



Dinner

SALT & PEPPER

RESTAURANTE MEXICANO EST. 1988



SALT & PEPPER

Salt & Pepper is celebrating over 20 years of being one of the best restaurant choices in town, thanks to our service, the secrets of our Mexican family recipes, and you.

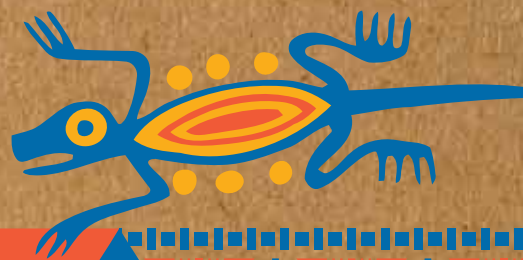
Silvio Solano, the restaurant's founder, was born in Tezoalta, Oaxaca, Mexico and immigrated to Canada in 1969. He spent many years sharing his cooking talents with prestigious restaurants before opening his own and offering authentic Mexican flavours that make Salt & Pepper famous today.

Silvio and his family are working hard to carry on the legacy of their family traditions and provide a friendly and authentic atmosphere for your dining enjoyment.

Our team - welcomes you and hopes your Mexican eating experience is a delicious one! Buen provecho!

saltnpepper.ca





SOUPS

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| De Hongos Consommé with mushroom & chicken | 6.80 |
| De Frijoles Bean soup with cheese & corn tortilla strips | 6.80 |
| Azteca Consommé, avocado, chicken & corn tortilla strips | 6.80 |

SALADS

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| Tomate & Aguacate Tomatoe & avocado salad with cilantro dressing Add shrimp 2.50 Add chicken breast 3.50 | 9.00 |
| Tostada Fresh house salad, onion, pepper medley, cheese & yogurt on a crispy corn tortilla Add shrimp 2.50 Add chicken breast 3.50 | 9.00 |
| Aguacate con Camarones Avocado boat with shrimp & cocktail sauce | 9.85 |



APPETIZERS



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| Totopos con Salsa & Escabeche Basket of chips with salsa & pickled jalapeños | 5.93 |
| Guacamole del Rey Homemade guacamole with chips | 8.84 |
| Nachos al Horno Nachos with guacamole, sour cream, adobo & cheese. Add chicken, beef or chorizo 2.10 | 11.98 |
| Salsa con Queso Hot salsa & melted cheese casserole | 8.71 |
| Chorizo Fundido Baked Mexican sausage with melted cheese & two tortillas | 9.25 |
| Chile Relleno One cheese stuffed poblano pepper | 7.90 |
| Champiñon con Chorizo & Queso Mushrooms filled with chorizo & cheese | 9.74 |
| Camarones al Mojo de Ajo Large shrimp sautéed in garlic butter & white wine | 12.74 |
| Coctel de Camarones Jumbo shrimp steamed & served with cocktail sauce | 12.74 |
| Mejillones Marinera Steamed mussels with salsa fresca | 12.74 |
| Ceviche Miramar Lime marinated white fish | 9.74 |
| Calamares Fritos Fried calamari served with adobo sauce & sour cream | 11.74 |



MAIN COURSES

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| Combination Poblana One chile relleno, one taco & one enchilada | 18.94 |
| Chiles Rellenos Poblanos Two cheese stuffed Poblano peppers topped with tomato sauce & sour cream | 16.80 |
| Chilaquiles al Estilo Sambornos Baked layers of corn tortilla, cheese, chicken, cream & tomato sauce | 15.19 |
| Pechuga de Pollo al Tequila Chicken breast sauteed with bell peppers, mushrooms & a dash of tequila | 18.84 |
| Pechuga de Pollo con Mole & Pepitas Grilled chicken breast topped with mole & sesame seeds | 18.84 |
| Chuletas de Cerdo Adobadas Grilled pork chops with our own spicy adobo | 17.49 |
| Carne Asada a la Tampiqueña Grilled steak served with a sample of enchilada con mole, sauteed bell pepper medley & guacamole | 19.96 |
| Linguini con Chorizo Linguini baked in cream sauce with chorizo | 17.80 |



all mains served with rice & beans

MAIN COURSES CONTINUED

Tacos Tacos Tacos 13.97

Three tacos topped with lettuce, sour cream & cheese. Choose from either chicken, beef, chorizo or vegetable.

Extra taco 1.95

Totopos Compuestos al estilo Jalisciense 13.74

Crispy tortillas with lettuce, cheese, chicken, beans, sour cream, avocado & tomatoes

Quesadillas 15.98

Choice of chorizo, chicken, beef, veggies or cheese served with guacamole & sour cream

Las Enchiladas 16.68

Choose from beef, chicken, cheese or vegetarian with your choice of tomato & basil, bean or mole sauce

Extra enchilada 1.95

Burritos 15.77

Served with tomato sauce & sour cream.

Choose from beef, chicken, chorizo or vegetable

Las Fajitas 16.79

Guacamole, tortillas, onion & pepper medley in tomato sauce.

Make your own with:

Beef 19.99

Chicken 19.10

Shrimp 22.80

Vegetarian 17.80

Taco Platter 17.80

Served with all the fixings needed to make your own chicken, chorizo & beef tacos

Take your favorite salsas home

Pickled Jalapeños 500g 8.78

Guacamole 500g 8.78

Salsa 500g 8.50

Chips 450g 6.80

CHEF'S PLATTER 21.74

For 2 or more

per person

Enchiladas, adobo pork chops, taquitos, quesadillas, guacamole, rice & beans



all mains served with rice & beans



DEL MAR

Huachinago a la Veracruzana 19.95
Red snapper in creole sauce

Pescado del Rio 18.95
Grilled fresh water cobbler topped
with cilantro butter

Fiesta Puerto Escondido 22.89
A spicy fiesta of red snapper, mussels
& shrimp in a garlic & white wine sauce

Pescado del Rio con Chipotle 21.74
Steamed basa fillet with chipotle sauce

Tacos de Marisco 19.94
Fish tacos on flour tortilla





HISTORIC INGLEWOOD

1413 9 Avenue SE
Calgary, Alberta
403.269.1441

MAIN STREET BOWNESS

6515 Bowness Road NW
Calgary, Alberta
403.247.4402

Catering & Private Parties Available

Contact alexsolano@shaw.ca

saltnpepper.ca