

# EL LOBO

Latin American Restaurant





# EL LOBO

Latin Cuisine

## Tapas

### Spanish Pincho Moruno

Grilled lamb marinated with garlic, parsley, oregano, saffron, onion and black pepper ..... 7.95


### Chilean Empanadas

Baked beef, onions, olives raisins, and eggs ..... 5.95


### Tortilla a la Española

Traditional Spanish tapa made with potatoes, eggs, Feta Cheese, onions and herbs, sautéed in olive oil. Served with fresh tomato salsa..... 5.95


### Papas Choriadas (similar to Huancaína)

 Red potatoes with a spicy Feta Cheese sauce containing onions, tumeric, lemon, white pepper, and three kinds of chiles..... 6.95


### Empanadas de Queso

 Chilean cheese turnovers ..... 3.75


### Gallo Pinto

 Mixed rice, beans, red bell pepper, cilantro and onions with a special Costa Rican sauce. .... 6.95

### Platano Frito (Maduros)




 Fried Sweet Plantains ..... 4.95

### Ensalada de Naranja

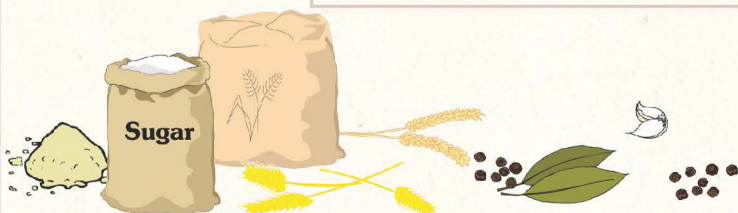
 Green Sicilian olives, oranges, parsley, garlic and red onion ..... 4.95

### Colombian Tostones

 Fried Plantain Banana flavored with fresh garlic ..... 5.95

 - vegan Item  - vegetarian item  - seafood item

**EL LOBO** sauces are all freshly made!  
uses only the finest and freshest ingredients.  
Dishes without meat contain no meat products.





## vegan salads

### Jicama Salad

✓ Delicious mixture of Jicama cubes, black beans, red bell pepper, onion and parsley .....7.95

### Quinoa Salad

✓ Native grain of the Andes Mountains. Served with cucumbers, corn, peas, tomatoes, red bell pepper, parsley. Olive oil and lime juice dressing .....8.95  
 Add chicken or shrimp with a special chipotle sauce ..... add 4.95

### Mango Avocado Salad

✓ Avocados, mango, red onion, jicama with a cilantro dressing ..... 10.95  
 Add chicken or shrimp with a special chipotle sauce ..... add 4.95

## Entreés

### Spanish-Caribbean Fricassé del Pollo

Try this popular and delectable dish from Puerto Rico, Cuba, and Dominican Republic with Berta's special touches. This delicious stew contains chicken breast, potatoes, tomatoes, carrots, peas, raisins, cumin, onions, wine, cilantro, and green olives. Served with rice and a side of green salad..... 16.95

### Carne a la Parrilla, Argentinean Style

Ribeye steak grilled with chimichurri sauce, parsley, cilantro, carrots, red bell peppers, onions, vinegar, olive oil and spices. Served with tomato salad and potatoes ..... 19.95

### Pollo en Chipotle

Grilled chicken breast with Chipotle sauce made with Chile Ancho, Chile California, smoked jalapeños, garlic, cilantro and tomatillos. Served with black beans, rice and green salad ..... 15.95

### Peruvian Seco de Cordero

Lamb with orange juice, lemon juice, chilies, cilantro, potatoes, and green peas. Served with green salad ..... 18.95

### Venezuelan Pabellon

Marinated strips of top sirloin flat beef with fried plantain and fresh tomato salsa. Served with black beans, rice and green salad ..... 16.95

### Chilean Pastel de Choclo

Traditional dish containing layers of fresh corn, chicken and beef baked with olives, raisins, hard-boiled eggs and onion. Served with green salad .... 16.95

### Colombian Bandeja Paisa

A platter containing beef, Plantain, rice, pinto beans, Arepa, and avocado. Served with tomato, red onion and lettuce salad ..... 16.95

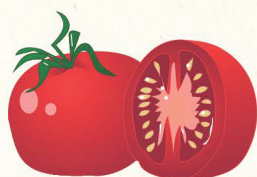
Add eggs ..... add 1.95

Add Spanish Chorizo ..... add 4.95

For substitutions talk to your waiter.  
 Prices will be adjusted accordingly.

(562) 438-1311

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## Entrees (cont'd.)

### *Carne Asada Mexican Style*

Top sirloin flat beef marinated with beer, spices, black beans, Feta cheese, guacamole, and tomatoes. Served with tortillas..... 15.95

### *Tortilla a la Española*

A thick wedge of a traditional Spanish dish made with potatoes, eggs, Feta Cheese, onions and herbs, sautéed in olive oil. Served with green salad and tomato salsa..... 13.95

### *Vatapa, Brazilian Seafood Especial!*

**S** A variety of seafood with a Brazilian sauce made of peanut, shredded coconut, ginger, tomatoes, coconut milk, chilies, fresh cilantro and spices. Served with rice and green salad..... 16.95

### *Honduran Seafood Soup*

**S** Fresh fish stock, coconut milk, red bell peppers, parsley, sautéed onions, tomato paste, fresh tomatoes, plantain (macho banano), mussels, clams, shrimp, fish of the day, and seafood mix. Served with a green salad..... 16.95

### *Spanish Paella*

**S** Valencia style! Seafood medley served on a bed of Saffron rice, cooked with wine, herbs, fish stock and Spanish Chorizo. Served with green salad..... 16.95

### *Guatemalan Shrimp*

**S** Shrimp smothered in a spicy salsa made with baked tomato, jalapeño, green onion and garlic. Served with rice and green salad ..... 16.95

### *Peruvian Fish of the Day*

**S** Sautéed fish of the day with a touch of lemon vinaigrette. Served with red potatoes, cabbage salad and onions ..... 14.95

### *Berta's Avocado Special on the Fish of the Day*

**S** Fish of the day sautéed in olive oil. Served with fresh, spicy avocado sauce, rice, and cabbage salad with lemon dressing..... 16.95

### *Venezuelan Arepas*

**✓** Thick fried corn patties (2) made with Masa Pan, Feta and Jack cheeses. Served with green salad, black beans and sour cream and red salsa ..... 15.95

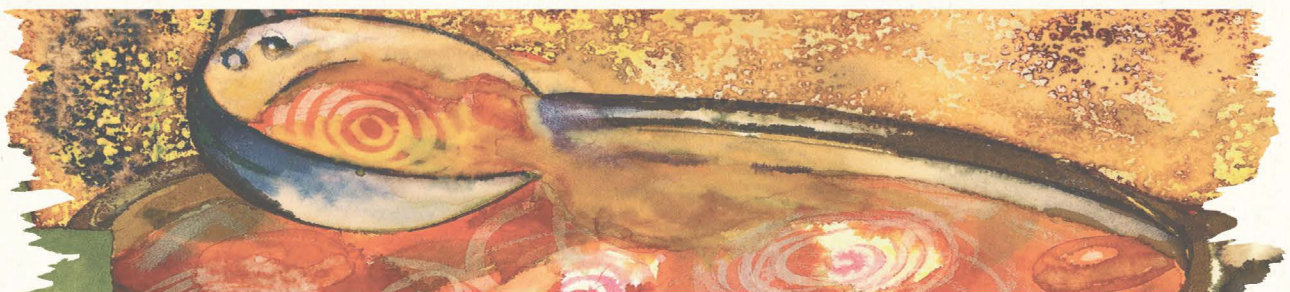
### *Tallarines Vatapa*

**✓** Pasta with Brazilian sauce made of peanut, shredded coconut, ginger, tomatoes, coconut milk, chilies, fresh cilantro and spices. Served with green salad..... 13.95

### *Costa Rican Casado*

**✓** Black beans and rice with sautéed bananas. Served with cabbage salad, corn tortilla and tomato salsa ..... 13.95

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## Desserts

<i>Lemon Cheesecake</i> Zesty, creamy, homemade cheesecake drizzled with fresh pureed strawberries .....	4.75
<i>Olinda's Pudding</i> Berta's mother's recipe. Semolina with cinnamon, orange peel and covered with a rich, red wine sauce.....	4.75
<i>Homemade Flan</i> The best you've ever had!.....	4.75
<i>Coco Banano</i> Fried bananas coated with coconut, glazed with honey and topped with sour cream .....	4.75
<i>Guatemalan Rellenitos de Platanos</i> Fried plantain stuffed with sweet cinnamon black beans. Sprinkled with sugar when served .....	4.25

## Side orders

Red Potatoes.....	4.95
Side of Chicken Breast.....	4.95
Side of Beef.....	6.95
Tortilla and green salsa (1st serving included with meal) .....	Extra (salsa +0.50) 0.35
Pico de Gallo.....	1.75
Sour Cream.....	1.75
Black Beans.....	4.95
Pinto Beans.....	4.95
Rice (Brown Rice) .....	3.95 (4.95)
Quesadilla.....	5.95
Quesadilla with Chicken .....	10.90
Side of Venezuelan Arepa.....	3.95
Green Salad .....	5.95
Cabbage Salad .....	5.95
Avocado .....	3.95

## Beverages

Vino y cerveza .....	(please see our wine and beer list)
Colombian Coffee.....	2.50
Colombian Decaf .....	2.50
Mineral Water.....	2.50
Hansen's Soda .....	2.95
Coke .....	2.95
Milk .....	3.50
Apple Juice .....	2.50
English Breakfast Tea .....	2.25
Mint Tea.....	2.25
Ice Tea .....	2.25
Berta's Fresh Lemonade (large glass).....	3.95
Jamaica Lemongrass Tea.....	4.25

### Reviews from our Fans!

*Housed in a charming cottage tucked away on a side street,  
Berta's faithfully recreates the sunny flavors of Central  
and South America. Frommer's Favorites*

*Find us on Facebook & Yelp!*





## Lunch

### *Chilean Pastel de Choclo*

Traditional dish containing layers of fresh corn, chicken and beef baked with olives, raisins, hard-boiled eggs and onion. Served with green salad..... 8.95

### *Spanish-Caribbean Fricassé del Pollo*

Try this popular and delectable dish from Puerto Rico, Cuba, and Dominican Republic with Berta's special touches. This delicious stew contains chicken breast, potatoes, tomatoes, carrots, peas, raisins, cumin, onions, wine, cilantro, and green olives. Served with rice and a side of green salad..... 10.95

### *Jamaican Chicken*

Marinated chicken breast in nutmeg, cinnamon, garlic, cayenne, black pepper, orange and lemon juice. Served with carrots, grilled green onions, tomatoes and rice..... 9.95

### *Pincho Moruno*

Spanish lamb and onion shish kebab marinated in saffron, chilies, spice and garlic. Served with rice and green salad. .... 11.95

### *Gallo Pinto*

Mixed rice, beans, red bell pepper, cilantro and onions with a special Costa Rican sauce. Served with cabbage salad, chicken, beef, or eggs, plantain on the side. .... 12.95

### *Guatemalan Chilimal*

Traditional pork casserole with chilies, tomatoes, corn flower, vegetables, coriander, clove and annatto seed. Served with red potatoes and a green salad..... 8.95


### *Peruvian Seco De Cordero*

Lamb with orange juice, lemon juice, chiles, cilantro, potatoes, and green peas. Served with green salad..... 12.95


### *Tortilla a la Española*

A thick wedge of a traditional Spanish dish made with potatoes, eggs, Feta Cheese, onions and herbs, sautéed in olive oil. Served with green salad and tomato salsa.... 8.95


### *Colombian Fish of the day*

 Fresh filet of fish of the day, marinated in orange juice, ginger and garlic. Steamed with green onions, cabbage and red bell pepper. Served with rice..... 9.95

### *Venezuelan Arepas*

 Thick fried corn patty made with Masa Pan, Feta and Jack cheeses. Served with green salad, black beans and sour cream and red salsa. .... 7.95


### *Mango Avocado Salad*

 Avocados, mango, oranges, red onion, and jicama with a cilantro dressing. .... 10.95  
**Add chicken or shrimp .....add 4.95**


### *Costa Rican Casado*

 Black beans and rice with sautéed plantain bananas. Served with cabbage salad, corn tortillas and tomato salsa. .... 8.95

### *Jicama Salad*

 Delicious mixture of jicama cubes, black beans, red bell pepper, onion, parsley and herb dressing. .... 7.95

### *Quinoa Salad*

 Native grain of the Andes Mountains. Served with cucumbers, corn, peas, tomatoes, red bell pepper, parsley. Olive oil and lime juice dressing..... 8.95  
**Add chicken or shrimp with a special chipotle sauce..... add 4.95**

**For substitutions talk to your waiter.  
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