



GLUTEN FREE MENU

Gluten Disclaimer

Please Note: We take all reasonable precautions to avoid any kind of cross-contamination. However, please be aware that flour and gluten products are present in our kitchens, so while our procedures are sufficient for most people with gluten intolerance, we recommend that those with extreme gluten allergies order with caution.

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

served with gluten free tortilla chips

...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

ceviche

served with gluten free tortilla chips

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

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

La Niña - 20

2oz. samples of each of our classic ceviches

✓ 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

Watermelon Salad - 14

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

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

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

Available 11 a.m. - 3 p.m.

CORVINA A LA PLANCHA - 26

corvina topped with a chili-lime ginger butter over coconut rice & sautéed green beans, peppers & onions with plantain strips & 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, plantain strips & avocado mousse

FRIJOLES Y ARROZ - 14

a choice of pinto or black beans with coconut rice, plantain strips, cotija, salsa fresca & pickled onions

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

Tapas

* 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 & pickled onions.
Served with plantain strips & gluten free tortilla chips

dinner

Available 5 p.m. - close

CORVINA A LA PLANCHA - 32

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

* BLACKENED TUNA - 32

fresh yellowfin tuna served over coconut rice, green beans, peppers & onions

BLACKENED MAHI - 29

cilantro mash potatoes, sautéed squash, garlic cream spinach, caramelized onions, red pepper gastrique, balsamic reduction & grilled lemon

BLACKENED SCALLOPS & SLOW ROASTED PORK BELLY - 29

served over cilantro mashed potatoes, with seared asparagus, chimichurri slaw, red pepper

ARROZ CON POLLO - 22

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

FRIJOLES Y ARROZ - 14

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

PANAMANIAN PAELLA - 38

catch of the day, traditional paella rice infused with dark meat chicken, sliced chorizo, sautéed shrimp, little neck clams, mussels & bay scallops

JERK SHRIMP SKEWERS - 24

grilled house jerk marinated shrimp, coconut rice, toasted cashews, pickled cabbage in a coconut curry sauce with zucchini & caramelized onions

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

V - Vegan