



## LUNCH MENU

### *A fresh twist on fish*

Our food is inspired by the beautiful Central American country, Panama. After growing up picking fresh mangos for breakfast, fishing in both the Pacific and Atlantic oceans, and surfing world class waves in our backyard, we wanted to bring the tropical freshness of the Panamanian diet to Wrightsville Beach!

### salsas

#### ✓ SALSA FRESCA - 7

roma tomato, red onion, yellow onion, cilantro, lime

#### ✓ PINEAPPLE SALSA - 7

pineapple, lime, red onion, cilantro

#### ✓ ELOTÉ SALSA - 7

creamy mayo, red pepper, roasted corn, cilantro, smoked paprika

#### ...CAN'T DECIDE? TRY ALL THREE

#### GUACAMOLE SAMPLER - 20

all three guacamoles

#### ✓ SALSA TRIO - 14

all three salsas

#### ✓ TRADITIONAL GUACAMOLE - 8

avocado, tomatillo, onions, red bell pepper, cilantro, lime, salt, topped with green onions

#### ✓ MANGO GUACAMOLE - 8

avocado, mango, red onion, roasted red pepper, lime, cilantro, cayenne, topped with paprika

#### G.O.A.T. GUACAMOLE - 9

avocado, lime, goat cheese, jalapeños, garlic, pepper, cherry tomato, green onion, topped with micro greens

### tapas

#### YUCCA FRITES - 10

tossed with sautéed shallot, garlic oil & jalapeño aioli

#### ✓ FRIED BRUSSELS - 10

fried brussel sprouts tossed in chili-lime seasoning & rice vinegar, served with cashew cream sauce

#### \* TUNA POKE BOWL - 18

fresh yellowfin tuna tossed in our housemade poke sauce, with scallions & sesame seeds, served over coconut rice, topped with guacamole, mango pineapple salsa, plantain strips & pickled onions, served with tortilla chips

#### COCONUT SHRIMP - 14

served over arugula tossed with citrus vinaigrette, drizzled with sriracha honey sauce

#### CARIBBEAN FRIED OYSTERS - 16

lightly breaded cornmeal oysters, pickled cabbage & curry aioli

### empanadas

#### POLLO EMPANADA - 12

topped with pickled onion & citrus crema dipping sauce

#### CARNE EMPANADA - 12

topped with salsa fresca, cotija, guacamole & jalapeño aioli dipping sauce

#### ✓ CHIPOTLE BLACK BEAN EMPANADA - 12

topped with chimichurri slaw & red pepper gastrique dipping sauce

#### CHORIZO Y GOAT CHEESE EMPANADA - 12

topped with tomatillo salsa & black bean dipping sauce

### ceviche

#### CORVINA - SMALL - 16 LARGE - 26

pacific sea bass prepared in traditional ceviche fashion with lime, red onion, jalapeño & cilantro

#### EL CUATRO - 30

4oz. sample of each of our classic ceviches

#### LA NIÑA - 20

2oz. samples of each of our classic ceviches

#### MANGO MAHI - SMALL - 13 LARGE - 20

mahi, mango, jalapeño, red onion, red pepper, cilantro, lime, mango nectar & house-made hot sauce

#### LANGOUSTINE DE COCO SMALL - 16 LARGE - 26

langoustine tails marinated in a mix of citrus juices & coconut milk with ginger, red bell pepper, habaneros, red onion, avocado & cilantro

#### ✓ COCONUT SMALL - 10 LARGE - 16

young coconut meat, avocado, red bell peppers, onion, citrus & cilantro

#### MARGARITA SCALLOP SMALL - 14 LARGE - 21

scallops marinated in house margarita mix with cucumbers, red onions, fresno chilies & cilantro

# soups and salads

## SANCOCHO - 10

Panama's national soup dish & the best cure for a hangover! chicken, sweet potatoes, yucca, plantains & corn in a cilantro broth, served with a side of coconut rice

## PETITE GREENS AND ARUGULA - 14

a blend of arugula & tender baby greens, cucumbers, shaved red onion, radish & carrots tossed in a creamy avocado dressing & topped with crispy tajin chickpeas & cotija cheese

### SIDE SALAD - 8

## WATERMELON SALAD - 14

watermelon, pickled red onion, cucumber, cashews, fresno chilies, roasted cashews, balsamic, queso fresco & basil vinaigrette

## LA ENSALADA MIXTA - 14

mixed greens with black bean eloté salsa, carrots, cherry tomatoes, shaved red onion, tossed in roasted garlic & herb vinaigrette & topped with queso fresco

### SIDE SALAD - 8

Add a protein to your salad (grilled or blackened)

\* TUNA - 18 MAHI - 14 SHRIMP - 12 CHICKEN - 10 CORVINA - 18 SCALLOPS - 14

# lunch

## ROPA VIEJA - 17

braised flank steak in a peppery tomato broth served over coconut rice with chimichurri slaw, salsa fresca, maduros & chimichurri sauce

## CORVINA A LA PLANCHA - 26

pacific sea bass topped with a chili-lime ginger butter over coconut rice & sautéed green beans, peppers & onions with patacones & salsa fresca

## NACHOS - 13

house fried chips, black bean eloté, queso, salsa fresca, avocado mousse & chipotle crema

or choice of:

PULLED CHICKEN - 16 BRAISED BEEF - 18

## ARROZ CON POLLO - 15

grilled chicken breast over Spanish rice infused with dark meat, peppers, onions, green olives & peas with chimichurri slaw, salsa fresca, maduros & avocado mousse

## FRIJOLE Y ARROZ - 14

a choice of pinto or black beans with coconut rice, patacones, cotija, avocado fan, salsa fresca & pickled onions

## LANGOUSTINE ROLL - 20

chili-lime butter toasted brioche roll, fresh arugula, langoustine ceviche, pickled jalapeño relish, served with yucca frites & a side of jalapeño aioli

# tacos

made with charred corn tortilla, topped with chimichurri slaw, salsa fresca, avocado mousse, served with a side of coconut rice

## BRAISED BEEF - 10

## PULLED CHICKEN - 10

## JERK SHRIMP - 10

## BLACKENED MAHI MAHI - 10

## VEGGIE - 10

# desserts

## SPANISH BEIGNETS - 7

fried to order, rolled in powdered sugar & topped with a fruit compote

## VANILLA FLAN - 8

creamy vanilla flan with dulce de leche & pineapple chutney

## ANCHO POT DE CREME - 9

rich chocolate mousse with a hint of ancho chile, topped with dulce de leche, espresso whipped cream & garnished with seasonal berries

## COCONUT CAKE - 9

light fluffy cake filled with coconut cream & topped with crumbled coconut

\* Cooked to Order, consuming raw or undercooked meats, poultry, seafood shellfish, or eggs may increase your risk of food borne illness.

Gluten Free Menu available upon request  
V - Vegan