

# El Mar

## STARTERS

🍏🌿 Guacamole and mexican sauce with chips “tortilla”

🍏🌿 **GAZPACHO**  
Served with the traditional garnish

**“VUELVE A LA VIDA”**  
Seafood combination, cocktail sauce and horseradish

**QUESADILLA**  
Filled with cheese accompanied with “chipotle” dressing

## AGUACHILES

**OCTOPUS “AGUACHILE”**  
With cucumber juice, coriander, “serrano” chili and tomato

**SHRIMP CEVICHE**  
Marinated with “pico de gallo” sauce

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

## **SALADS**

### **CAPRESE SALAD**

With tomato, mozzarella cheese and pesto

### **CUCUMBER, PINEAPPLE AND COCONUT SALAD**

A fresh combination with lime vinaigrette

## **PIZZAS Y CALZONE**

### **BBQ PIZZA**

With tomato sauce, cheese, chicken breast dices, red onion and bell peppers

### **MARGHERITA PIZZA**

With tomato sauce and mozzarella cheese

### **PEPPERONI PIZZA**

With tomato, mozzarella cheese and pepperoni

Filled with tomato and mozzarella cheese /  
Smoked salmon, mozzarella cheese with “chipotle” chili /  
Vegetarian with cassé sauce and mixed vegetables

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🍏 These are healthy dishes which help in maintaining balanced diet

🌿 These are gluten free dishes

🥛 This dish contains dairy and/or milk

🌱 Whole Food Plant-Based option

## **SANDWICHES**

### **BEEF HAMBURGER**

With lettuce, tomato, sour gherkin and Swiss cheese

### **CHICKEN HAMBURGER**

With lettuce, tomato, sour gherkin and Swiss cheese

## **FROM THE GRILL**

### **1/2 GRILLED CHICKEN**

Served with salad and provenzal dressing

### **CARIBBEAN BEEF RIBS**

Served with pineapple and grilled vegetables

### **FISH OF THE DAY**

Served with eggplant and tomato

### **GRILLED TUNA FISH FILET**

Served with vegetables and sesame oil

### **PORK FILET "AL ADOBO"**

Served with mash potatoes and pickled vegetables

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# DESSERTS

🥥 Coconut custard with passion fruit syrup

🥥 Banana, rum and raisin clafoutis

🥥 Oreo cheese cake, Chantilly

🍏 🌿 🌱 Fruit Salad  
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🥥 Bitter chocolate cream with Chantilly, coffee crumble and Kahlua

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# Whole Food Plant-Based Menu

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## STARTERS

- 🍏🌱 **“QUESADILLA”**
  - 🌱 Stuffed with vegan cheese served with “chipotle” sauce

## AGUACHILES

- 🌱 With cucumber juice, coriander, “serrano” chili and tomato

## CEVICHE

- 🍏🌱🌿 Marinated cucumber with lemon juice, red onion, coriander and green tomato

## PIZZAS

- 🌱 **BBQ TOFU PIZZA**  
With tomato sauce, vegan mozzarella cheese, BBQ, red onion and peppers
- 🌱 **MARGHERITA PIZZA**  
With tomato sauce and vegan mozzarella cheese

## MAIN COURSE

- 🍏 **HAMBURGER WITH GRILL VEGETABLES “EL MAR” STYLE**  
With lettuce, tomato, pickles, Swiss cheese and grilled onion
  
- 🍏 **POBLANO CHILI BURRITO**  
Served with rice, corn and “poblano” chili sauce
  
- 🌱 **CACTUS “NOPALES PASTOR STYLE”**  
Served with pineapple and cheese
  
- 🌿 **MUSHROOMS WITH GARLIC**  
Served with flour “tortilla”
  
- 🍏 **SOURSWEET VEGETABLES**  
Served with fettuccini and sesame oil

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