



Gluten-Free Lunch Menu

Craft-Your-Own Guacamole

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

Made to order and served with our housemade blend of plantain, malanga and tortilla chips. ①

Add fresh vegetables, \$2.5

Classic Add-Ins: \$.50

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

Premium Add-Ins: \$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

Caribbean Mango | Fire-Roasted Tomato
Pico de Gallo

• Starters •

① **MOJO PORK TOSTONES** Crispy plantains, pickled red onion, aji verde. **11**

① **BRAZILIAN CHEESY BREAD** Served with a side of chipotle honey. **7**

① **WILD CORVINA & 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 **SPICED BRUSSELS SPROUTS** Carrot purée, garlic, lemon confit, spiced almonds.

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** Blackberry-Thyme or Pomegranate-Ginger **4**

HOUSE LEMONADE Pomegranate-Ginger, Blackberry-Thyme, Charred Pineapple, or Traditional. **4**

NON-ALCOHOLIC MOJITO Charred Pineapple, Blackberry-Thyme, 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-caught fish, pickled onion & pineapple slaw, cilantro aioli.

BRAISED BEEF Queso fresco, jalapeños, cilantro, aji pepper aioli.

PORK PERNIL Adobo rub, pickled jalapeños, pickled red onions, hot sauce.

SLOW-BRAISED DUCK Pickled onion & pineapple slaw, aji verde.

① **SWEET POTATO & HEARTS OF PALM** Tomatillo salsa, pinto beans, scallions, garlic pasilla aioli.

CHOICE OF SIDE OPTIONS:

Chipotle Black Bean Soup | Chicken Tortilla Soup* | ① Adobo Fries | Pinto Beans | Black Beans

Garlic Kale | Coconut Mango Rice | Ensalada Mixta Side Salad | César Side Salad*

(*CHICKEN TORTILLA SOUP IS GLUTEN-FREE WITHOUT CRUSHED TORTILLAS; CÉZAR SALAD IS GLUTEN FREE WITHOUT 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, Brussels sprouts, queso fresco, citrus slaw, cilantro tahini sauce. **13**

PASILLA GRILLED CHICKEN Antibiotic- and hormone-free chicken, ancient grain blend, kale, radish, avocado, pico de gallo, black beans, cilantro tahini, citrus slaw. **14**

• Fresh Greens •

ADD CHICKEN 4.5 ADD SHRIMP 6.5 ADD STEAK* 7.5 ADD SALMON* 7.5

① **CHIPOTLE BLACK BEAN SOUP** Lime crema, scallions, cilantro. **6**

CHICKEN TORTILLA SOUP Hominy, scallions, pasilla peppers, lime crema, crushed tortillas. **6.5**
(GLUTEN FREE IF ORDERED WITHOUT CRUSHED TORTILLAS)

SOUP & SALAD COMBO

Choice of Black Bean Soup, Chicken Tortilla Soup*, Ensalada Mixta or César* salad. **10**
(CHICKEN TORTILLA SOUP IS GLUTEN-FREE WITHOUT TORTILLAS; CÉZAR SALAD IS GLUTEN-FREE WITHOUT CROUTONS)

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, 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**

STEAK CÉZAR ENTRÉE..... **16**

① **CARIBBEAN MANGO CHICKEN** Mixed greens, bacon, avocado, mango, black beans, roasted red peppers, mango jerk vinaigrette. **13.5**

WILD SOCKEYE SALMON & SPINACH SALAD* Roasted beets, ancient grains, roasted Brussels sprouts, goat cheese, candied pumpkin seeds, pickled red onions, garlic thyme vinaigrette. **16**
(GLUTEN FREE IF ORDERED WITHOUT ANCIENT GRAINS)

① **KALE & ROASTED SWEET POTATO** Spinach, tomatoes, spiced almonds, radish, goat cheese, garlic thyme vinaigrette. **12**

• Lunch Entrées •

① **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



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. ② Crowd Favorites ③ Spicy ④ 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

Made to order and served with our housemade blend of plantain, malanga and tortilla chips. ①

Add fresh vegetables, \$2.5

Classic Add-Ins: \$.50

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

Premium Add-Ins: \$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

Caribbean Mango | Fire-Roasted Tomato
Pico de Gallo

Starters

- ① **MOJO PORK TOSTONES** Crispy plantains, pickled red onion, aji verde. 11
- ① **BRAZILIAN CHEESY BREAD** Served with a side of chipotle honey. 7
- ① **WILD CORVINA & 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 **SPICED BRUSSELS SPROUTS** Carrot purée, garlic, lemon confit, spiced almonds.
- 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** Blackberry-Thyme or Pomegranate-Ginger 4
- HOUSE LEMONADE** Pomegranate-Ginger, Blackberry-Thyme, Charred Pineapple, or Traditional. 4
- NON-ALCOHOLIC MOJITO** Charred Pineapple, Blackberry-Thyme, 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 BREA
- ① **SLOW-SMOKED PULLED CHICKEN** Salvadorian rice, plantains, aji pepper aioli. 19
- 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. 19
- ① **ROASTED SWEET POTATO & AVOCADO GRAIN BOWL** Ancient grain blend, kale, radish, Brussels sprouts, queso fresco, citrus slaw, cilantro tahini sauce. 15 GLUTEN-FREE IF ORDERED WITHOUT ANCIENT GRAINS

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 **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
- ATLANTIC COD 'VERACRUZ'** Wild-caught shrimp, cilantro rice, Veracruz sauce. 19
- ① **ARGENTINIAN MIXED GRILL*** Sirloin steak, mojo-marinated grilled chicken, chorizo sausage, grilled vegetables, chimichurri, rice pilaf, grilled tortillas. 28
GLUTEN-FREE IF ORDERED WITHOUT GRILLED TORTILLAS

Paladar Tacos

SERVED 3 PER ORDER WITH CABBAGE & FRIJOLETS; 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** Pickled onion & pineapple slaw, cilantro aioli. 16.5
- BRAISED BEEF** Queso fresco, jalapeños, cilantro, aji pepper aioli. 16.5
- PORK PERNIL** Adobo rub, pickled jalapeños, pickled red onions, hot sauce. 14.5
- SLOW-BRAISED DUCK** Pickled onion & pineapple slaw, aji verde. 16
- ① **SWEET POTATO & HEARTS OF PALM** Tomatillo salsa, pinto beans, scallions, garlic pasilla aioli. 13.5

Fresh Greens

ADD CHICKEN 4.5 ADD SHRIMP 6.5 ADD STEAK* 7.5 ADD SALMON* 7.5

- ① **CHIPOTLE BLACK BEAN SOUP** Lime crema, scallions, cilantro. 6
- CHICKEN TORTILLA SOUP** Hominy, scallions, pasilla peppers, lime crema, crushed tortillas. 6.5 (GLUTEN FREE IF ORDERED WITHOUT CRUSHED TORTILLAS)
- ① **CÉZAR SALAD** Hearts of romaine, queso fresco, crispy capers, tomatoes, croutons, sugar cane Cézar dressing. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) 7
CHICKEN CÉZAR ENTRÉE..... 13
SALMON CÉZAR ENTRÉE..... 16
STEAK CÉZAR ENTRÉE..... 16
- ① **SPINACH HEARTS OF PALM** Mango, avocado, tomatoes, black beans, tropical vinaigrette. 8.5
- ① **ENSALADA MIXTA** Mixed greens, candied pumpkin seeds, cucumbers, tomatoes, pickled red onions, queso fresco, sherry vinaigrette. 6.5
- ① **CARIBBEAN MANGO CHICKEN** Mixed greens, bacon, avocado, mango, black beans, roasted red peppers, mango jerk vinaigrette. 13.5
- WILD SOCKEYE SALMON & SPINACH SALAD*** Roasted beets, ancient grains, roasted Brussels sprouts, goat cheese, candied pumpkin seeds, pickled red onions, garlic thyme vinaigrette. 16 (GLUTEN FREE IF ORDERED WITHOUT ANCIENT GRAINS)
- ① **KALE & ROASTED SWEET POTATO** Spinach, tomatoes, spiced almonds, radish, goat cheese, garlic thyme vinaigrette. 12

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