

RESTAURANT



El Establo

BAR & GRILL



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APPETIZERS

El Establo Guacamole

Served with Homemade Chips
Regular 8.00 -- Molcajete 14.00

Nachos

Cheese, lettuce, refried beans, Pico de Gallo, sour cream.

Chicken 12.50 -- Grilled Steak 13.50

Yucca con Chicharrón

Crispy pork belly served with fried cassava/ yucca, cabbage salad, and homemade tomato. 10.95

Garnachas estilo Guatemaltecas

4 Deep-fried com tortillas topped with finely chopped beef, onions, cilantro, cabbage, pickled jalapenos. 11.95

Chicken Wings El Establo

(6 or 12) Plain, Buffalo

6 8.95 12 14.95

Cheviot's Queso Fundido

Served with hot tortillas or chips a melted cheese garnished with chorizo and baked for the perfect touch 12.95.



CARNES DEL ESTABLO

El Establo Especial

Comes with 8.oz steak, shrimps, green onion, plantains, red onion, and cilantro, topped off with homemade El Establo salsa on top. Served with rice and beans on the side. 19.99

Carne Asada del Rancho

Grilled 8oz skirt steak served with rice, beans, and a house salad. 16.99

Churrasco Guatemalteco

Traditional Guatemalan style Grilled Steak served with El Establo style Rice, Refried Beans, Guacamole, Scallions, and Chorizo. 18.99

Bistec Encebollado

Grilled Skirt Steak cooked with onions served with El Establo style Rice, Beans, and House Salad. 14.99

Carne Guisada

Marinated steak served with Rice, Beans, and House Salad. 13.95

Costilla de Res Asada

Grilled Prime Ribs, served with Rice, Beans, and House Salad. 16.99

Parrillada El Establo

Grilled Chicken, Grilled Skirt Steak, Chorizo, Marinated Pork, Fried Plantains, Rice, Beans, and House Salad. 25.99

Lomo Saltado

Peruvian style loaded with fries, peppers, onions, served with El Establo Rice and homemade green salsa. 14.99

Saltado Mixto

Steak, Chicken, Shrimp served with white rice and homemade green salsa. 19.99

Chuleta de Cerdo

Pork chop served with 2 Chorizo, Rice, beans, and house salad. 14.99

Chuleta Ahumada

Smoked Pork Chop served with rice, beans, and house salad. 15.00

CHICKEN (POLLO, AVES)

Pollo a la Plancha

Grilled Chicken Breast served with El Establo style Rice, Beans, and a House Salad. 13.99

Pollo Asado

Grilled Chicken served with Rice, Beans, & a House Salad. 13.99

Pollo en Crema Estilo Guatemalteco

Chicken marinated with dressing, served with El Establo style Rice, and a House Salad 14.99

Pollo Guisado

Chicken mixed with red salsa, served with El Establo rice, Beans, and House Salad 13.99

Pollo Salteado

Peruvian style marinated chicken loaded with fries, onions, peppers, served with Rice and homemade El Establo Green Salsa 13.99

Pollo con Tajada

Fried Chicken served with fried plantains, coleslaw cucumbers, and pickled onions 14.99

Codorniz a la Parrilla

Grilled Quail served with El Establo Rice, Vegetables, and Beans 18.99

Codorniz Encebollada

Grilled Quail over onions served with rice, vegetables, and house salad. 18.99

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DESDE EL MAR (SEAFOOD)

BEST

Selections



Salmon a la Parrilla

Fresh Salmon filet served with El Establo style rice, Salad, and steamed vegetables 11.95

Salmon a la Crema

Marinated Salmon, served with potato puree, and vegetables 11.99

Camarones a la Plancha

Grilled Shrimp. Served with El Establo style rice, steamed vegetables, and house salad 14.99

Camarones en Crema

Marinated Shrimp, served with Rice, beans, Salad 14.99

Camarones a la Diabla

Spicy Shrimp served with El Establo style rice, steamed vegetables, and house salad 14.99

Camarones al Ajillo

Garlic Shrimp served with rice, beans, house salad 14.99

Pescado Frito

Fried Fish served with El Establo styled rice, steamed vegetables, and house salad 14.99

Pescado con Camarón

Grilled fish & grilled shrimp served with El Establo styled rice, steamed vegetables, beans, and house salad. 18.99

Filete de Pescado

Fish Filet served with El Establo styled rice, steamed vegetables, beans, and house salad. 13.99

Mar y Tierra

Grilled skirt steak with grilled shrimp served with El Establo styled rice, beans, and a house salad 25.99



TACOS

A la carte Each 3.25

Al Pastor / Steak / Chicken / Chorizo / Shrimp
/ Fish / Lengua

Taco Platter 31.50

Choose any 10 tacos
(Price does not include Birria Tacos)

With Consome 4.25

Big Side 6.50

Birria de Res con Consome

(4) 13.95 (2) 7.50

Single 3.80

Al Pastor Tacos (3) 11.95

Corn tortilla, Pork, pineapple, cilantro, onion.

Steak Tacos (3) 11.95

Corn tortilla, cilantro, and onion

Chicken Tacos (3) 10.50

Corn tortilla, cilantro, onion

Chorizo Tacos (3) 11.95

Corn tortilla, cheese, cilantro, onion.

Tacos de Lengua (3) 11.95

Tacos Dorados (3) \$10.50

Tacos Catrachos (3) 11.95

Tacos de Conejo (3) 11.95



QUESADILLAS

Choice of any meat stuffed with cheese served with lettuce, guacamole, and sour cream on the side.

Enchiladas Mexicanas

Queso 10.50

Ground Beef 12.99

BURRITOS

Carne Asada Burrito 12.99

Chicken/Pollo Burrito 12.99

Chorizo Burrito 12.99

Lengua Burrito 12.99

Ground Beef Burrito 12.99



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SOPAS / SOUPS

Mariscada El Establo 29.99

Seafood soup El Establo style loaded with lobster, tilapia, and vegetables.

Sopa de Mariscos 18.99

Traditional Seafood Soup. Served with sides of minced cilantro, onion, jalapenos.

Sopa de Res 12.9

Traditional homemade beef stew served with rice and sides of minced cilantro,

Sopa de Gallina 12.99

Traditional homemade chicken soup served with rice and sides of minced cilantro, onion, jalapenos

Mondongo 13.99

Traditional Chitterling / Tripe soup served with rice and sides of minced cilantro, onion, and jalapenos

Consome de Camarón 14.99

Shrimp Soup (add an egg) served with rice and sides of minced cilantro, onion, and



SALVADORIAN DISHES

Pupusas 2.95

Corn Tortillas with your choice of stuffing. Served with marinated cabbage. Cheese, Chicken, Mixed, Loca, Loroco, Beans and Cheese.

COCKTAILS

(Seafood Cocktail served with onions, cilantro, avocado, and freshly squeezed lime)

De Camarones 13.95

De Pescado 12.95

Mixto 16.95

ENSALADAS SALADS

El Establo Salad 12.95

Your choice of chicken, steak, beef, shrimp or mixed with house dressing.

House Salad 9.50

Lettuce, Tomatoes, Onions, Cucumbers, Carrots with house dressing



SÁNDWICHES - BURGUERS

(All served with fries)

Hamburger 8.95

Cheeseburger 8.95

Hamburgers de Carne 8.95

Hamburgers de Pollo 8.95

Steak and Cheese 9.99





PARA NIÑOS (KIDS MENU)

Hamburgers con Papas/
Cheeseburger with Fries 6.25
Alitas de pollo con Papas/
Chicken wings with Fries 5.50
Kids Quesadilla with Fries 5.50

SIDES

Arroz/Rice 2.99
Frijoles/Beans 2.99
Camarón/shrimp 2.00
Guacamole 3.99
Queso 2.99
Crema 2.99
Yuca 3.00
Aguacate 2.99
Tortillas (Flour or Corn) 2.25

BOTANAS

Paired perfectly with your favorite Alcoholic beverage

Botana El Establo 30.00

½ conejo, 1 codorniz, pollo, carne, camarón, pupusa, queso, ensalada.

Botana de Carne 18.99

Grilled steak, pupusa, tomato, cucumber, lettuce

Botana Mixta

1 Pupusa, pieces of steak, shrimps, 4 chicken wings, tomatoes, lettuce, salsa.

Botana de Conejo 22.60

Rabbit, Spicy salsa

Botana de Chicharrón 12.9

Chicharrón, pupusa, tomato; celery, cucumber, 2 different salsas.

Botana de Pepino 5.00

Cucumbers topped with lime, salt, hot sauce, tajin.

Botana de Mango 6.00

Mango served with lime, salt, hot sauce, tajin

Botana de ostra

12 oysters, Pico de Gallo and 2 Salsa



JUGOS NATURALES

Horchata
Tamarindo
Marañón
Maracuya
Jamaica
Cebada

POSTRES DESSERTS

Nana's Arroz con Leche
Churros
Tiramisu
Tres Leches
Empanada de Plátanos`