

Antojitos & Ensaladas

Chips and Salsa

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

Quesadilla

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, Rajas, Chicken or Pork
Add Carne Asada (Steak)

Nachos

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 Veggies, Rajas, Chicken or Pork
Add Carne Asada (Steak)

Cabbage Ensalada de la Paz

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... \$12.95

Sides

Black Beans or Mexican Rice

4oz.
1/2 Pint

Fillings (Proteins)

4oz.
1/2 Pint

Fresh Salsa

1/2 Pint
1 Pint

Guacamole

1/2 Pint

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 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, shredded 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/Bowl only

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

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

Burritos/Bowls

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

Just Bean & Cheese

Or add your choice of fillings to a Bean & Cheese:

Grilled Veggies

Rajas y Papas

Pollo Cocido

Carnitas

Carne Asada

Spicy Lobster

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

Grilled Veggies

Rajas y papas

Pollo Cocido

Carnitas

Carne Asada

Spicy Lobster

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

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

Kid's Quesadilla

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

Flour Tortilla

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

Beverages

Agua Fresca

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

Horchata (House-Made)

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

Best-ever Iced Coffee

Our special blend, served with heavy cream

Iced Tea

Freshly brewed & unsweetened—fruity/herbal or black

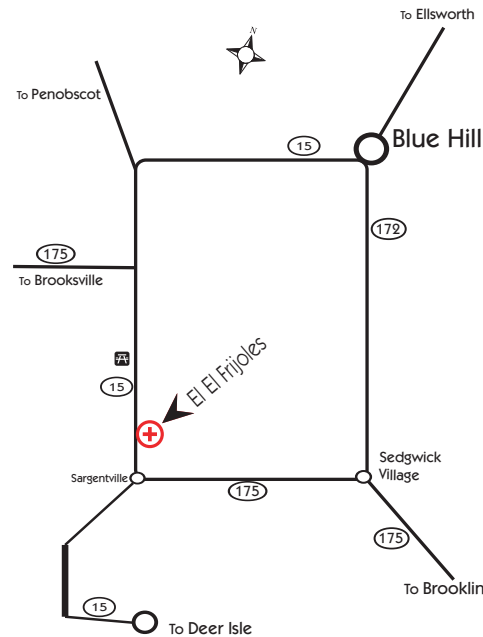
Soft Drinks - cans

Soft Drinks - bottles

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

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

Washed cotton with embroidered El El logo

Enameled Pins

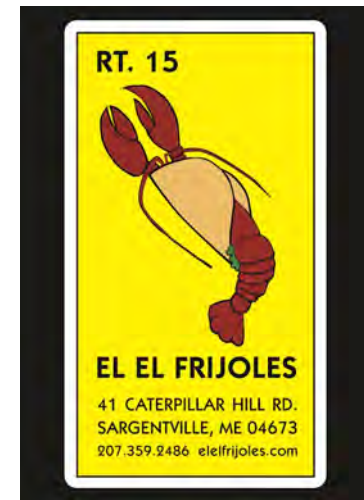
Let your freak flag fly!

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 Close

207.359.2486

elelfrijoles.com