



Lunch

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.

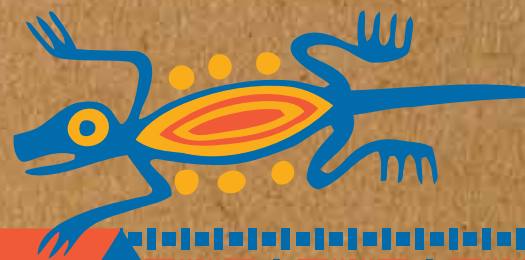
Silvio Solano, the restaurant's founder, was born in Tezoalta, Oaxaca, Mexico and immigrated to Canada in 1969. He spent many years sharing his cooking talents with prestigious restaurants before opening his own and offering authentic Mexican flavours that make Salt & Pepper famous today.

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

De Hongos 5.85

Consommé with mushroom & chicken

De Frijoles 5.85

Bean soup with cheese & corn tortilla strips

Azteca 5.85

Chicken consommé, avocado & corn tortilla strips

SALADS

Tomate & Aguacate 9.00

Tomato & avocado salad with cilantro dressing

Add shrimp 2.50

Add chicken breast 3.50

Tostada 9.00

Fresh house salad, onion, pepper medley,
cheese & yogurt on a crispy corn tortilla

Aguacate con Camarones 9.85

Avocado boat with shrimp & cocktail sauce



APPETIZERS



Totopos con Salsa & Escabeche 5.93
Basket of chips with salsa
& pickled jalapeños

Guacamole del Rey 7.20
Homemade guacamole with chips

Nachos al Horno 10.74
Nachos with guacamole,
sour cream, adobo & cheese.
Add chicken, beef or chorizo 2.10

Salsa con Queso 7.82
Hot salsa & melted cheese casserole

Chorizo Fundido 8.80
Baked Mexican sausage with
melted cheese, two tortillas

Chile Relleno 8.74
One cheese stuffed poblano pepper

Champiñon con Chorizo & Queso 8.74
Mushrooms filled with chorizo & cheese

Camarones al Mojo de Ajo 11.74
Large shrimp sautéed in garlic
butter & white wine

Coctel de Camarones 11.74
Jumbo shrimp steamed
& served with cocktail sauce

Mejillones Marinera 9.83
Steamed mussels with salsa fresca

Ceviche Miramar 9.10
Lime marinated white fish

Calamares Fritos 11.59
Fried calamari served with
adobo sauce & sour cream



MAIN COURSES

Combination Poblana One chile relleno, one taco, one enchilada	15.94
Chiles Rellenos Poblanos Two cheese stuffed Poblano peppers topped with tomato sauce & sour cream	14.80
Chilaquiles al Estilo Sambornos Baked layers of corn tortilla, cheese, chicken, cream & tomato sauce	13.19
Pechuga de Pollo al Tequila Chicken breast sauteed with bell peppers, mushrooms & a dash of tequila	15.84
Pechuga de Pollo con Mole & Pepitas Grilled chicken breast topped with mole & sesame seeds	15.84
Chuletas de Cerdo Adobadas Grilled pork chops with our own spicy adobo	13.49
Carne Asada a la Tampiqueña Grilled steak served with a sample of enchilada con mole, sauteed bell pepper medley & guacamole	15.84
Linguini con Chorizo Linguini baked in cream sauce with chorizo	14.80
Huevos Rancheros Two eggs on corn tortilla topped with salsa & cheese	11.98



all mains served with rice & beans

**MAIN COURSES
CONTINUED**



Tacos Tacos Tacos 13.97

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

Extra taco 1.50

**Totopos Compuestos
al estilo Jalisciense** 11.98

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

Quesadillas 13.98

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

Las Enchiladas 13.98

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

Extra enchilada 1.50

Burritos 13.50

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

Chicken

Shrimp

Vegetarian

Taco Platter 15.95

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 19.70

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 16.79
Red snapper in creole sauce

Pescado del Rio 16.79
Grilled fresh water cobbler topped
with cilantro butter

Fiesta Puerto Escondido 16.79
A spicy fiesta of red snapper, mussels
& shrimp in a garlic & white wine sauce

Pescado del Rio con Chipotle 16.79
Steamed basa fillet with chipotle sauce

Tacos de Marisco 16.79
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