

## Antojitos & Ensaladas

**Chips and Salsa** \$3.95

A basket of corn tortilla chips and your choice of today's fresh salsa from our bar (free refills!)

**Quesadilla** \$6.95

A large flour **or** 4 corn tortillas (add \$1.50) filled with cheese and grilled to toasty perfection. Topped with fresh guacamole and crema

Add Veggies, Chicken or Pork \$10.95

Add Carne Asada (Steak) \$12.95

**Nachos** \$9.95

A big plate of crispy corn tortilla chips layered with black beans and topped with melted cheese, our house salsa, our fresh guac and crema

Add Chicken, Carne Asada or Carnitas \$12.95

**Cabbage Ensalada de la Paz** \$8.95

Lime-marinated shredded cabbage tossed with tomatoes, cilantro, onion, kosher salt & jalapeños. Served with chips **or** house-made corn tortillas and topped with a dollop of fresh guacamole

**Special Salad of the day**

Local greens, tossed with fruit, nuts, cheese and more! It's different every day... \$10/12.95

## Sides

### Black beans or Mexican Rice

4oz. \$2.00

1/2 Pint \$3.00

### Fresh Salsa

1/2 Pint \$5.00

1 Pint \$9.00

### Fillings (Proteins)

4oz. \$3.00

1/2 Pint \$5.00

### Guacamole

1/2 Pint \$ Market

## Taco & Burrito Fillings

Choose a filling for your Tacos, Burrito/Bowl, Quesadilla or Nachos (in which case it is actually more of a topping):

### Bean & Cheese

Our famous organic black beans cooked with jalapeño chilies, onions and a touch of cumin, with lots of melty cheddar cheese

### Rajas y Papas

Zippy, roasted poblano chilies and potatoes baked with cream and chèvre

### Grilled Veggies (Daily)

Mixed, fresh veggies, marinated and grilled. Changes every day, depending on what we grow in our garden or find at the farmers market

### Pollo Cocido

All-natural chicken, braised with fresh lime juice, garlic and chiles

### Carnitas

Slow-braised, shredded pork with chilies, onions, citrus and spices. Juicy, a little spicy, and super tasty

### Carne Asada

Char-grilled, all-natural beef flank steak seasoned with fresh lime juice, sea salt and spices. Beef, salt, lime.....yum

### Spicy Lobster available as Taco/Burrito only

Our house special! Maine lobster, sautéed in anachiote garlic butter. It's totally lobsteriffic!

There may be **nuts** everywhere, be careful!

## Burritos/Bowls

A grilled, 12" flour tortilla topped with melty cheese and wrapped around organic black beans, Mexican rice, crema and our fresh House salsa. Served with chips and a trip to our salsa bar

**Bean & Cheese** \$5.95

Or add your choice of fillings:

**Grilled Veggies** \$7.95

**Rajas y Papas** \$7.95

**Pollo Cocido** \$7.95

**Carnitas** \$7.95

**Carne Asada** \$9.95

**Spicy Lobster** \$ Market

## Tacos

Three fresh, house-made corn tortillas topped with your choice of a filling, a pile of tangy & crispy cabbage Ensalada de la Paz, rich crema and our fresh guacamole. Served with local, organic black beans & seasoned Mexican rice

**Bean & Cheese** \$9.95

**Grilled Veggies** \$10.95

**Rajas y papas** \$10.95

**Pollo Cocido** \$10.95

**Carnitas** \$10.95

**Carne Asada** \$12.95

**Spicy Lobster** \$ Market

We happily accept:

Cash, M/C & Visa, ATM, Checks, Trade or Barter

## Para los Niños

For those small in stature, and less adventurous of palate, or those just hankering for a simpler, lighter meal

**Mini Burrito** \$5.00

Choose your kid's favorite combination of rice, beans, cheese and chicken

**Kid's Quesadilla** \$5.00

PB&J (surprisingly delicious!) or just plain cheese unadulterated by sour cream or guacamole. Plain and simple as can be!

**Flour Tortilla** \$1.75

Simple and delicious, warmed on the grill, maybe with a little butter?

## Beverages

**Agua Fresca** \$3.00

House-made, from a selection of delicious and unusual fruits, flowers or herbs with a little sugar

**Horchata (House-Made)** \$3.00

Delicious Mexican-style rice & almond drink made with vanilla and a hint of cinnamon

**Best-ever Iced Coffee** \$3.00

Our special blend, served with heavy cream

**Iced Tea** \$3.00

Freshly brewed & unsweetened—fruity/herbal or black

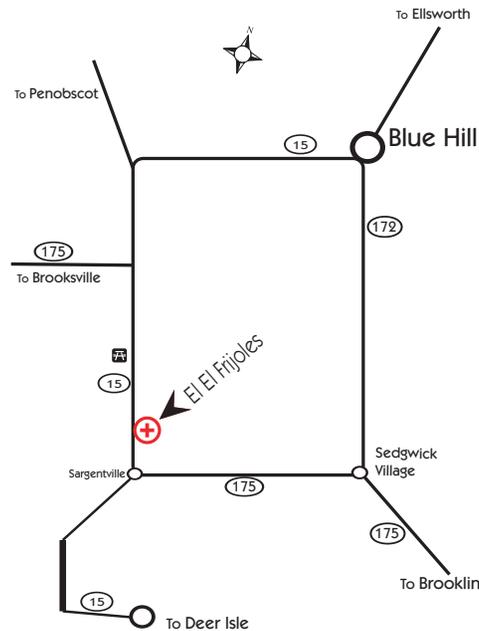
**Soft Drinks - cans** \$1.50

**Soft Drinks - bottles** \$2.50

### Check the tubs:

Sugar-free (diet/seltzer) stuff is on the left, the super sweet stuff is on the right!

We'd appreciate it if you'd tell your friends about us!



## Goodies

**T-shirts** \$16.00

High-quality, 100% cotton. Send us a photo of yourself sporting your shirt in front of a world-famous landmark, and we'll feed you a free burrito!

**Hats** \$16.00

Washed cotton with embroidered El El logo

**Stickers** \$1.50

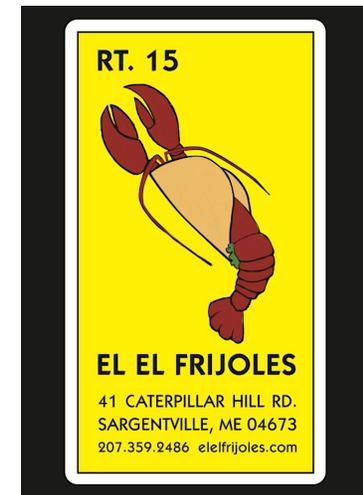
Let your freak flag fly!

At El El Frijoles, we're proud to serve high-quality food that is tasty, innovative, healthy and nutritious.

We make pretty much everything on our menu from scratch, every day and strive to use as many local and/or organic ingredients as we can find. Most of our items can be modified to accommodate your dietary neuroses, allergies or issues.

We believe that respect for our employees, customers, community and our environment is paramount and should be our most important consideration.

Please let us know if you have any questions/comments!



# EL EL FRIJOLES

## Mexican Food

**41 Caterpillar Hill Rd (Rt.15)**  
**Sargentville, ME 04673**

Summer hours are:  
**Wednesday-Saturday**  
**11am. to 8pm.**

**207.359.2486**

[elelfrijoles.com](http://elelfrijoles.com)