

Para Los Niños

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

Mini Burrito \$4.00

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

PB&J Quesadilla \$3.95

These things are really good. A flour tortilla folded around peanut butter and jelly, then grilled to crispy perfection

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 fresh fruits with a touch of sugar

Horchata \$3.00

Delicious sweet rice drink from Mexico, with a hint of cinnamon

Best-ever Iced Coffee \$2.00

Our special blend, served with cream

Iced Tea \$2.00

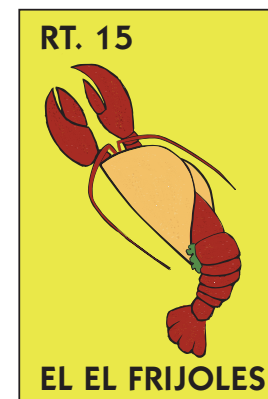
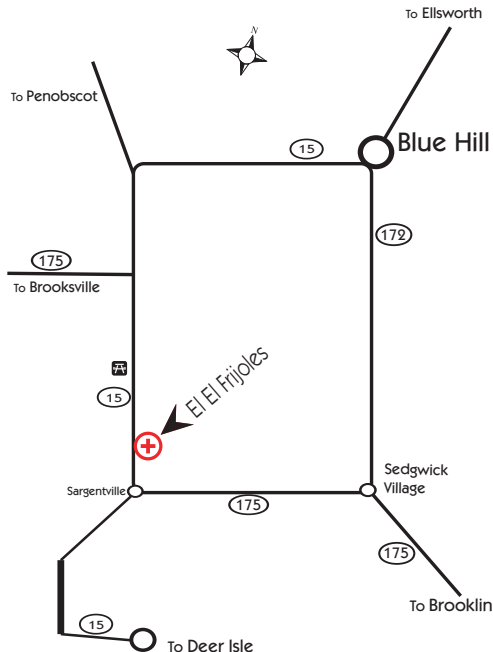
Freshly brewed— could be fruit, herbal or black

Soft Drinks - cans \$1.50

Soft Drinks - bottles \$2.50

Check the tubs:

Sugar-free on the left, super sweet on the right!



EL EL FRIJOLES Mexican Food

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

207.359.2486

Wednesday-Sunday

11 a.m. to 8 p.m.

(Closed Monday & Tuesday, Yo!)

Goodies

T-shirts \$15.00

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

Hats \$15.00

Washed cotton with embroidered El El logo

Stickers \$1.50

Let your freak flag fly!

At El El Frijoles, we're proud to be serving high-quality food that is tasty, healthy and nutritious. We make pretty much everything on the menu from scratch, every day and strive to use as many local and/or organic ingredients as we can find. We don't add sugars to things that aren't supposed to be sweet, and we don't needlessly add fat to food that doesn't need it. Most of our items can be modified to fit your special dietary needs. If you have any questions or comments about our food, please let us know!

-Michael & Michele



elelfrijoles.com

Antojitos & Ensaladas

Chips and Salsa \$2.95

A basket of corn tortilla chips and your choice of today's fresh salsa from our bar

Quesadilla \$4.95

1 large flour or 2 house-made corn tortillas filled with cheese and grilled to toasty perfection. Topped with crema and guacamole

Add our grilled Chicken \$6.95
Add Carne Asada (Steak) or Carnitas (Pork) \$7.95

Nachos \$7.95

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

Add Chicken, Carne Asada or Carnitas \$10.95

Cabbage Ensalada de la Paz \$4.95

Fresh, crisp and tangy. Lime-marinated shredded cabbage, tossed with tomatoes, cilantro, red onion jalapeno and spices. Served with chips or house-made corn tortillas and topped with guacamole

Sides

Black Beans

A Side order of our famous organic black beans

4 oz. \$1.00

1/2 Pint \$2.00

Mexican Rice

Simple and tasty, cooked in vegetable stock

4 oz. \$1.00

1/2 Pint \$2.00

Fillings

Bean & Cheese

Our famous organic black beans cooked with jalapeno chilies, onion and a touch of cumin, with lots of melty jack cheese

Rajas y papas

Potatoes and a blend of cheeses baked with zippy poblano chilies and cream

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 Asado

Grilled, white meat chicken stewed in a tasty red molé (Not Mole, that's disgusting... molé is a sauce made from chilies, nuts, spices and even a touch of dark chocolate.) It's flavorful, but not hot!

Carnitas

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

Carne Asada

Grilled, All-natural beef flank steak rubbed with sea salt and marinated in fresh lime juice and spices, then char-grilled and shredded. Beef, salt lime.....yum

Spicy Lobster

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

Burritos

A 12 " flour tortilla, grilled with melty cheese and wrapped around Mexican rice, organic black beans, crema and our tasty house salsa

Bean & Cheese \$4.95

Or add your choice of:

Grilled Veggies \$6.95

Rajas y papas \$6.95

Pollo Asado \$6.95

Carnitas \$7.95

Carne Asada \$8.95

Spicy Lobster \$14.95

Tacos

Three fresh, house-made corn tortillas filled with your choice of:

Bean & Cheese \$6.95

Grilled Veggies \$7.95

Rajas y papas \$7.95

Pollo Asado \$7.95

Carnitas \$8.95

Carne Asada \$9.95

Spicy Lobster \$15.95

All taco platos are served with our yummy organic black beans and Mexican rice, and are topped with our crispy Ensalada de la Paz, crema and guacamole

We accept:

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

There are probably peanuts everywhere, be careful!

Call Ahead for Take-Out 207•359•2486