

Mary

Bar & Grill's

TEX-MEX RESTAURANT

New Special !

MENU



4231 9th St NW, Washington, DC 20011

(202) 722-6966

www.marysgrillrestaurant.com

Tacos

Two per order Served with rice or salad

- **BIRRIA \$17.95**
Mozzarella cheese sweet onions and cilantro with the conzume beef
- **PORK \$12.95**
Sweet onions slice pineapple green salsa
- **GRILLED CHICKEN \$12.95**
Lettuce pico de gallo guacamole & sour cream
- **FRIED CHICKEN \$12.95**
Coleslaw ranch slice avocado
- **GOBERNADOR \$14.95**
Sauteed shrimp with fajita veggies and melted mozzarella cheese
- **BLACKENED FISH \$14.95**
Marinated cabbage, onions, carrots and white vinegar with ranch
- **GRILLED STEAK \$15.95**
Pico de gallo, guacamole sour cream and cilantro

KIDS MENU

Served with rice, fruit and apple juice

- **SINGLE TACO \$10**
Grilled chicken, Grilled Steak or Grilled Shrimp with cheese
- **BURRITO GRILLED CHICKEN \$10**
Grilled Steak or Grilled Shrimp with cheese
- **QUESADILLAS GRILLED CHICKEN \$10**
Grilled Steak or Grilled Shrimp with cheese
- **KIDS SALMÓN \$11**



TEX-MEX

Quesadillas

served with guacamole and sour cream

- **BIRRIA \$17.95**
Cheese with Fajita Veggies
- **SHRIMP \$17.95**
Cheese with sauteed veggies

Burritos

served with guacamole and sour cream

- **CHICKEN TERIYAKI \$15.95**
Snow peas, bok choy and onions
- **BURRITO OR BOWL**

APPETIZERS

Served with Chips and Salsa

- **CHEESE DIP \$9.95**
- **GUACAMOLE \$10.95**
Homemade Fresh guacamole
- **ELOTE LOCO \$6.95**
Chipotle mayo cotija cheese lime

DRINKS \$5

- Strawberry Lemonade
- Flavored Jarritos
- Mexican coke

Aperitivos / Appetizers

TRIO DIP \$ 6.95

Guacamole, sour cream, and pico de gallo.

YUCA CON CHICHARRON \$ 12.95

Fried cassava served with fried pork chunks and marinated cabbage.

PLATANOS FRITOS \$ 9.95

Fried plantains served with sour cream and refried beans.

PUPUSAS

Hand-made salvadorean tortilla stuffed with:

- QUESO / CHEESE \$ 2.75
- REVUELTA / PORK & CHEESE \$ 2.75
- LOROCO Y QUESO / LOROCO & CHEESE . \$ 2.75
- FRIJOL Y QUESO / BEANS & CHEESE \$ 2.75

Served with marinated cabbage, onions, carrot and white wine vinegar.



Yuca con Chicharron



Platanos Fritos



Pupusas



Nachos El Torogoz



Taquitos Dorados



Boquita Mixta El Torogoz

NACHOS EL TOROGOZ

Crispy corn chips covered with beans, sour cream, melted cheese, guacamole, jalapeño peppers and your choice of:

- PLAIN \$ 8.95
- CHICKEN / POLLO \$ 10.95
- BEEF / CARNE \$ 12.95
- GROUND BEEF / CARNE MOLIDA . . . \$ 12.95
- CHORIZO / SALVADOREAN SAUSAGE \$ 12.95

TAMAL DE POLLO \$ 2.95

Chicken Tamale.

CALAMARES FRITOS \$ 13.95

Fried squid "calamari" served with spicy tomato sauce.

TAQUITOS DORADOS \$ 13.95

4 Crispy corn tortilla rolled up with you choice of chicken or beef. Topped with lettuce, tomato, guacamole, shredded cheese and sour cream.

ALAS DE POLLO \$ 12.95

Spicy chicken wings served with blue cheese dressing.

***BOQUITA MIXTA EL TOROGOZ** \$ 35.95

Combination of grilled beef, shrimps, chicken breast, yuca, chicharron and pupusa revuelta.

***BOQUITA MIXTA (1 PERSONA)** \$ 14.95

Grilled beef, chicken breast and shrimp.

ENCHILADAS SALVADOREÑAS

Crispy corn tortilla. Topped with beans, Salvadorean cheese and curtido (marinated cabbage).

- POLLO / CHICKEN \$ 3.95
- CARNE / BEEF \$ 4.95

BALIADA \$ 5.25

Flour tortilla filled with beans, cream, avocado and egg with.

- POLLO / CHICKEN \$ 6.25
- CARNE / BEEF \$ 7.95

No Substitutions please

** we reserve the right to include the gratuity

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Cocktails - Ceviches

- ***COCKTAIL DE CAMARONES** \$ 15.95
Jumbo shrimp poached and chilled. Served with chopped radish, red onions, lettuce and spicy cocktail sauce.
- ***CEVICHE MIXTO** \$ 17.95
Fresh seafood marinated in lemon juice, red onions, cilantro and jalapeño peppers.



Cocktail de Camarones

Sopas / Soups

- SOPA DE RES/BEEF SOUP** \$ 16.95
Tender pieces of beef with yuca and cabbage in a savory broth.
- MARISCADA CUSCATLECA** \$ 22.95
A delicious broth of clams, mussels, shrimps, crab, scallops, and tilapia.
- SOPA DE CAMARONES/SHRIMP SOUP** .. \$ 16.50
A delicious seafood broth with shrimps, egg, rice and a touch of cream.



Sopa de Res



Ensalada de Camarones

Ensaladas / Salads

- ENSALADA DE CAMARONES** \$ 12.95
Grilled shrimps tossed in romaine lettuce, cucumber, avocado, tomatoes, pico de gallo, and lemon vinaigrette in a crispy tortilla shell.
- ENSALADA DE FAJITA** \$ 14.95
Your choice of grilled chicken or beef tossed with green peppers, onions, tomatoes, lettuce, guacamole, and pico de gallo in a crispy tortilla shell.
- TACO SALAD** \$ 12.95
Ground beef, romaine lettuce, black beans, tomatoes, pico de gallo, shredded cheese in a crispy tortilla shell.
- ENSALADA TROPICAL** \$ 11.95
Hearts of palm, cucumber, tomatoes, red onions and house dressing.
- ENSALADA DE SALMON** \$ 14.95
Fresh romaine lettuce with red onions, black olives, lemon dressing and topped with grilled salmon.
- ENSALADA CESAR CON POLLO** \$ 12.95
Grilled chicken strips, fresh romaine lettuce, parmesan cheese, crouton, and ranch dressing.
- ENSALADA EL TOROGOZ** \$ 11.95
Chicken salad with carrots, lettuce, red onions, avocado. Served with ranch dressing in a crispy tortilla shell.
- ENSALADA DE CAMPO** \$ 7.95
Fresh salad of mixed greens, tomatoes, red onions and balsamic vinaigrette.



Ensalada Tropical



Ensalada de Salmon



Ensalada de Pollo

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Sandwiches

Served with french fries

- STEAK AND CHEESE** \$ 12.95
With green pepper, onions, tomato, lettuce and Provolone cheese.
- CHICKEN AND CHEESE** \$ 11.95
With green pepper, onions, tomato, lettuce and Provolone cheese.
- *HAMBURGER** \$ 7.95
- *CHEESEBURGER** \$ 8.95
- ROASTED CHICKEN** \$ 11.95
With lettuce, tomato and mayonnaise.
- FAJITA SANDWICH** \$ 12.95
Choice of chicken or beef with mix vegetables, mozzarella with a guacamole spread.



Steak and Cheese Sandwich



Fajita Sandwich

Aves / Poultry

- PECHUGA DE POLLO CON ESPINACA** . . . \$ 17.95
Pan-seared chicken breast topped with sauteed spinach and melted provolone cheese in a white wine sauce. Served with rice and beans.
- PECHUGA DE POLLO A LA MARSALA** . . . \$ 17.95
Sauteed chicken breast with a sauce of sauteed mushrooms, marsala wine and a touch of cream. Served with sauteed spinach and rice.
- PECHUGA DE POLLO CON CAMARONES** . . \$ 18.95
Grilled chicken breast topped with shrimps, garlic, and chunky tomato sauce. Served with rice and beans.
- POLLO ASADO ENCEBOLLADO** \$ 16.95
Grilled chicken breast with sauteed onions and tomatoes. Served with rice and beans.
- POLLO A LA CREMA** \$ 16.95
Sauteed chicken breast with mushrooms and cream sauce. Served with rice and salad.
- POLLO SALTADO** \$ 16.95
Sauteed strips of chicken breast with red onions, green peppers, tomatoes, cilantro and potato served with rice.



Pollo a la Marsala

Pollo a la Crema

Pastas

- ALBONDIGAS DE CARNE CON PASTA** . . . \$ 16.95
Meatballs in a chunky tomato sauce and parmesan cheese served over linguine pasta.
- LINGUINE CON MARISCOS** \$ 17.95
Linguine pasta with shrimps, mussels, clams, tomato sauce, olive oil and basil.
- SPAGHETTI CON SALMON** \$ 17.95
Spaghetti pasta with strips of salmon, mushrooms, vodka, parsley in a light cream sauce.
- PASTA CON CAMARONES Y SCALLOPS EN SALSA DE LANGOSTA** \$ 18.95
Linguine pasta with shrimps and scallops in a creamy lobster sauce.
- PASTA CON POLLO Y VEGETALES** \$ 16.95
Spaghetti pasta tossed with sauteed chicken breast and vegetables in a creamy pesto sauce.
- PASTA VEGETARIANA** \$ 15.95
Linguine pasta with sauteed mixed vegetables, cream and parmesan cheese.



Spaghetti con Salmon

Albondigas de Carne con Pasta

Pollo a La Brasa Charcoal Chicken

Peruvian Style

- 1/4 CHICKEN DARK MEAT \$ 9.95
- 1/4 CHICKEN WHITE MEAT \$ 10.95
- 1/2 CHICKEN \$ 14.95
- WHOLE CHICKEN \$ 22.95

Served with 2 side orders:
Rice | Beans | Cassava
Fries | Salad | Plantain
Servido con 2 Acompañantes:
Arroz | Frijoles | Yuca
Papas Fritas | Ensalada | Platanos



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Carnes / Meat

- *CARNE ASADA** \$ 17.95
Grilled thin flap beef. Served with rice, black beans, salad, pico de gallo and two tortillas.
- BISTEC A LA LISETTE** \$ 20.95
Grilled T-Bone steak served with a delicious reduction of veal juice and rosemary. Served with fried plantain, avocado, two tortillas and rice.
- LOMO SALTADO TEJANO** \$ 17.95
Beef strips sauteed with olive oil, sweet red onions, jalapeños, fresh tomatoes and cilantro served with rice.
- LOMO DE PUERCO** \$ 17.95
Roasted pork loin with a sauce of sauteed mushrooms, fresh tomato and rosemary. Served with rice and beans.
- STEAK AL TOROGOZ** \$ 22.95
Grilled N.Y. Strip with a sauce of green peppercorns, brandy, and cream. Served with sauteed spinach and rice.
- PLATO COJUTEPEQUE** \$ 18.95
Grilled thin flap beef, chorizos (salvadorean sausage) served with pico de gallo, salvadorean cheese, rice, and beans.
- BISTEC ENCEBOLLADO** \$ 16.95
Grilled thin flap beef topped with sauteed marinated onions. Served with rice and beans.
- CHULETAS DE CERDO** \$ 17.95
Sauteed pork chops served with rice, salad and mushroom sauce.
- CHULETAS ENTOMATADAS** \$ 17.95
Grilled pork chops with sliced onions, green peppers and tomatoes. Served with rice and beans.
- CARNE DESHILADA** \$ 17.95
Braised shredded flank beef with bell peppers, onions, and tomatoes. Served with rice, fried plantain and avocado.



Steak al Torogoz



Carne Asada



Carne Deshilada



Tacos de Salmon

Fajitas

Our fajitas are served sizzling hot with rice, beans, guacamole, sour cream and Pico de Gallo.

- *CARNE / BEEF** \$ 17.95
- CAMARONES / SHRIMPS** \$ 18.95
- POLLO / CHICKEN** \$ 16.95
- MIXTA / SHRIMP, CHICKEN, BEEF** \$ 19.95
- VEGETALES / VEGETABLES** \$ 15.95
- FAJITA EL TOROGOZ** \$ 22.95
Chorizo, beef, shrimp, and chicken.
- STEAK FAJITA BOWL** \$ 14.95
Grilled strips of beef, green peppers, onions, tomatoes, rice tossed in a bowl. Served with beans on the side.

Tacos

- TACOS DE SALMON** \$ 13.95
(2) Soft corn tortillas topped with grilled salmon, marinated cabbage, pico de gallo, and avocado. Served with rice and beans.
- TACOS DE CAMARONES** \$ 13.95
(2) Soft corn tortillas topped with grilled shrimps, chopped lettuce, avocado, and pico de gallo. Served with rice and beans.
- TACOS DE CARNE (3) BEEF** \$ 12.95
- TACOS DE POLLO (3) CHICKEN** \$ 12.95
- CARNE MOLIDA (3) GROUND BEEF** \$ 12.95
- LENGUA DE RES (3) BEEF TONGUE** \$ 12.95
Topped with lettuce, pico de gallo, guacamole, and sour cream.



Fajita El Torogoz

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No Substitutions please

Quesadillas

Cheese stuffed grilled flour tortilla. Served with guacamole, sour cream and Pico de Gallo.

CARNE / BEEF	\$ 12.95
POLLO / CHICKEN	\$ 12.95
QUESO / CHEESE	\$ 11.95
CAMARONES / SHRIMPS	\$ 14.95
MIXTA / BEEF, CHICKEN AND SHRIMP...	\$ 15.95
VEGETALES / VEGETABLES	\$ 12.95
ESPINACA / SPINACH	\$ 12.95

Burritos & Wraps

Two stuffed flour tortillas topped with melted cheese. Served with rice, beans, guacamole and Pico de Gallo.

CARNE ASADA / GRILLED BEEF	\$ 15.95
POLLO / CHICKEN	\$ 14.95
CARNE MOLIDA / GROUND BEEF	\$ 13.95
VEGETALES / VEGETABLES	\$ 12.95
BURRITO EL TOROGOZ	

A large flour tortilla rolled up with rice, bean, pico de gallo, guacamole, and your choice of meat.

- POLLO / CHICKEN
- CARNE / BEEF
- CARNE MOLIDA/GROUND BEEF

CHICKEN CESAR WRAP	\$ 8.95
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Diced grilled chicken, chopped lettuce, tomato, parmesan cheese, and crushed croutons.

VEGETABLE WRAP	\$ 8.95
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Baby spinach, avocado, fresh tomato and balsamic vinaigrette.

FLAUTA SUPREMA	\$ 17.95
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Two flour tortillas stuffed with shrimp and mushrooms with lobster sauce. Served with rice and beans.



Chicken Burrito



Vegetable Wrap



Flauta Suprema

Mariscos / Seafood

TRUCHA A LA PLANCHA	\$ 16.95
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Grilled semi boneless trout marinated in olive oil, lemon, and herbs. Served with rice and salad.

MARISCOS SALTADOS	\$ 18.95
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Shrimps and scallops sauteed in olive oil, tomatoes, red onions, green peppers, jalapeno, potatoes, and cilantro. Served with rice and beans.

CAMARONES ENTOMATADOS	\$ 18.95
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Sauteed shrimps with olive oil, onions, green peppers and tomato. Served with rice and salad.

CAMARONES A LA PLANCHA	\$ 18.95
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Grilled shrimp served with rice, salad and french fries.

*MAR Y TIERRA	\$ 20.95
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Grilled beef and shrimps. Served with rice and beans.

GAMBAS AL AJILLO	\$ 16.95
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Sauteed shrimp in olive oil, garlic and cherry wine. Served with rice and beans.

MOJARRA AL SARTEN	\$ MARKET PRICE
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Sauteed whole rockfish with olive oil. Served with rice, house salad and two tortillas.

FILETE DE TILAPIA AL SARTEN	\$ 17.95
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Sauteed Tilapia filet with capers, lemon and butter. Served with rice and house salad.

SALMON A LA PARRILLA	\$ 17.95
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Fresh grilled Norwegian salmon. Served with rice and house salad.

SALMON AL HORNO	\$ 18.95
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Fresh baked Norwegian salmon filet with mushrooms and cream sauce. Served with rice and steamed vegetables.

CAMARONES A LA CREMA	\$ 17.95
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Sauteed shrimps flamed with cognac and cream, served with rice and beans

COMBINACION DE MARISCOS	\$ 21.95
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A combination of shrimps, calamary, mussels, tilapia filet, and a creamy lobster sauce. Served with rice.

SALMON CON ESPINACA	\$ 18.95
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Roasted salmon filet with capers, lemon juice and olive oil, served with sauteed spinach and fries.



Mojarra al Sarten



Salmon con Espinaca



Filete de Tilapia al Sarten

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Platos Típicos Typical Dishes

- COMBINACION TIPICA** \$ 15.95
A combination of chicken taquito, enchilada, chicken tamal, and cheese pupusa.
- PLATO MIGUELENO** \$ 14.95
Scrambled eggs with chorizo, plantain, beans and sour cream.
- BANDEJA CUSCATLECA** \$ 17.95
A platter with chicken tamale, pork and cheese pupusa, fried plantain, rice, beans and Salvadorean cheese.
- CHILAQUILES** \$ 14.95
Fried corn tortilla tossed in a spicy red sauce. Garnished with avocado, onions, cilantro, sour cream, and salvadorean cheese.
- PLATO RANCHERO** \$ 17.95
2 ranchero eggs, rice, beans, avocado, salvadorean cheese and 2 tortillas
- CHIMICHANGA** \$ 16.95
2 flour tortillas filled with beef or chicken topped with cream sauce. Served with rice and beans



Banana Tropical



Platanos con Helado



Tiramisu

Postres / Dessert

- PLATANOS CON HELADO** \$ 7.95
Fried plantains served with vanilla ice cream garnished with berries and drizzled with cocoa powder.
- TIRAMISU** \$ 7.95
Espresso soaked lady finger cookies with mascarpone cheese, cocoa powder over zavaglione sauce.
- FLAN DE VAINILLA CON HELADO** \$ 7.95
Baked caramel custard served with a scoop of vanilla ice cream.
- BANANA TROPICAL** \$ 6.95
Sliced bananas with a scoop of vanilla ice cream topped with dark chocolate syrup.
- HELADO DE VAINILLA** \$ 5.95
Vanilla Ice cream topped with dark chocolate syrup.

Side Orders

- RICE \$ 3.50
- BEANS \$ 3.50
- FRENCH FRIES \$ 3.50
- TORTILLA \$ 1.00
- GUACAMOLE \$ 4.95
- PICO DE GALLO \$ 2.95
- SOUR CREAM \$ 2.95
- CHEESE \$ 2.95
- JALAPEÑO \$ 1.00
- AVOCADO \$ 4.95
- EGG \$ 2.00
- GARLIC BREAD \$ 4.95
- SAUTEED SPINACH \$ 5.50
- YUCA \$ 5.50
- PLATANO \$ 4.95
- SHRIMP \$ 2.95
- CHORIZO \$ 2.75



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Refrescos / Soft Drinks

HORCHATA	\$ 3.25
MARANON	\$ 3.25
TAMARINDO	\$ 3.25
ASSORTED SODAS	\$ 2.75
COFFEE	\$ 2.75
TEA	\$ 2.75
ESPRESSO	\$ 3.00
CAPPUCCINO	\$ 3.95
ICE COFFEE	\$ 3.95
IRISH COFFEE	\$ 6.95

Irish Whiskey and coffee topped with whipped cream.

TIA MARIA COFFEE \$ 6.95
Coffee with liqueur topped with whipped cream.



Bebidas Beverages

MOJITOS
MARGARITA
DAIQUIRIS
PINA COLADA



Cervezas Domesticas Domestic Beers

MILLER LITE
COORS LIGHT

Cervezas Importadas Imported Beers From Mexico

CORONA
CORONA LIGHT
TECATE
DOS XX
NEGRA MODELO
MODELO ESPECIAL

From El Salvador

REGIA (32 OZ.)
SUPREMA
PILSENER

From Holand

HEINEKEN
HEINEKEN LIGHT
AMSTEL LIGHT

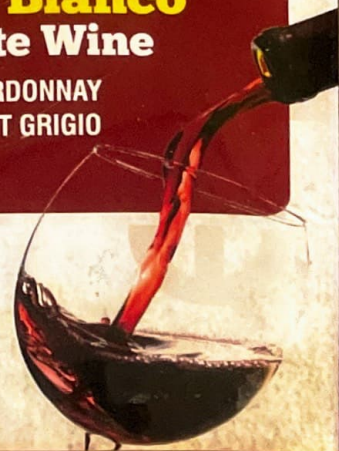


Vino Rojo Red Wine

CHIANTI
CABERNET
MERLOT
MONTEPULCIANO

Vino Blanco White Wine

CHARDONNAY
PINOT GRIGIO



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