DINNER

BEGINNINGS

Edamame 5

Lettuce wraps 8
Marinated chicken or tofu, lettuce leaves, cucumber sticks, citrus dressing & a side of peanut sauce
With painted hills grilled steak add 2

Ahi wontons 13
Wonton crisps topped with seared ahi, avocado, sweet soy & wasabi cream

Plantains with carnitas 9
Crispy plantains with tender carnitas, avocado, green onions & chipotle cream

Shoestring plantains 7
Served with chipotle cream

Roasted veggies 10
Roasted seasonal vegetable platter

SOUP & SALADS

Tiger garden salad 9
Tender mixed greens, orange slices, wonton strips & a side of oil-free citrus dressing
Add marinated tofu, carnitas or chicken for 5;
Add grilled painted hills steak for 7

Barrio chopped salad 11
Mixed greens and chopped romaine lettuce tossed in cumin vinaigrette and topped with red cabbage, grated cheese, corn salsa, corn chips & a dollop of cotija ranch
Add marinated tofu, carnitas, or chicken for 5;
Add grilled painted hills steak for 7

Ensalada de casa 7
Mixed field greens dressed in lemon and olive oil, served with avocado & tomato

Soup of the day
Bowl 6
cup 4

FARM FRESH INGREDIENTS

STARGAZER FARMS

We grow as many ingredients as possible on our very own Stargazer Farm. These ingredients are grown following organic farming practices in Sandy, OR.

BIG BOWLS

add tofu, chicken, or carnitas for 5
Add grilled painted hills steak for 7

Buddha bowl 10
Big bowl of lemongrass, miso and coconut milk broth with shiitake mushrooms, noodles, veggies & cilantro

Imperial bowl 13
Big bowl of steamy lemongrass, miso & coconut milk broth with shiitake mushrooms, brown rice, bean sprouts, cilantro & jullienne vegetables

Soul bowl 13
Asian vegetable broth with chewy udon noodles, edamame, watercress, veggies & avocado

Udon noodle bowl 13
Udon noodles with seasonal vegetables, peanuts, sweet soy sauce & peanut sauce

Posole 14
Mexican-style tomato & hominy stew served with brown rice, sour cream & avocado with your choice of carnitas, chicken or seasonal veggetables. Served with corn tortillas
With grilled painted hills steak add 2

Brazil bowl 14
Coconut rice & your choice of carnitas, tofu, or chicken served with black beans, mango-mint salsa, steamed greens, crispy shoestring plantains & coconut chili oil
With grilled painted hills steak add 2

Pineapple bowl 16
Choice of marinated chicken, tofu, or carnitas sauteed with fresh pineapple & seasonal vegetables and served on coconut rice with a side of coconut chile oil
With grilled painted hills steak add 2

ADDITIONS

The following may be added to any bowl or entree

Marinated tofu 5
Marinated chicken 5
Carnitas 5
Grilled Painted Hills beef 7

ENTRÉES

Grilled ahi platter 25
Seared ahi, wonton crisps, avocado, sweet soy & wasabi cream served with coconut rice, edamame & a side of coconut chile sauce

Latin steak frites 21
Marinated Painted Hills Natural Beef flat iron steak served with shoestring plantains, steamed greens & cilantro lime sauce

Fish tacos MP
3 tacos filled with grilled fish and red cabbage and served on white corn tortillas with a side of coconut rice and black beans. One is topped with mango-mint salsa, another with pico de gallo & the third with chipotle sour cream

Dragonfly fish special MP
Today's selected fresh fish. Ask your server for today's preparation

Roasted half chicken 20
Draper Valley Free Range half chicken served in your choice of the following styles:

Isabel style - steamed greens, seasonal veggies & brown rice, with a side of cilantro lime sauce
Latino style - black beans, coconut rice, crispy shoestring plantains & a side of chipotle cream
Quarter chicken 15

Grilled salmon 21
Marinated grilled wild salmon served with mango mint salsa, steamed greens, coconut rice & a side of coconut chile sauce

Double happiness lettuce wraps 15
Marinated steak and chicken served with lettuce, cucumber, peanut sauce & a bowl of coconut rice

Chicken tamales 16
Shredded Draper Valley chicken and guajillo chile tamale made in house served with black beans, brown rice, salsa, steamed greens & a side of sour cream

Asia grill 16
Grilled seasonal vegetables served with marinated tofu, brown rice & peanut sauce

DESSERTS

Flourless chocolate cake 6
Coconut flan 6
Bananas cantina 6
Flamed bananas with spiced rum & peanuts, served a la mode

dragonfly

This menu is served
Mon - Sun 5pm to close

Check in on
Facebook and Yelp!

18% gratuity on parties of 6 or more.

Chef Isabel Cruz & Chef de Cuisine Carsen Maciag

www.isabelscantina.com

We prepare our food from scratch with love and care. If you are in a hurry, please inform your server and we will do our very best to accommodate you.