

Welcome to



At El Peñol 3, we bring the flavors of Colombia to your table.
From classics like **Ajiaco** and **Bandeja Paisa** to unique specialties,
every plate honors tradition with a creative twist.

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 Message us: +1 (857) 295 - 2099
 Visit us: 404 Harvard St, Brookline

Síguenos

en nuestras redes sociales, comparte
tus platos favoritos y etiquétanos.



El Peñol 3 - Brookline



@elpenol3

MENU

***Nuestros frijoles contienen pedazos pequeños de cerdo.**
Our beans contain small pieces of pork.

PARA PICAR LITTLE CRAVINGS

Tabla Peñol	\$19.00
Pork belly rind, yellow potato, flat mashed green plantain 'tostones' potato, empanadas and fried yucca	
Chicharron con arepa	\$6.00
Corn cake with fried pork belly rind	
Arepa con queso	\$5.00
Corn cake with cheese - GF	
Huevos de codorniz	\$6.50
Quail eggs	
Empanada de carne(1)	\$2.00
Beef empanada	
Empanadas parroquiales (solo papa)(6)	\$7.00
Parish empanadas (only potato)	
Chorizo con arepa	\$5.00
Corn cake with sausage	
Pastel de pollo	\$4.00
Chicken turnovers	
Yuca frita	\$6.00
Fried yucca	
Papitas criollas	\$6.00
Small yellow potatoes	
Cubitos en queso frito con salsa de piña	\$6.50
Fried cheese cubes with pineapple sauce	
Tostoncitos marineros	\$13.00
Shrimp in a garlic cream sauce and guacamole	
Tostoncitos con guacamole ú hogao	\$7.50
Plantain with guacamole or hogao	
Alitas de pollo picantes	\$10.00
Buffalo chicken wings	
Ceviche de chicharrón	\$9.00
Shrimp cocktail or Shrimp ceviche	\$17.00
Tacos de chicharron ...3 unidades	\$15.00
Morcilla 1/2 libra	\$5.00
Blood Sausage	
Palitos de queso	\$9.50
Cheese sticks	

Our beans contain small pieces of pork.

TOSTONES FRIED PLANTAIN

*Acompañados de arroz, frijoles y ensalada
-Served with rice, beans and salad

Tostón con carne asada*	\$18.00
Tostón con pollo a la plancha*	\$18.50
Tostón con carne desmechada revuelto con huevo*	\$18.00
Tostón marinero	\$19.50
(Only rice and salad)	

SOPAS SOUPS

*Acompañados de arroz, maduro y ensalada
- Served with rice, sweet plantains and salad

Sopa de mondongo*	\$12.00
- Beef tripe soup	
Sopa de pescado	\$13.00
- Fish soup	
Hecha con crema. Servido con arroz, tostones y ensalada	
- Made with cream. Served with rice, tostones and salad.	
Sancocho de res*	\$12.00
- Beef soup	
Sancocho de gallina	\$12.50
Only available on Sunday's	
- Hen soup	
Servido con arroz y ensalada	
- Served with rice and salad.	

MENÚ INFANTIL KIDS MENU

Salchi-papas con huevos de codorniz	\$9.50
French fries with sausage and quail eggs	
Alitas de pollo con papas fritas	\$9.50
Chicken wings with french fries	
Deditos de pollo con papas fritas	\$9.50
Chicken fingers with french fries	

DESAYUNOS TRADICIONALES TRADITIONAL BREAKFAST

CALENTADOS DE LA ABUELA

Calentado is a traditional Colombian breakfast

Calentado 1. Especial con carne - Grilled Steak	\$19.00
Servido con huevos, arepa y chocolate	
- Served with eggs, corn cake, grilled steak, and hot chocolate beverage	
Calentado 2. Tradicional	\$12.00
Servido con tajadas de papa ó maduro revueltas con huevo	
- Served with potatoes and mixed scrambled eggs	
Calentado 3. Con huevos revueltos, tomate y cebolla	\$11.00
Served with scrambled eggs, tomatoes and onions	
Calentado 4. Con huevos revueltos	\$10.00
Served with scrambled eggs	
Calentado 5. Con carne asada	\$15.00
Served with grilled steak	
Calentado 6. Con chicharrón	\$15.00
Served with fried pork belly rind	
Huevos pericos	\$6.50
Scrambled eggs with tomato and onions	
Huevos rancheros	\$9.50
Scrambled eggs with sausages, tomato and onions	
Arroz revuelto con huevos y papitas	\$12.50
Rice mixed with eggs and french fries	
Chocolate	\$4.00
Hot chocolate beverage	
Con leche	\$4.50
with milk	
Aguapanela - Sugarcane	\$3.00
Hot colombian beverage	

El Peñol 3

RESTAURANTE

SINCE 1998

ENSALADAS O VEGETALES

SALAD OR VEGETABLES

Camarones a la plancha*	\$16.50
Grilled shrimp	
Carne asada*	\$17.00
Grilled steak	
Pollo a la plancha*	\$17.00
Grilled chicken	
Filete de pescado a la plancha*	\$18.50
Grilled fish fillet	
Salmón a la plancha*	\$20.00
Grilled salmon	
Tostón vegetariano*	\$16.00
Vegetarian green fried plantain	
Paella vegetariana*	\$16.50
Vegetarian paella	

POLLO CHICKEN

Pollo de la casa	
- House chicken with bacon	\$19.50
Served with rice and french fries, corn, mushrooms, and tomatoes in cream.	
Arroz con pollo	\$17.00
- Rice mixed with chicken	
Rice mixed with vegetales and chicken, served with salad and fried sweet plantains	
Pollo a la plancha	
- Grilled chicken	\$18.00
Served with rice, beans, green fried plantains and salad	
Pollo apanado	
- Breaded fried chicken	\$18.50
Served with rice, french fries and salad	
Pollo a la criolla	
- Chicken stew	\$18.50
Served with rice, salad, potato and boiled cassava	
Pollo en champiñones	
- Breaded chicken with mushroom cream sauce	\$19.50
Served with rice, green fried plantains and salad	
Picadillo de pollo	
- Chicken strips	\$18.50
Sautéed Chicken pieces with Rice, beans and salad	
Churrasco de pollo	
- Chicken churrasco	\$21.00
Served with fried yucca, rice, beans and salad	

Before placing your order, please inform your server if a person in your party has a food allergy

Consumption of raw or undercooked meat, seafood, poultry and eggs, may cause food borne illnesses

A LA CRIOLLA O A LA PLANCHA

Sobrebarriga	
- Top flank steak	\$19.50
Bistec a la criolla	
- Top round steak stew	\$19.00
Lengua	
- Beef tongue	\$19.50
Posta	
- Beef bottom round flat	\$19.00

PICADILLOS

All served with rice, beans, green fried plantains and salad

Picadillo Carne de Res	
- Beef strips	\$18.50
Sautéed beef strips with tomato, onion, green and red peppers	
Picadillo de carnes	\$23.00
(pollo, res y cerdo)	
- Sautéed chicken, beef and pork strips	
Picadillo de res con camarones	
- Beef and shrimp strips	\$23.50
Sautéed beef strips and shrimp with tomato, onion, green and red peppers	

PICAR Y COMPARTIR

PICADA*	
2 Personas	\$37.00
3 Personas	\$48.00
4 Personas	\$59.00
5 Personas	\$70.00

*Carne asada de cerdo, res y pollo, chorizo, chicharrón, tostones, papa criolla, yuca y queso
- Mix of pork, beef and chicken, with sausage, pork belly rind, fried plantain, small yellow potato, fried yucca and cheese.

TRADICIONALES TRADITIONALS

Lomo de cerdo	
- Grilled pork loin	\$18.00
Served with rice, beans, salad and sweet ripe plantain	
Lomo salteado	\$18.50
- Sautéed pork	
Served with rice, beans, salad and fried plantain	

Carne desmenuzada con huevo	
- Pulled beef with egg	\$17.00

Chuleta apanada	
- Breaded pork loin	\$18.50

Carne a la milanese	
- Breaded steak	\$18.50

*These plates above are served with rice, beans, sweet ripe plantains or fried green plantains

Paella valenciana	\$24.00
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Combination of beef, chicken, pork and sausage, served with rice, vegetables, fried green plantains and small yellow potato

Costilla de cerdo a la BBQ	
- BBQ pork rib	\$22.00
Served with rice, beans and french fries	

Bistec a caballo	\$20.00
- Grilled steak (traditional	

colombian dish)

Steak with tomato and onion sauce, topped with two fried eggs, served with white rice, beans, salad and sweet ripe plantain on the side

Carne asada	
- Grilled steak	\$19.00

Served with rice, beans, salad and fried sweet plantains

Carne encebollada	
- Grilled beef topped	
with sautéed onions	\$20.00

Served with rice, beans, salad and fried green plantains

Churrasco	\$26.50
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- Grilled sirloin steak

Served with rice, beans, salad and french fries

Churrasco a la barbacoa	
- Grilled sirloin steak in	\$27.50

barbacoa sauce

Barbacoa sauce, rice, beans, french fries and salad

Parrillada - Grill	\$22.50
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Beef, chicken, pork, sausage, small Yellow potato, fried yucca, rice and beans

Hamburguesa Colombiana	\$16.00
- Colombian burger	

Bacon, pineapple, cheese, coleslaw



COMIDA DE MAR

MARISCOS - SEAFOOD

Arroz marinero
- Seafood rice \$23.00

Viudo de pargo MP

- Red snapper stew

*Servido con arroz

-Served with rice

Filete apanado
- Breaded fillet \$21.00

Camarones apanados
- Breaded shrimp \$20.00

*Servido con arroz, ensalada, papitas fritas

-Served with salad, french fries and Salad

Arroz con camarones
- Rice with shrimp \$20.00

*Servido con ensalada y tostones

-Served with salad and green fried plantains

Paella de mariscos
- Seafood paella \$25.00

Served with green fried plantains,
chorizo and pork

Filete marinero con camarones
- Fish fillet grilled
with shrimp cream sauce \$25.50

Pargo rojo
- Red snapper MP

Mojarra frita MP
- Fried medium bass

Lomo marinero \$23.00
- Grilled pork with shrimp cream sauce

**Filete a la plancha en
crema de champiñones**
- Pan seared haddock in
mushroom cream sauce \$22.50

Camarones salteados
- Sautéed shrimp \$20.00

Salmón en crema de champiñones
- Salmon in mushroom
cream sauce \$22.50

Trucha marinera con camarones
- Fried trout with
shrimp cream sauce \$24.00

Trucha frita
- Fried trout \$20.00

Trucha en crema
- Fried trout with
mushroom cream sauce \$20.50

Filete a la plancha
- Pan seared haddock \$19.00

Churrasco marinero grueso
Grilled steak with shrimp
cream thick \$28.00

Salmón a la plancha
- Grilled salmon \$21.00

*Servido con tostones, arroz y ensalada

-Served with green fried plantain, rice and salad

Ceviche mixto \$17.50
- Seafood ceviche

PLATO TÍPICO

TRADITIONAL COLOMBIAN PLATE

Bandeja Paisa \$17.50
Grilled steak, pork belly rind, fried
egg, rice, beans, sweet plantains and
corn cake

Bandeja Peñol
- Peñol Plate \$19.50
Grilled steak, pork belly rind, fried egg, rice,
beans, sweet plantains and corn cake with
Colombian sausage

POSTRES

DESSERT

Postre de la casa - Churros
- House dessert \$9.00

Brevas con queso
- Figs with cheese \$6.00

Postre de las tres leches
- Three milk cake \$8.50

Tiramizú \$8.50

Flan \$8.00

CAZUELAS

Cazuela El Peñol \$16.50
Beans, pork belly rind, shredded meat,
sausage, kernels of sweet corn,
sweet plantain, avocado, crunchy potatoes
sticks, Served with rice and egg,

Cazuela de mariscos \$24.00
Seafood casserole served with rice
and green fried plantains

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MENU BAR

JUGOS NATURALES NATURALS JUICES

Agua - Water: \$4.00

Leche - Milk: \$4.50

Soursop, lulo, blackberry, mango, papaya, tomato tree, passion fruit, guava, strawberry

Gaseosa \$3.00

Manzana / apple soda, breñaña water soda, coca cola, grape soda, orange soda, tamarindo, diet coke, ginger ale, sprite

Limonada - lemonade \$6.00

Coco, mango, stawberry, passion fruit kiwi, pineapple, watermelon

Pony malta \$5.00

Natural fruit tea \$5.00

Caramel coffee \$5.00

Mazamorra
- Corn flour in milk \$4.50

BOTTLE BEER

*Michelada: + \$1.00

Bud Light \$7.00

Aguila \$8.00

Corona \$8.00

Modelo \$8.00

Modelo Negra \$8.00

Stella Artois \$8.00

Presidente \$8.00

Heineken Light \$7.00

Heineken \$8.00

High Noon \$9.00

Mango, passion fruit, watermelon

Maine Beer Lunch IPA \$11.00

Heineken 0.0.
Non alcoholic Beer \$7.00

Wicked Hazy IPA \$9.00

Jacks Abby House Lager \$9.00

Allagash White \$9.00

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WINES VINOS

House Red Cabernet \$10.00
Bottle \$36.00

House Pinot Noir \$12.00
Bottle \$40.00

Merlot \$10.00
Bottle \$30.00

House Chardonnay \$10.00
Bottle \$36.00

House Pinot Grigio \$11.00
Bottle \$32.00

Sauvignon Blanc \$11.00
Bottle \$40.00

Prosecco \$9.00
Bottle \$32.00

House Sangría Red \$12.00
Jarra \$32.00

House Sangría White \$11.00
Jarra \$32.00

DRAFT BEER

Sam Seasonal \$8.00

Peroni \$8.00

Seasonal Draft \$8.00

Cisco IPA \$9.00

Newport Blueberry \$8.00

COCKTAILS CÓCTELES

The Pinky \$13.00
Mezcal, Prickly Pear, St Germain, lime juice

Spicy Passion Fruit Margarita \$14.00
Agave, passion fruit, teremana tequila, jalapeño

House Mojito \$13.00
Flavors: maracuya, mango, blue berry, coconut, watermelon

Colombian Caipirinha \$13.00
Aguardiente, lime, sugar

Expresso Martini \$14.00
Stoli vanilla, fresh espresso, Baileys, Kahlua

House Signature \$14.00
Peeled ginger, syrup, lime, pomagranate, stoli citron

The 404 \$14.00
Grey Goose, St Germain, syrup, lemon

The Brookline \$14.00
Fresh basil, fresh mint, grapefruit agave, lemon, bourbon

Miguelito \$14.00
Blueberries, syrup, lime, pomegranate, teremana tequila, cointreau

Medina's Favorite \$14.00
Titos vodka, ginger, fresh agave, lime
Flavors: watermelon, passion fruit, strawberry

