



Gluten-Free Lunch Menu

Craft-Your-Own Guacamole

START WITH OUR TRADITIONAL GUACAMOLE
SINGLE: \$7.5 | GUACAMOLE TRIO: \$20

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

Add fresh vegetables, \$2.5

Classic Add-Ins: \$5.0

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

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
Grilled Pineapple | Pico de Gallo

• Starters •

① **MOJO PORK TOSTONES** Pickled red onions, aji verde, crispy plantains. **11**

① **SMOKED CHICKEN TOSTONES** Aji pepper aioli, pico de gallo, crispy plantains. **11**

① **PASTOR JACKFRUIT TOSTONES** Pineapple salsa, sweet chile sauce, crispy plantains. **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 CON RAJAS** Pico de gallo, tortilla chips. **9** **ADD CHORIZO, +2** GLUTEN-FREE WITHOUT TORTILLA CHIPS

SMOKED JERK CHICKEN WINGS Salvadorian slaw, plantains, mango jerk sauce. **11**

① **HOMINY HUMMUS** Fresh vegetables, grilled flour tortilla, chimichurri, pico de gallo, black sesame seeds. **8** GLUTEN-FREE WITHOUT GRILLED FLOUR TORTILLA

• 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 **ADOBO BLACK BEANS** Pico de gallo, lime crema.

① **PINTO BEANS** Pickled jalapeños, queso fresco.

① **COCONUT MANGO RICE**

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

① **BLACKENED FISH** Wild-caught fish, pickled onion & pineapple slaw, cilantro aioli.

① **PASTOR JACKFRUIT** Pineapple salsa, sweet chile sauce.

BRAISED BEEF Queso fresco, jalapeños, cilantro, aji pepper 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, smoked tomatoes, queso fresco, citrus slaw, cilantro tahini sauce. **13** GLUTEN-FREE IF SPINACH IS SUBSTITUTED FOR ANCIENT GRAINS

PASILLA GRILLED CHICKEN Antibiotic- and hormone-free chicken, ancient grain blend, kale, radish, avocado, pico de gallo, black beans, cilantro tahini, citrus slaw. **14** GLUTEN-FREE IF SPINACH IS SUBSTITUTED FOR ANCIENT GRAINS

• 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 **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 **CÉZAR SALAD** Hearts of romaine, queso fresco, crispy capers, tomatoes, croutons, sugar cane César dressing. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) **7**

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

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

CARIBBEAN GRILLED CHICKEN Pineapple salsa, cilantro rice, adobo black beans. **14**

① **RUM GLAZED CUBAN PORK** Black beans, coconut mango rice, pico de gallo. **14**

Paladar is dedicated to serving only wild-caught fish and seafood. We support farms that practice humane animal treatment and avoid using antibiotics and added hormones whenever possible. Our partners in quality sourcing:



Joe Jurgielewicz & Son, PA



Bristol Bay, AK
Coast of Iceland



Superior Farms, CO



Revier Cattle, MN
Harris Ranch, CA



Bayou la Batre, AL



Leidy's Farms, PA
Niman Ranch, CA



Wayne Farms, NC

*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: \$7.5 | GUACAMOLE TRIO: \$20

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
- Pickled Red Onion | Roasted Garlic
- Candied Pumpkin Seeds | Black Beans
- Roasted Red Peppers | Crispy Capers (①)
- Mango Salsa | Grilled Corn

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
- Grilled Pineapple | Pico de Gallo

• Starters •

- ① **MOJO PORK TOSTONES** Pickled red onions, aji verde, crispy plantains. 11
- ① **SMOKED CHICKEN TOSTONES** Aji pepper aioli, pico de gallo, crispy plantains. 11
- ① **PASTOR JACKFRUIT TOSTONES** Pineapple salsa, sweet chile sauce, crispy plantains. 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 CON RAJAS** Pico de gallo, tortilla chips. 9 ADD CHORIZO, +2 GLUTEN-FREE WITHOUT TORTILLA CHIPS
- SMOKED JERK CHICKEN WINGS** Salvadorian slaw, plantains, mango jerk sauce. 11
- ① **HOMINY HUMMUS** Fresh vegetables, grilled flour tortilla, chimichurri, pico de gallo, black sesame seeds. 8 GLUTEN-FREE WITHOUT GRILLED FLOUR TORTILLA

• 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 **ADOBO BLACK BEANS** Pico de gallo, lime crema.
- ① **PINTO BEANS** Pickled jalapeños, queso fresco.
- ① **COCONUT MANGO RICE**

• 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.

• 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 **SLOW-SMOKED PULLED CHICKEN** Salvadorian rice, plantains, aji pepper aioli. 18
- 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, smoked tomatoes, 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
- CARIBBEAN GRILLED CHICKEN** Pineapple salsa, cilantro rice, adobo black beans. 18
- ATLANTIC COD 'VERACRUZ'** Wild-caught shrimp, cilantro rice, Veracruz sauce. 19
- ① **ARGENTINIAN MIXED GRILL*** Beef tenderloin, mojo-marinated grilled chicken, chorizo sausage, grilled vegetables, chimichurri, rice pilaf, grilled tortillas. 29 GLUTEN-FREE IF ORDERED WITHOUT GRILLED TORTILLAS
- ① **21-DAY DRY AGED SKIRT STEAK CHURRASCO*** Sofrito rice, pinto beans, chimichurri. 26

• 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
- ① **PASTOR JACKFRUIT** Pineapple salsa, sweet chile sauce. 14.5

• 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 **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 **CÉZAR SALAD** Hearts of romaine, queso fresco, crispy capers, tomatoes, croutons, sugar cane Cézar dressing. (GLUTEN FREE IF ORDERED WITHOUT CROUTONS) 7
- ① **CARIBBEAN MANGO CHICKEN** Mixed greens, bacon, avocado, mango, black beans, roasted red peppers, mango jerk vinaigrette. 13.5
- ① **KALE & ROASTED SWEET POTATO** Spinach, tomatoes, spiced almonds, radish, goat cheese, garlic thyme vinaigrette. 12

Paladar is dedicated to serving only wild-caught fish and seafood. We support farms that practice humane animal treatment and avoid using antibiotics and added hormones whenever possible. Our partners in quality sourcing:


Bristol Bay, AK
Coast of Iceland


HALPERN'S


Leidy's Farms, PA
Niman Ranch, CA


Joe Jurgielewicz & Son, PA


Superior Farms, CO


Revier Cattle, MN
Harris Ranch, CA


Bayou la Batre, AL


Wayne Farms, NC

*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.)