

Gluten-Friendly Lunch Menu

Hi there & welcome to Paladar. 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-friendly 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-friendly items that have ingredients that are prepared in a fryer that is also used for food containing gluten. This includes our Housemade Chip Blend and Sweet Plantains.

Please let a member of our team know about your allergy so we can do all we can to accommodate you.

Craft-Your-Own Guacamole

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

Served with our housemade blend of plantain, malanga and tortilla chips. !

Add fresh vegetables \$2.5

Classic Add-Ins: \$.50

Pico de Gallo | Roasted Red Peppers | Black Beans
Pickled Jalapeños | Pickled Red Onion | Roasted Garlic
Candied Pumpkin Seeds | Crispy Capers | Mango

Premium Add-Ins: \$1

Queso Fresco | Goat Cheese | Bacon | Chipotle Honey
Grilled Pineapple Salsa | Mango

House-Made Salsas !

Served with our housemade blend of plantain, malanga and tortilla chips

Single: \$4.5 Trio: \$10

Grilled Pineapple Salsa | Roasted Tomato | Pico de Gallo

LUNCH COMBOS

Monday-Friday from 11:00am-4:00pm

• \$10 Paladar Tacos •

Two tacos per order; Gluten-Friendly if ordered with corn tortilla or bibb lettuce. Served with rice & beans.
Gluten-Friendly: Corn Tortilla | Low Carb: Bibb Lettuce

🍖 **PORK CARNITAS** Adobo rub, pickled jalapeños, pickled red onions, hot sauce.

🌶️ **RIO-STYLE CHICKEN** Caramelized onions, poblano peppers, peanut-plantain crumble, cilantro aioli.
GLUTEN-FREE IF ORDERED WITHOUT PEANUT-PLANTAIN CRUMBLE

🐟 **BLACKENED FISH** Pickled red onion & pineapple slaw, cilantro aioli.

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

🥦 **CRISPY BRUSSELS SPROUTS** Sweet potato, goat cheese, candied pumpkin seeds, pickled red onions, garlic pasilla aioli.

SERVED WITH YOUR CHOICE OF SIDE:

Chipotle Black Bean Soup | Adobo Fries | Black Beans | Coconut Mango Rice | Rice & Beans

• Starters •

🌶️ **BRAZILIAN CHEESY BREAD** Chipotle honey. 8

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

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

• Soups & Salads •

Add Chicken 4.5 Add Steak* 7.5

🌶️ **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

🌶️ **THE PALADAR CÉZAR** Romaine heart, queso fresco, tomatoes, crispy capers, croutons, sugar cane dressing. 7
GLUTEN FREE IF ORDERED WITHOUT CROUTONS

🌶️ **ENSALADA MIXTA** Mixed greens, candied pumpkin seeds, cucumber, tomatoes, pickled red onions, queso fresco, sherry vinaigrette. 6.5

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

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

ADOBO STEAK & BLUE CHEESE* Mixed greens, grape tomatoes, cucumbers, pickled onions, green beans, crispy onions, blue cheese vinaigrette. 17
GLUTEN-FREE IF ORDERED WITHOUT CRISPY ONIONS

• House Beverages •

🌶️ **HOUSE AGUA FRESCA** Pomegranate Ginger, Charred Pineapple, Blackberry Hibiscus. 4

HOUSE LEMONADE Traditional, Pomegranate Ginger, Charred Pineapple, Blackberry Hibiscus. 4

☪️ Medium-bodied coffee, roasted in Cleveland, OH
Black Iced Tea • Mango Iced Tea



*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.

🌶️ Crowd Favorites 🌶️ Spicy

🌶️ Vegetarian (Vegan? Ask your server for recommendations.) 🌶️ Highly sensitive? Let us know when ordering this dish.

• Energizing Grain Bowls •

Served chilled. Spinach available to substitute for ancient grains upon request.

🌶️ **SWEET POTATO & AVOCADO** Ancient grain blend, roasted brussels sprouts, kale, radish, queso fresco, citrus slaw, cilantro tahini sauce. 12
GLUTEN-FREE IF SPINACH IS SUBSTITUTED FOR ANCIENT GRAINS

Add Chicken 4.5 Add Steak* 7.5

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

• Lunch Entrées •

🌶️ **FEIJOADA STEW** 🌶️ Pork, chorizo sausage, adobo black beans, sofrito vegetables, kale, sofrito rice, grilled Cuban bread. 14.5
GLUTEN-FREE IF ORDERED WITHOUT CUBAN BREAD

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

RUM-GLAZED CUBAN PORK Adobo black beans, coconut mango rice, pico de gallo. 14

DON'T FORGET YOUR Extras

• Sides •

🌶️ **SWEET PLANTAINS** Lime crema. 6

🌶️ **YUCCA FRIES** Aji pepper aioli. 6

🌶️ **SWEET POTATO PLANTAIN HASH** Aji verde. 5

🌶️ **ADOBO BLACK BEANS** Pico de gallo, lime crema. 5

🌶️ **COCONUT MANGO RICE** 5

🌶️ **ADOBO FRIES** 5

🌶️ **CRISPY BRUSSELS SPROUTS** 5

DON'T FORGET Cocktail Jars



AVAILABLE FLAVORS:

Traditional Margarita
Pomegranate Ginger Margarita
Black Hibiscus Margarita
Charred Pineapple Margarita
Rum Punch
Red & White Sangria

32 oz. Mason Jars \$25 EA

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:

HALPERN'S

Superior Farms, CO Joe Jurgielewicz & Son, PA Harris Ranch, CA
Bristol Bay, AK Wayne Farms, NC Bayou la Batre, AL Leidy's Farms, PA

ENJOY ONE OF OUR
FAMILY BOX
FOR DINNER AT HOME.

AVAILABLE BOXES:

Family Taco Box
Latin Comfort Box



ORDER. DRIVE. CALL. EAT. **301.330.4400**

Sangrias & Wine

SANGRIAS

Tropical Mango White

White wine, mango rum, orange juice, peach schnapps
GLASS 9 LITER 30

Brazilian Red

Cabernet Sauvignon, São Paulo Cachaça, blackberry brandy, fresh juices.
GLASS 9 LITER 30

SPARKLING & WHITE WINES

Prosecco

Ruffino, Italy 38

Brut

Segura Viudas Cava 187ml, Spain 9.5 / 36

Rose

Santa Julia Organica, Mendoza, Argentina 9 / 34

Riesling

Heinz Eifel Shine, Mosel, Germany 8.5 / 32

Pinot Grigio

Lagaria, Italy 10 / 38

Sauvignon Blanc

Carolina Reserva, Ledy Valley, Chile 8.5 / 32

Sauvignon Blanc

Sea Pearl, New Zealand 11 / 42

Chardonnay

Santa Julia Organica, Mendoza, Argentina 9 / 34

Chardonnay

Spellbound, California 12 / 46

RED WINES

Pinot Noir

Tortoise Creek "Mission Grove," California 10 / 38

Tempranillo

Marqués de Cáceres, Spain 11.5 / 44

Merlot

Natura, Rapel Valley, Chile 8.5 / 32

Malbec

Santa Julia (+), Mendoza, Argentina 9.5 / 34

Malbec

TintoNegro "Uco Valley," Mendoza, Argentina 11 / 42

Malbec/Syrah

Tilia, Mendoza, Argentina 9 / 34

Cabernet Sauvignon

Carolina Reserva, Colchagua Valley, Chile 8.5 / 32

Cabernet Sauvignon

Boomtown by Dustin Valley, Columbia Valley, WA . . . 12.5 / 48

Beer

BOTTLES

Miller Lite

U.S., Pilsner, 4.2% 5.5

Buckler

Holland, Lager, 0.5% 5.5

Corona/Corona Light

Mexico, Lager, 4.6% 5.5

Dos Equis Ambar

Mexico, Vienna-Style Lager, 4.6% 5.5

Red Stripe

Jamaica, Lager, 4.7% 5.5

Angry Orchard

U.S., Hard Cider, 5% 6

Stella Artois

Belgium, Pale Lager, 5.2% 6

Blue Moon

U.S., White Ale, 5.4% 6.5

Lagunitas Little Sumpin' Sumpin'

Petaluma, CA, Pale Wheat Ale, 7.5% 6.5

Heavy Seas Tropicannon

Baltimore, MD, IPA, 7.3% 6.5

RAR Nanticoke Nectar

Cambridge MD, IPA, 7.4% 6.5

Xingu

Brazil, Black Lager, 4.6% 7.5

Allagash White

Portland, ME, White Ale, 5.1% 7.5

DRAFTS

Pacifico

Mexico, Lager, 4.5% 5.5

Dogfish Head 60 Minute IPA

Milton, DE, IPA, 6% 6.5

Flying Dog Seasonal

Baltimore, MD 7

Jailbreak Brewery, Brewmaster's Selection

Laurel, MD 7

Hand-Crafted Cocktails

Mojitos

FLAVORS (+50¢): Pomegranate Ginger, Blackberry Hibiscus, Charred Pineapple

TRADITIONAL

St. Lucia Distillers White Rum, lime, mint, soda, pure cane syrup **8.5**

SUPERIOR

Plantation Grande Reserve 5 Yr, lime, mint, soda, pure cane syrup **10.5**

Margaritas

FLAVORS (+50¢): Pomegranate Ginger, Blackberry Hibiscus, Charred Pineapple

TRADITIONAL

Tequila Blanco, triple sec, housemade margarita mix **8.5**

SUPERIOR

Cazadores Reposado, Ferrand Dry Curaçao, housemade margarita mix **10.5**



SKINNY MARGARITA

Cazadores Reposado Tequila, agave nectar, fresh lime juice, lemon juice, orange juice **9.5**

Specialty COCKTAILS

DARK & STORMY

Gosling's Black Seal Rum, ginger beer, lime 9.5

JALAPEÑO PALOMA

El Jimador Silver Tequila, jalapeños, grapefruit juice, simple syrup, soda, salt rim 9.5

PUSSER'S PAINKILLER

Pusser's British Navy Rum, Cruzan Mango Rum, Smith & Cross Rum, fruit juices, coconut milk, nutmeg . . . 11.5

PALADAR RUM PUNCH

St. Lucia Distillers Spiced Rum, Smith & Cross Rum, citrus liqueur, fresh fruit juices 11

SMOKED APPLE RHUM CIDER

Clement Select Barrel, fresh lime juice, cinnamon simple syrup, apple cider, smoke cinnamon bitters . . . 11

CHARRED PINEAPPLE CAIPIRINHA

Sao Paulo Cachaca, fresh lime juice, charred pineapple juice 9

Classic COCKTAILS

PALADAR OLD-FASHIONED

Brown sugar, orange, house-cured cherries, orange bitters 11

PALADAR MANHATTAN

Dolin Rouge Vermouth, black walnut bitters, house-cured cherries 12

CHOOSE YOUR RUM:

Bacardi 8 Yr (Spanish Style)
Chairman's Reserve (English Style)
Clément Select Barrel (French Style)

CHOOSE YOUR RUM:

Diplomático Mantuano (Spanish Style)
Appleton Rare 12 Yr (English Style)
Rhum J.M Gold (French Style)

WELCOME TO

The World Of Rum

Rum is a journey – not a destination. Whether you're a well-versed traveler or are just starting along the way, rum is universally pleasing to all palates. For a full list of offerings, please reference our Rum Bible.

Rum FLIGHTS

SPANISH FLIGHT

Diplomático Planas, Ron Abuelo 7 Yr, Pampero Aniversario 10

ENGLISH FLIGHT

Plantation 3 Yr, Pusser's British Navy, Appleton Estate 12 Yr 9.5

FRENCH FLIGHT

La Favorite Blanc, Rhum Clément Select Barrel, Neisson Rhum Réserve Spéciale 9

AGED FLIGHT

Plantation Grande Reserve 5 Yr, El Dorado 15 Yr, Flor de Caña Centenario 12 Yr 11

PRESIDENTIAL FLIGHT

Ron Zacapa XO, El Dorado 21 Yr Special Reserve, Rhum Clément Cuvée Homère 20

SPICED FLIGHT

Chairman's Reserve Spiced, Brinley Spiced, Corsair Spiced 9

CRAFT/DOMESTIC FLIGHT

Blue Dyer "Original Gold," Old Line Aged Caribbean, Lyon Distilling Dark 10

Rum RECOMMENDATIONS

We have an extensive selection of rums from all over the world - more than 100, to be exact. Below are some of our favorites.

SPANISH-STYLE RUMS

RON ABUELO 7 YR
Panama 8.5 | 3

FLOR DE CAÑA 12
Nicaragua 11 | 4

DIPLOMÁTICO EXCLUSIVA
Venezuela 12 | 4

RON ZACAPA 23
Guatemala 13 | 4.5

ENGLISH-STYLE RUMS

CHAIRMAN'S RESERVE
St. Lucia 9 | 3

ZAYA GRAN RESERVA
Trinidad & Tobago 11 | 4

EL DORADO 12 YR
Guyana 11 | 4

PLANTATION XO
Barbados 12 | 4

FRENCH-STYLE RUMS

RHUM BARBANCOURT 8 YR
Haiti 9.5 | 3.5

CLÉMENT SELECT BARREL
Martinique 9.5 | 3.5

DAMOISEAU VIEUX VSOP
Guadeloupe 12 | 4.5

RHUM J.M XO
Martinique 15 | 5

