



LA MOLIENDA RESTAURANT

Menu

113 Grand Ave.

New Haven, CT 06513

(203) 562-0675

<http://lamoliendarestaurantct.com>

APERITIVOS / Appetizers

Salchipapa / Hot dog with French fries	\$6.00
Alitas de Pollo / Chicken wings	\$10.00
Mariscos Al Olivo	\$16.00
Choros a la Chalaca/Mussels topped with onions, tomatoes, cilantro and lemon Juice.	\$14.00
Maduros con queso/ Sweet Yellow Plantains with cheese.	\$7.00
Chicharron de Calamar/ Deep fried Calamari	\$12.00
Leche de Tigre/ Seafood Cocktail	\$10.00
Papa a la huancaína / potatoes with Huancaína sauce	\$10.00

ENSALADAS / Salads

Ensalada de Casa / House salad (lettuce, tomato, Onion, Pepper, Cucumber, Cheese, chicken)	\$14.00
Sarsa Criolla / Tomato, Onion Cilantro	\$4.00
Ensalada Regular / Regular Salad	\$8.00

SOPAS / SOUPS

Caldo de Gallina / Chicken Soup	\$10.00
Parihuela / Mixed Seafood Food	\$16.00
Sopa de Mariscos / Seafood Soup w/ noddles	\$16.00
Chupe de Camaron / Shrimp Soup	\$16.00
Chupe de Pescado / Fish Soup	\$14.00

POLLO / Chicken

Pollo con Pina/ Chicken w/ Pineapple	\$14.00
Chicharrón de pollo/ Deep Fried Chicken	\$14.00
Saltado de pollo/ Sauted chicken w/ onions and tomatoes	\$14.00
Pechuga de pollo a la plancha Grilled chicken	\$14.00
Milanesa de pollo/ Breaded Chicken w/ rice and potatoes	\$14.00
Chaufa de pollo/Chicken fried Rice	\$14.00
Tallarín Saltado de pollo/ Noodles with chicken, onions, Tomatoes and fries	\$14.00
Aji de Gallina/ Shredded chicken With potatoes in ahuancaina sauce	\$14.00

PLATOS VEGETARIANOS/ Vegetarian Dishes

Tallarín verde / Green Noodles	\$8.00
Tortilla de Verduras / Veggie Omelet	\$8.00
Saltado de vegetales / Sauted vegetables	\$8.00
Arroz Chaufa / Peruvian Fried Rice	\$8.00

CARNES / Beef

Lomo Saltado / Beef strips w. Onions, tomatoes and fries.	\$14.00
Churrasco Especial La Molienda / La Molienda Special Grilled Steak	\$20.00
Bistec a lo Pobre / Steak w. salad, Fries and rice.	\$16.00
Bistec Encebollado/ Steak w. onions	\$14.00
Bistec Apanado/ Breaded steak	\$14.00
Tallarín verde Con Bistec/ Green Noodles w. steak	\$14.00
Tallarín a la huancaína con bistec/ Huancaína noodles w. steak	\$14.00
Tallarín Saltado de Carne / Noodles With Beef, Onions, Tomatoes, & fries	\$14.00
Tallarín Especial / House Special Noodles	\$16.00
Arroz Chaufa de Carne / Peruvian Beef Fried rice	\$14.00
Bistec /Steak with rice, potatoes with salad	\$14.00
Arroz Tapado / Chunks of beef, rice And sweet plantains	\$14.00

Comida de Mar / Seafood

Ceviche Mixto /Diced Fish, Squid, Shrimp, Calamari in lemon juice	\$16.00
Ceviche de Pescado / Diced fish in Lemon juice	\$16.00
Ceviche de Camaron / Shrimp in Lemon juice	\$16.00
Ceviche de Mariscos / Mixed seafood in lemon juice	\$16.00
Chicharon de Pescado / Deep Fried Fish	\$16.00
Tiradito de pescado / Raw fish served cold w. a chilli and lemon pasta juice	\$16.00
Pescado Sudado / Steamed Fish	\$15.00
Trucha Frita / Fried trout	\$15.00
Pescado Frito Filete / Fried fillet fish	\$14.00
Pescado frito Entero / whole fried fish Pescado a la Chorrillana / Fish w. Onions, tomatoes over rice	\$15.00
Pescado a lo macho / Fried Fillet fish w. seafood sauce.	\$17.00
Pescado en salsa de camarones/ Sauted seafood w. Shrimp and sauce	\$20.00
Pescado al Ajo / Filled Fish w. chopped garlic	\$14.00
Pescado al Ajillo / Fillet in garlic sauce	\$14.00

Chaufa de Pescado / Peruvian fried rice w. fish	\$14.00
Pescado Saltado / Sauted fish w. Onions and tomatoes	\$14.00
Arroz de Mariscos / Seafood Rice	\$16.00
Arroz de Camaron / Shrimp rice	\$16.00
Chaufa especial / House Special Fried rice.	\$16.00
Chaufa de Mariscos / Seafood w, Peruvian chinese rice	\$16.00
Chaufa de Camarones / Shrimp w. Peruvian chinese rice	\$16.00
Camaron al ajo	\$16.00
Camaron al ajillo	\$16.00
Camarones Fritos	\$16.00
Camarones a la parmesana	\$16.00
Chicharron de camaron	\$16.00
Saltado de Camarones / Sauted shrimps	\$16.00
Saltado de Mariscos / Sauted seafood w. onions, tomatoes and fries.	\$16.00
Tallarín Saltado de Mariscos / Spaguetti w. Squid, shrimp, Octopus, Calamari & onions.	\$16.00
Tallarín Saltado de Camarones/ Spaguetti w. Shrimps, onions & Tomatoes	\$16.00

Tallarín a la Parmesana con Camarones / Parmesan Spaguetti w. shrimps	\$16.00
Tortilla de Camarones/ Shrimp Tortilla	\$16.00
Picante de Camarones/ Shrimp w. hot garlic sauce	\$16.00
Picante de Mariscos / Seafood w. Hot garlic seafood	\$16.00
Jalea personal / Deep Fried Seafood (personal size)	\$16.00
Jalea Familiar / Deep Fried seafood (family size)	\$30.00
Se salió el Mar / Ceviche and Jalea	\$30.00

PORCIONES / Sides

Papas Fritas / French Fries	\$4.00
Tostones / Fried Green Plantains	\$4.00
Maduros / Sweet Yellow Plantains	\$4.00
Frijoles/ Beans	\$4.00
Queso Frito / Fried Cheese	\$4.00
Yuca Frita / Fried Cassava	\$4.00
Arroz Blanco / White Rice	\$4.00