black Beans & Rice} 4.25

Smoky Corn Grits 4.95

Sautéed Spinach w/ Golden Raisins & Candied Pumpkin Seeds 4.95

Pinto Beans 3.95

Like heat? We've got your fix.

Ask for a bottle of our Caribbean Lime Hot Sauce.

It's our pleasure to accommodate dietary restrictions and allergies.

20% gratuity will be added to parties of 6 or more

This dish has some kick. Talk it over with your server to be sure you'll enjoy it.

Vegetarian. Please know that our fryers are used for vegetarian and non-vegetarian items.

This dish is either vegan or can be modified to be vegan. Please ask your server for details.

★ CEVICHE ★

Ceviche is uncooked fresh fish or shellfish tossed in a citrus or tomato based marinade

Gluten Free if ordered without chips.

TOMATO-LIME SHRIMP CEVICHE*

Steamed Shrimp Served chilled and tossed in our Tomato-Lime Marinade with Pickled Garlic and Fresh Pico De Gallo served with Crispy Yucca Chips 9.95

TUNA AND MELON CEVICHE*

Sushi Grade Tuna diced and marinated in our Sweet Chili Vinaigrette tossed with Honeydew & Watermelon, Basil and Hearts Of Palm served with Housemade Malanga Chips 10.95

MANGO-JALAPEÑO SALMON CEVICHE*

Fresh Atlantic Salmon diced and tossed in our Jalapeno-Orange Mojo with Crunchy Jicama, diced Mango and Red & Green Onions served with our Plantain Chips 9.95

TRY ALL THREE WITH THE CEVICHE TRIO FOR 12.95