

MALABAR

lunch

SALADS ▲

Malabar 7.95

Mixed greens, tomato, cucumber, julienned carrots, citrus vinaigrette

Arugula 7.95

Baby arugula, roasted peppers, hardboiled egg, caramelized walnuts, manchego, balsamic vinaigrette

Roasted Vegetable & Quinoa 7.95

Oven roasted fall vegetables tossed with mixed greens, quinoa and sherry vinaigrette

Greek 7.95

Romaine, tomatoes, feta, red onion, spanish olives, cucumber, red wine vinaigrette

Add: Avocado +1.95 Grilled chicken +4.95 Grilled salmon* +6.95 Seared tuna* +6.95 Skirt steak* +6.95 Grilled shrimp +6.95

SANDWICHES

Milanesa 11.95

Lightly breaded chicken breast, avocado, oaxaca cheese, chipotle mayo on ciabatta

Vegetariano 10.95

Spinach omelette, tomato, roasted eggplant, and romesco sauce served on multi-grain bread

Torta* 11.95

Ropa vieja, avocado, roma tomatoes, mahón cheese on a brioche bun

Cubano 11.95

Pork, ham, swiss cheese, housemade pickles, and mustard on a baguette

Tuna* 13.95

Seared tuna, avocado, jalapeño, mojo verde on a brioche bun

all sandwiches are made on the panini press and served with mixed greens and a choice of patatas bravas or fried yuca

ENTREES

Pasta del Dia

Pasta of the day; preparation changes daily ▲

Malabar Quesadilla 9.95

Peppers, onions, mushrooms and manchego cheese, with pico de gallo, guacamole and sour cream on the side, served with fried yuca and mixed greens

> with chicken 11.95 > with skirt steak* 13.95

Chicken Paillard 12.95

Grilled free range chicken breast with rosemary olive oil marinade, served with patatas bravas and mixed greens ▲

Beef Churrasco* 14.95

Grilled skirt steak, chimichurri sauce, served with fried yuca and mixed greens ▲

Spanish Meatballs 13.95

Spanish beef meatballs in tomato sauce, with white rice and mixed greens

Ravioli 12.95

Housemade pasta stuffed with roasted eggplant and manchego cheese, topped with rustic tomato-saffron sauce

*these items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

▲ - gluten free or can be prepared GF upon request