



STARTERS

HOUSE CHIPS, GUAC + SALSA

LETTUCE WRAPS

your choice of marinated char-grilled chicken or tofu, served with cucumber, bean sprouts, & peanut sauce

AHI WONTONS

wonton crisps topped with fresh seared ahi, avocado, sweet soy, & a wasabi cream drizzle

CRISPY PLANTAINS

served with chipotle cream

PLANTAINS WITH CARNITAS

plantains served with carnitas, avocado, & green onions, served with sides of chipotle cream & salsa cruda

SOUP OF THE DAY

bowl is served with grilled rosemary bread or a tortilla

BOWL FOOD

BUDDHA BOWL

big bowl of steamy lemongrass & coconut milk broth with shiitake mushrooms, noodles, veggies, chili flakes, cilantro, & green onions

BRAZIL BOWL

marinated chicken or tofu, with your choice of brown or coconut rice & black beans, served with mango mint salsa, crispy plantains, & a side of coconut chili oil

BRIANS BOWL

brown rice, black beans, avocado, tomatoes, green onions, broccoli, roasted tomatillo sauce, jack cheese, & a side of amalia's sauce, served with flour tortillas

PINEAPPLE FRIED RICE BOWL

coconut rice, pineapple, seasonal vegetables, & marinated carnitas, served with a side of coconut chile oil

ENSALADA

MEXICAN CHOPPED SALAD

chopped romaine lettuce with radishes, cucumbers, red cabbage, tortilla strips, chipotle corn salsa, pepita seeds, tossed with a cumin vinaigrette & served with cotija ranch

BLUE CHEESE WALNUT SALAD

mixed greens, balsamic vinaigrette on the side, bleu cheese crumbles, walnuts, green onions, tomatoes, cilantro, & grilled rosemary bread

KALE SALAD

organic kale, pineapple jicama salsa, roasted pepitas, corn tortilla strips & cumin vinaigrette

TACOS

SERVED WITH RICE & BEANS WITH CHIPOTLE CREAM & FRESH CORN SALSA

CARNITAS TACOS

braised carnitas, cotija cheese, guajillo chile sauce, cilantro-lime sauce, & pickled red onion

CHICKEN TACOS

marinated chicken breast, jack cheese, tomatoes, green onion, avocado sauce, chipotle cream, & pico de gallo

SOY CHORIZO TACOS

soy chorizo, avocado sauce & pico de gallo

GRILLED FISH TACOS

fresh fish, cabbage, chipotle aioli, avocado sauce & pico de gallo

STEAK TACOS

marinated steak, jack cheese, pico de gallo, & cilantro-lime sauce

FAVORITES

CHICKEN TAMALES 16.5

house-made chicken tamales on steamed kale, topped with guajillo chile sauce, sour cream, and pico de gallo, served with black beans, rice, & avocado

CHILE RELLENO

your choice of carnitas or soy chorizo, with a roasted Anaheim pepper stuffed with jack cheese, served with Mexican rice pilaf, guajillo chile sauce, cojita ranch, & cilantro-lime sauce

GREEN CHILE TAMALES

cantina's housemade slightly sweet corn tamales with roasted tomatillo sauce, corn salsa, black beans, brown rice, & guajillo chile sauce

CHICKEN DIABLO

roasted free-range half chicken glazed in chipotle-lime sauce with a red chile-cumin rub, served with brown rice, steamed kale, frijoles negros, corn salsa, and chipotle-lime sauce

AHI PLATTER

seared ahi, wonton crisps, avocado, sweet soy & wasabi cream, served with coconut rice & a side of coconut chile oil

DOUBLE HAPPINESS LETTUCE WRAPS

grilled marinated steak and chicken, served with lettuce leaves, cucumbers, bean sprouts, Thai chili paste, coconut rice, & peanut sauce

SUSTAINABLE SALMON

grilled marinated salmon served with mango mint salsa, a sweet soy drizzle, steamed greens, & coconut rice

ASIA GRILL

grilled red bell pepper, kale, shitake mushrooms, & seasonal veggies, served with marinated tofu, brown rice, & peanut sauce

PEPITA CRUSTED CATCH OF THE DAY

fresh fish served with Mexican rice, steamed greens, pico de gallo, cilantro-lime sauce and coconut chili oil

TEMPTATIONS FLOURLESS CHOCOLATE CAKE
COCONUT FLAN

COLD DRINKS

SODA

coke, diet coke, sprite, ginger beer

ICED TEA

passion fruit and blood orange

JUICES

oj, lemonade, cranberry, tangerine, grapefruit, and POM

PINEAPPLE ORANGE KALE JUICE

made fresh in house

We gladly serve water upon request!

18% gratuity on parties of 6 or more.

We are proud to serve you organic eggs and tofu.

Chef Isabel Cruz and Chef de cuisine Amalia Romero

We prepare food from scratch with love and care. If you are in a hurry, please inform your server and we will do our very best to accommodate you.

CHECK IN ON FACEBOOK AND YELP!

*Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Eggs are cooked to order. We use products that may cause allergic reaction. Any menu item may contain traces of peanut, soy, or gluten. If you have any food allergy or sensitivity, please alert your server.

We use local and organic ingredients whenever possible

= **STAFF FAVORITE** www.isabelscantinasd.com