



## Gluten-Free Lunch Menu

### Craft-Your-Own Guacamole

START WITH OUR TRADITIONAL GUACAMOLE  
SINGLE: \$7 | GUACAMOLE TRIO: \$18

Fresh avocados smashed with tomatillos, onions, cilantro and lime juice. Served with our housemade blend of plantain, malanga and corn chips. ①

Add fresh ingredients:

#### Classic \$5.50

Pico de Gallo | Pickled Jalapeños  
Spicy Peppers | Chipotle Honey | Corn  
Pickled Red Onion | Roasted Garlic  
Candied Pumpkin Seeds | Mango  
Golden Raisins | Black Beans  
Roasted Red Peppers | Crispy Capers (①)

#### Premium \$1

Queso Fresco | Goat Cheese  
Bacon | Shrimp

### House-Made Salsas

Served with our housemade chip blend ①  
Choose 1: \$4.5 / Choose any 3: \$10

Tomatillo Salsa Verde | Pico de Gallo  
Caribbean Mango | Fire-Roasted Tomato

## • Starters •

- ① **MOJO PORK TOSTONES** Crispy plantains, corn salsa, aji verde. **11**
- ① **BRAZILIAN CHEESY BREAD** Gluten-free with yucca flour, Chihuahua cheese. **6.5**
- ① **WILD COBIA & AVOCADO CEVICHE\*** Tomatoes, onion, tomatillos, peanut-plantain crumble, citrus marinade. **11** GLUTEN-FREE WITHOUT CHIPS & PEANUT-PLANTAIN CRUMBLE
- ① **QUESO FUNDIDO** ♣ Chorizo sausage, Chihuahua cheese, garlic, jalapeños, tortilla chips. **11** GLUTEN-FREE WITHOUT CHIPS

## • Sides, 5 •

- ① **SWEET PLANTAINS** Lime crema.
- ① **YUCCA FRIES** Aji aioli.
- ① **SOFRITO VEGETABLE KALE** Garlic, balsamic reduction.
- ① **SWEET POTATO PLANTAIN HASH** Aji verde.
- ① **CHILE SPICED CAULIFLOWER** ♣ Lime crema.
- ① **ADOBO BLACK BEANS** Pico de gallo, lime crema.
- ① **PINTO BEANS** Pickled jalapeños, queso fresco.
- ① **COCONUT MANGO RICE**

## • Beverages •

- ♣ **HOUSE AGUA FRESCA** Charred Pineapple, Watermelon-Basil, or Pomegranate-Ginger **4**
- HOUSE LEMONADE** Traditional, Charred Pineapple, Watermelon-Basil, or Pomegranate-Ginger. **4**
- NON-ALCOHOLIC MOJITO** Charred Pineapple, Watermelon-Basil, or Pomegranate-Ginger. **4**

## • 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 ①) that are prepared in a fryer that is also used for food containing gluten. This includes our Housemade Chip Blend and Sweet Plantains. We suggest avoiding these and any other dishes marked as such 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.

## • \$10 Paladar Tacos •

*Two tacos per order; served with cabbage and choice of side below. All tacos can be gluten-free if ordered with 100% soft corn tortillas or bibb lettuce cups.*

- ① **RIO-STYLE CHICKEN** Caramelized onions, poblano peppers, peanuts, cilantro aioli.
- ① **BLACKENED FISH** Wild cobia, pickled onion & pineapple slaw, cilantro aioli.
- BRAISED BEEF** Queso fresco, jalapeños, cilantro, aji pepper aioli.
- ROASTED PORK AL PASTOR** Pickled onion & pineapple slaw, jalapeños, balsamic aioli.
- SLOW-BRAISED DUCK** Pickled onion & pineapple slaw, aji verde.
- ① **GRILLED ZUCCHINI** Adobo black beans, corn salsa, garlic cilantro pesto.

#### CHOICE OF SIDE OPTIONS:

Chipotle Black Bean Soup | Gazpacho Soup\* | ① Adobo Fries | Pinto Beans | Black Beans  
Garlic Kale | Coconut Mango Rice | Ensalada Mixta Side Salad | César Side Salad\*  
(GAZPACHO SOUP AND CÉZAR SALAD ARE GLUTEN FREE IF ORDERED WITHOUT CUBAN CROUTONS)

## • Energizing Grain Bowls •

*Replace ancient grains with spinach to make these bowls gluten-free.*

- ① **ROASTED SWEET POTATO & AVOCADO** Ancient grain blend, kale, radish, avocado, smoked tomatoes, queso fresco, citrus slaw, cilantro tahini sauce. **12**
- PASILLA GRILLED CHICKEN** Antibiotic- and hormone-free chicken, ancient grain blend, kale, radish, jicama, avocado, pico de gallo, corn & black bean salsa, cilantro tahini, citrus slaw. **14**

## • Fresh Greens •

**ADD CHICKEN 4.5   ADD SHRIMP 6.5   ADD SIRLOIN\* 7.5   ADD SALMON\* 7.5**

- ① **CHIPOTLE BLACK BEAN SOUP** ♣ Lime crema, scallions, cilantro. **6**
- ① **GAZPACHO** Chilled and blended tomatoes, cucumber, cilantro, Cuban croutons. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) **6**
- ① **SPINACH HEARTS OF PALM** Mango, avocado, tomatoes, black beans, sweet tropical vinaigrette. **8.5**
- ① **CÉZAR SALAD** Hearts of romaine, queso fresco, crispy capers, tomatoes, croutons, sugar cane César dressing. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) **7**
- CHICKEN CÉZAR ENTRÉE..... **13**
- SALMON CÉZAR ENTRÉE..... **16**
- SIRLOIN CÉZAR ENTRÉE..... **16**
- ① **CARIBBEAN MANGO CHICKEN** Mixed greens, bacon, avocado, mango, black beans, roasted red peppers, mango jerk vinaigrette. **13.5**
- ① **KALE & ROASTED SWEET POTATO** Tomatoes, spiced almonds, radish, goat cheese, garlic thyme vinaigrette. **12**

**SOUP & SALAD COMBO**  
Choice of Ensalada Mixta, César\* or Spinach Hearts of Palm salad and choice of Black Bean or Gazpacho\* soup. **10**  
(CÉZAR SALAD AND GAZPACHO SOUP ARE GLUTEN FREE IF ORDERED WITHOUT CUBAN CROUTONS)

- ① **ENSALADA MIXTA** Mixed greens, candied pumpkin seeds, cucumbers, tomatoes, pickled red onions, queso fresco, sherry vinaigrette. **6.5**

## • Lunch Entrées •

- ♣ **FEIJOADA STEW** ♣ Pork, chorizo sausage, black beans, sofrito vegetables, kale, sofrito rice, grilled Cuban bread. **14.5** GLUTEN-FREE IF ORDERED WITHOUT BREAD
- ① **SLOW-SMOKED PULLED CHICKEN** Salvadorian rice, plantains, aji pepper aioli. **13.5**
- ① **BRAISED BEEF ROPA VIEJA** Plantains, pickled onion slaw, frijoles, aji pepper aioli. **19**
- ① **RUM GLAZED CUBAN PORK** Black beans, coconut mango rice, pico de gallo. **14**

*We serve our values. Paladar is dedicated to finding the highest quality ingredients with a focus on responsible sourcing. We serve only wild-caught fish and seafood and support farms that practice humane animal treatment and avoid using antibiotics and added hormones whenever possible. Our partners in quality sourcing:*

  
Bristol Bay, AK

  
**HALPERNS'**

  
Leidy's Farms, PA  
Southeastern Family Farms, AL

  
Joe Jurgielewicz & Son, PA

  
Superior Farms, CO

  
Wayne Farms, NC

  
Bayou la Batre, AL

  
MidAtlantic Family Farms, VA

\*This item may contain raw or undercooked ingredients. Consuming raw or undercooked meat or seafood may increase your risk of foodborne illness. Please notify your server of any food allergies.  
① Highly sensitive? Let us know when ordering this dish. ♣ Crowd Favorites ♣ Spicy ① Vegetarian (Vegan? Ask your server for recommendations.)





**Gluten-Free Dinner Menu**

**Craft-Your-Own Guacamole**

START WITH OUR TRADITIONAL GUACAMOLE  
SINGLE: \$7 | GUACAMOLE TRIO: \$18

Fresh avocados smashed with tomatillos, onions, cilantro and lime juice. Served with our housemade blend of plantain, malanga and corn chips. ①

Add fresh ingredients:

**Classic \$5.0**

Pico de Gallo | Pickled Jalapeños  
Spicy Peppers | Chipotle Honey  
Pickled Red Onion | Roasted Garlic  
Candied Pumpkin Seeds | Mango  
Golden Raisins | Black Beans | Corn  
Roasted Red Peppers | Crispy Capers (①)

**Premium \$1**

Queso Fresco | Goat Cheese  
Bacon | Shrimp

**House-Made Salsas**

Served with our housemade chip blend ①  
Choose 1: \$4.5 / Choose any 3: \$10

Tomatillo Salsa Verde | Pico de Gallo  
Caribbean Mango | Fire-Roasted Tomato

**• Starters •**

- ① **MOJO PORK TOSTONES** Crispy plantains, corn salsa, aji verde. **11**
- ① **BRAZILIAN CHEESY BREAD** Gluten-free with yucca flour, Chihuahua cheese. **6.5**
- ① **WILD COBIA & AVOCADO CEVICHE\*** Tomatoes, onion, tomatillos, peanut-plantain crumble, citrus marinade. **11** GLUTEN-FREE WITHOUT CHIPS & PEANUT-PLANTAIN CRUMBLE
- ① **QUESO FUNDIDO** Chorizo sausage, Chihuahua cheese, garlic, jalapeños, tortilla chips. **11** GLUTEN-FREE WITHOUT CHIPS
- ① **BRAISED BEEF ROPA VIEJA** Plantains, pickled onion slaw, aji pepper aioli. **12**

**• Sides, 5 •**

- ① **SWEET PLANTAINS** Lime crema.
- ① **YUCCA FRIES** Aji aioli.
- ① **SOFRITO VEGETABLE KALE** Garlic, balsamic reduction.
- ① **SWEET POTATO PLANTAIN HASH** Aji verde.
- ① **CHILE SPICED CAULIFLOWER** Lime crema.
- ① **ADOBO BLACK BEANS** Pico de gallo, lime crema.
- ① **PINTO BEANS** Pickled jalapeños, queso fresco.
- ① **COCONUT MANGO RICE**

**• Beverages •**

- ① **HOUSE AGUA FRESCA** Charred Pineapple, Watermelon-Basil, or Pomegranate-Ginger **4**
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**• Latin Comfort Food •**

ADD A CUP OF SOUP OR AN ENSALADA MIXTA OR CÉZAR SIDE SALAD, 4.5

- ① **FEIJOADA STEW** Pork, chorizo sausage, black beans, sofrito vegetables, kale, sofrito rice, grilled Cuban bread. **19** GLUTEN-FREE IF ORDERED WITHOUT BREAD
- ① **COCONUT CURRY VEGETABLE STEW** Sweet potatoes, zucchini, bell peppers, onions, brown rice, pinto beans. **15.5**  
WITH CHICKEN 20 WITH SHRIMP 22
- ① **SLOW-SMOKED PULLED CHICKEN** Salvadorian rice, plantains, aji pepper aioli. **17**
- ① **BRAISED BEEF ROPA VIEJA** Plantains, pickled onion slaw, frijoles, aji pepper aioli. **21.5**
- ① **RUM-GLAZED CUBAN PORK** Black beans, coconut mango rice, pico de gallo. **18**

**• Grill & Seafood •**

ADD A CUP OF SOUP OR AN ENSALADA MIXTA OR CÉZAR SIDE SALAD, 4.5

- ① **MOJO-MARINATED SOCKEYE SALMON\*** Yucca spaetzle, zucchini, roasted carrot puree, olive pasilla sauce. **22.5**  
GLUTEN-FREE IF ORDERED WITHOUT YUCCA SPAETZLE
- ① **21-DAY DRY AGED SKIRT STEAK CHURRASCO\*** Sofrito rice, pinto beans, chimichurri. **26**
- ① **CHIPOTLE HONEY BERKSHIRE PORK CHOP\*** 12-ounce center cut bone-in pork chop, roasted corn grits, Salvadorian slaw, herbs. **25**
- ① **ADOBO-CRUSTED SIRLOIN STEAK\*** Sweet potato plantain hash, crispy onions, aji verde. **23**  
GLUTEN-FREE IF ORDERED WITHOUT CRISPY ONIONS
- ① **JAMAICAN JERK HALF CHICKEN** Plantains, garlic kale, Caribbean mango salsa. **19**
- ① **PLANCHA SEARED SCALLOPS\*** Roasted fingerling potatoes & cauliflower, preserved lemon, cauliflower Huancaína sauce. **24**
- WILD COBIA 'VERACRUZ'** Shrimp, cilantro rice, Veracruz sauce. **19**
- ① **ARGENTINIAN MIXED GRILL\*** Skirt steak, mojo-marinated grilled chicken, chorizo sausage, grilled vegetables, chimichurri, rice pilaf, grilled tortillas. **28**  
GLUTEN-FREE IF ORDERED WITHOUT GRILLED TORTILLAS
- BANANA LEAF ROASTED COD** Wild-caught cod, shrimp, ancient grains, adobo black beans, queso fresco, corn salsa, radish, pickled red onions, cilantro. **21**  
GLUTEN-FREE IF ORDERED WITHOUT ANCIENT GRAINS

**• Paladar Tacos •**

SERVED 3 PER ORDER WITH CABBAGE & FRIJOLES; ADD CUP OF SOUP, ENSALADA MIXTA OR CÉZAR SIDE SALAD, 4.5  
ALL TACOS CAN BE GLUTEN-FREE IF ORDERED WITH 100% SOFT CORN TORTILLAS OR BIBB LETTUCE CUPS.

- ① **RIO-STYLE CHICKEN** Caramelized onions, poblano peppers, peanuts, cilantro aioli. **14.5**
- ① **BLACKENED FISH** Wild cobia, pickled onion & pineapple slaw, cilantro aioli. **16.5**
- BRAISED BEEF** Queso fresco, jalapeños, cilantro, aji pepper aioli. **16.5**
- ROASTED PORK AL PASTOR** Pickled onion & pineapple slaw, jalapeños, balsamic aioli. **14.5**
- SLOW-BRAISED DUCK** Pickled onion & pineapple slaw, aji verde. **16**
- ① **GRILLED ZUCCHINI** Adobo black beans, corn salsa, garlic cilantro pesto. **13.5**

**• Fresh Greens •**

ADD CHICKEN 4.5 ADD SHRIMP 6.5 ADD SIRLOIN\* 7.5 ADD SALMON\* 7.5

- ① **CHIPOTLE BLACK BEAN SOUP** Lime crema, scallions, cilantro. **6**
- ① **GAZPACHO** Chilled and blended tomatoes, cucumber, cilantro, Cuban croutons. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) **6**
- ① **CÉZAR SALAD** Hearts of romaine, queso fresco, crispy capers, tomatoes, croutons, sugar cane Cézár dressing. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) **7**  
FULL ENTRÉE SIZE:  
CHICKEN CÉZAR..... **13**  
SALMON CÉZAR..... **16**  
SIRLOIN CÉZAR..... **16**
- ① **ENSALADA MIXTA** Mixed greens, candied pumpkin seeds, cucumbers, tomatoes, pickled red onions, queso fresco, sherry vinaigrette. **6.5**
- ① **SPINACH HEARTS OF PALM** Mango, avocado, tomatoes, black beans, sweet tropical vinaigrette. **8.5**
- ① **CARIBBEAN MANGO CHICKEN** Mixed greens, bacon, avocado, mango, black beans, roasted red peppers, mango jerk vinaigrette. **13.5**
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