

El Mar

Cold Appetizers

🌿 TUNA CARPACCIO

Ponzu sauce, orange, grapefruit, arugula,
olive oil & San Felipe salt

VIETNAMESE ROLL

Rice paper, chicken marinated in ponzu sauce,
jicama & peanut dressing

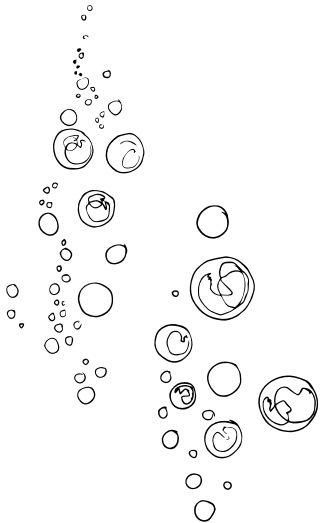
Hot Appetizers

TEMPURA SHELL

Tuna tartare in ponzu, tempura, crispy tortilla,
coleslaw with chipotle dressing

CRAB CAKE

Stone Crab in tempura, roasted heart of palm,
confit pork belly, feta cheese, smoked oil,
pickled ginger dressing



Salads

CORAL SALAD

Arugula, cherry tomatoes, shrimp, scallions,
carrots, lemon vinaigrette

PORTOBELLO SALAD

Garlic confit, confit cherry tomatoes, mixed lettuce,
breaded clam, olive oil, San Felipe salt and pepper

Pasta

FETTUCINE WITH SHRIMP

Grilled shrimp in cheese sauce with chopped parsley

Soups

CLAM CHOWDER

Wine, brunoise potatoes, bacon, scallions,
parsley & cherry tomatoes

SHRIMP SOUP

Small shrimp, epazote,
cherry tomatoes & scallions

Main Courses

CRISPY SHRIMP

Coconut shrimp, pineapple sauce with carrots, scallions and sprouts

GRILLED SALMON

Pepper sauce, served with potatoes, asparagus & radish

CHAR-GRILLED OCTOPUS

In Talla sauce with aioli, arugula, smoked salt, parsley & scallions

TUNA MIGNON

Mashed potatoes, vegetables, asparagus with ponzu sauce

LOBSTER

Boiled, grilled, or sautéed

Sauce: Garlic, Thermidor, Butter

Served with mashed potatoes or vegetables


Desserts

MANCHEGO CHEESE AND BLUEBERRY TART

DECONSTRUCTED CARROT CAKE

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition

 Gluten free dishes

 Healthy dishes which help in maintaining balanced diet

 Whole Food Plant-Based option

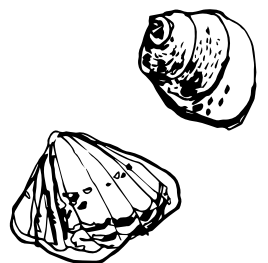
WHOLE FOOD PLANT-BASED MENU

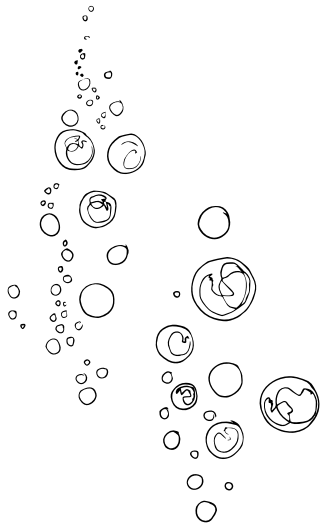
Starters

- 🍏🌿 **SAFFRON ARANCINI**
Tomato jelly, pickled squash
- 🍏🌿 **HARISSA CAULIFLOWER**
Tahini, fried capers, and dill
- 🍏🌿 **ARTICHOKE TEXTURES**
Basil, coconut cream, steamed spinach

Soup

- 🍏🌿 **CASHEW CREAM SOUP**
Roasted grapes, crispy onion





Main Courses



EGGPLANT

Tomato Chutney, Pistachio, and Thyme Lavosh



GRILL BAO

Lentil mix, sweet and sour slaw, curly potato

Dessert

CHOCO PEANUT

Cocoa sponge, peanut butter cream
and 70% chocolate ganache



Healthy dishes which help in maintaining balanced diet



Whole Food Plant-Based option



Beloved
Playa Mujeres, Mexico