



MENU DE CANTINAS

SWEETWATER
10720 West Flagler Street
Miami, Fl 33174
305-223-3329

DELIVERY
PAGOS ADELANTADOS
Payments in Advance

Por favor entregue su menu marcado el viernes
Please return your meal selection on fridays

POR PERSONA
\$29.50 + Tax

Cobramos \$10.00 semanal por entrega
We charge \$10.00 per week for delivery

SERVICIO DE CANTINA
NO DISPONIBLE
Thanksgiving, Christmas & New Year
Sabados y Domingos

SERVICE NOT AVAILABLE ON
Thanksgiving, Christmas & New Year
Saturdays & Sundays

Nombre/Name: _____
Dirección/Address: _____
Tel/Phone: _____
Cantidad de Personas/Number of Persons: _____
Correo Electronico/Email: _____
 Delivery/Entrega Recogida/Pick-up

LUNES/MONDAY

SELECCIONE 1 PLATO / Make 1 Selection

- 1 Bistec de Baby Palomilla
Cuban Style Beef Steak
- 2 Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- 3 Chicharron de Pollo
Fried Chicken Chunks
- 4 Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 5 Pechuga de Pollo a la Plancha
Chicken Breast
- 6 Tronchos Pescado
Tronchos Fish
- 7 Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- 8 Filetillo de Pollo o Res
Beef or Chicken Fillet
- 9 Masas de Puerco
Fried Pork Chunks
- 10 Tortilla de Jamon
Ham Omelette
- 11 Sandwiches, (Sin Seleccion, No Selection)
 Cubano Tuna Media Noche

SELECCIONE 2 PLATOS / Make 2 Selections

- 15 Arroz Blanco / White Rice
- 16 Frijoles Negros / Black Beans
- 17 Moros / Mixed Black Beans and Rice
- 18 Gallo Pinto / Mix Red Bean with Rice
- 19 Papas Fritas / French Fries
- 20 Platanos Maduros / Sweet Plantains
- 21 Pure de Papas / Mashed Potatoes
- 22 Tostones / Green Plantains
- 23 Vegetales / Vegetables
- 24 Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- 25 Yuca Hervida / Boiled Cassava
- 26 Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- 29 Sopa de Platano / Plantain Soup
- 30 Sopa de Pollo / Chicken Soup
- 31 No deseo / I don't want

EXTRA

- 32 Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- 29 Flan / Custard \$2.00
- 30 Tres Leches / Three Milks \$2.00
- 31 Pudín / Pudding \$2.00

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MARTES/TUESDAY

SELECCIONE 1 PLATO / Make 1 Selection

- 1 Bistec de Baby Palomilla
Cuban Style Beef Steak
- 2 Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- 3 Chicharron de Pollo
Fried Chicken Chunks
- 4 Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 5 Pechuga de Pollo a la Plancha
Chicken Breast
- 6 Tronchos Pescado
Tronchos Fish
- 7 Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- 8 Filetillo de Pollo o Res
Beef or Chicken Fillet
- 9 Masas de Puerco
Fried Pork Chunks
- 10 Tortilla de Jamon
Ham Omelette
- 11 Sandwiches, (Sin Seleccion, No Selection)
 Cubano Tuna Media Noche

SELECCIONE 2 PLATOS / Make 2 Selections

- 15 Arroz Blanco / White Rice
- 16 Frijoles Negros / Black Beans
- 17 Moros / Mixed Black Beans and Rice
- 18 Gallo Pinto / Mix Red Bean with Rice
- 19 Papas Fritas / French Fries
- 20 Platanos Maduros / Sweet Plantains
- 21 Pure de Papas / Mashed Potatoes
- 22 Tostones / Green Plantains
- 23 Vegetales / Vegetables
- 24 Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- 25 Yuca Hervida / Boiled Cassava
- 26 Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- 29 Sopa de Platano / Plantain Soup
- 30 Sopa de Pollo / Chicken Soup
- 31 No deseo / I don't want

EXTRA

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MIERCOLES/WEDNESDAY

SELECCIONE 1 PLATO / Make 1 Selection

- 1 Bistec de Baby Palomilla
Cuban Style Beef Steak
- 2 Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- 3 Chicharron de Pollo
Fried Chicken Chunks
- 4 Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 5 Pechuga de Pollo a la Plancha
Chicken Breast
- 6 Tronchos Pescado
Tronchos Fish
- 7 Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- 8 Filetillo de Pollo o Res
Beef or Chicken Fillet
- 9 Masas de Puerco
Fried Pork Chunks
- 10 Tortilla de Jamon
Ham Omelette
- 11 Sandwiches, (Sin Seleccion, No Selection)
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JUEVES/THURSDAY

SELECCIONE 1 PLATO / Make 1 Selection

- 1 Bistec de Baby Palomilla
Cuban Style Beef Steak
- 2 Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- 3 Chicharron de Pollo
Fried Chicken Chunks
- 4 Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 5 Pechuga de Pollo a la Plancha
Chicken Breast
- 6 Tronchos Pescado
Tronchos Fish
- 7 Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- 8 Filetillo de Pollo o Res
Beef or Chicken Fillet
- 9 Masas de Puerco
Fried Pork Chunks
- 10 Tortilla de Jamon
Ham Omelette
- 11 Sandwiches, (Sin Seleccion, No Selection)
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FRIDAY/VIERNES

SELECCIONE 1 PLATO / Make 1 Selection

- 1 Bistec de Baby Palomilla
Cuban Style Beef Steak
- 2 Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- 3 Chicharron de Pollo
Fried Chicken Chunks
- 4 Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 5 Pechuga de Pollo a la Plancha
Chicken Breast
- 6 Tronchos Pescado
Tronchos Fish
- 7 Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- 8 Filetillo de Pollo o Res
Beef or Chicken Fillet
- 9 Masas de Puerco
Fried Pork Chunks
- 10 Tortilla de Jamon
Ham Omelette
- 11 Sandwiches, (Sin Seleccion, No Selection)
 Cubano Tuna Media Noche

SELECCIONE 2 PLATOS / Make 2 Selections

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- 21 Pure de Papas / Mashed Potatoes
- 22 Tostones / Green Plantains
- 23 Vegetales / Vegetables
- 24 Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- 25 Yuca Hervida / Boiled Cassava
- 26 Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- 29 Sopa de Platano / Plantain Soup
- 30 Sopa de Pollo / Chicken Soup
- 31 No deseo / I don't want

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LUNES/MONDAY

SELECCIONE 1 PLATO / Make 1 Selection

- Bistec de Lomo
Sirloin Steak
- Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- Chicharron de Pollo
Fried Chicken Chunks
- Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 1/4 de Pollo Deshuesado
1/4 Boneless Chicken
- Tronchos Pescado
Tronchos Fish
- Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- Filetillo de Pollo o Res
Beef or Chicken Fillet
- Masas de Puerco
Fried Pork Chunks
- Tortilla de Jamon
Ham Omelette
- Tamal en Cazuela
Corn Casserole with Plantains
- Fricase de Pollo
Tronchos Fish
- Picadillo Criollo
Ground Beef
- Chicken Caesar Salad
(sin selecciones)

SELECCIONE 2 PLATOS / Make 2 Selections

- Potaje de Chicharos / Split Pea Soup
- Arroz Blanco / White Rice
- Frijoles Negros / Black Beans
- Moros / Mixed Black Beans with Rice
- Gallo Pinto / Mix Red Beans with Rice
- Papas Fritas / French Fries
- Platanos Maduros / Sweet Plantains
- Pure de Papas / Mashed Potatoes
- Tostones / Green Plantains
- Vegetales / Vegetables
- Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- Yuca con Mojo / Boiled Cassava
- Malanga Hervida / Boiled Malanga
- Boniato Hervido / Boiled Sweet Potato
- Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- Sopa de Platano / Plantain Soup
- Sopa de Pollo / Chicken Soup
- No deseo Sopa / I don't want soup

EXTRA

- Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- Flan / Custard \$2.00
- Tres Leches / Three Milks \$2.00
- Pudin / Pudding \$2.00

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MARTES/TUESDAY

SELECCIONE 1 PLATO / Make 1 Selection

- Bistec de Baby Palomilla
Cuban Style Beef Steak
- Empanizado (Res Pollo)
Breaded Steak (Beef Chicken)
- Chicharron de Pollo
Fried Chicken Chunks
- Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 1/4 de Pollo Deshuesado
1/4 Boneless Chicken
- Tronchos Pescado
Tronchos Fish
- Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- Filetillo de Pollo o Res
Beef or Chicken Fillet
- Masas de Puerco
Fried Pork Chunks
- Tortilla de Jamon
Ham Omelette
- Carne con Papas
Beef Stew
- Picadillo Criollo
Ground Beef Creole
- Chuleta de Puerco
Pork Chops
- Chicken Caesar Salad
(sin selecciones)

SELECCIONE 2 PLATOS / Make 2 Selections

- Frijoles Colorados / Red Kidney Bean Soup
- Arroz Blanco / White Rice
- Frijoles Negros / Black Beans
- Moros / Mixed Black Beans with Rice
- Gallo Pinto / Mixed Red Beans with Rice
- Papas Fritas / French Fries
- Platanos Maduros / Sweet Plantains
- Pure de Papas / Mashed Potatoes
- Tostones / Green Plantains
- Vegetales / Vegetables
- Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- Yuca con Mojo / Boiled Cassava
- Malanga Hervida / Boiled Malanga
- Boniato Hervido / Boiled Sweet Potato
- Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- Sopa de Platano / Plantain Soup
- Sopa de Pollo / Chicken Soup
- No deseo / I don't want

EXTRA

- Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- Flan / Custard \$2.00
- Tres Leches / Three Milks \$2.00
- Pudin / Pudding \$2.00

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MIERCOLES/WEDNESDAY

SELECCIONE 1 PLATO / Make 1 Selection

- Bistec de Baby Palomilla
Cuban Style Beef Steak
- Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- Chicharron de Pollo
Fried Chicken Chunks
- Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- Spaguetti Con Carne Con Salsa
Spaguetti With Beef With Sauce
- Tronchos Pescado
Tronchos Fish
- Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- Filetillo de Pollo o Res
Beef or Chicken Fillet
- Masas de Puerco
Fried Pork Chunks
- Tortilla de Jamon
Ham Omelette
- Ropa Vieja
Shredded beef
- Picadillo Criollo
Ground Beef Creole
- Filete de Pescado
 a la Plancha en Salsa Empanizado
- Chicken Caesar Salad
(sin selecciones)

SELECCIONE 2 PLATOS / Make 2 Selections

- Arroz Blanco / White Rice
- Frijoles Negros / Black Beans
- Moros / Mixed Black Beans with Rice
- Gallo Pinto / Mixed Red Beans with Rice
- Papas Fritas / French Fries
- Platanos Maduros / Sweet Plantains
- Pure de Papas / Mashed Potatoes
- Tostones / Green Plantains
- Vegetales / Vegetables
- Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- Yuca con Mojo / Boiled Cassava
- Malanga Hervida / Boiled Malanga
- Boniato Hervido / Boiled Sweet Potato
- Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- Sopa de Platano / Plantain Soup
- Sopa de Pollo / Chicken Soup
- Ajjaco a la Criolla / Spanish Vegetable Soup
- No deseo / I don't want

EXTRA

- Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- Flan / Custard \$2.00
- Tres Leches / Three Milks \$2.00
- Pudin / Pudding \$2.00

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JUEVES/THURSDAY

SELECCIONE 1 PLATO / Make 1 Selection

- Vaca Frita
Fried Beef
- Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- Chicharron de Pollo
Fried Chicken Chunks
- Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 1/4 de Pollo Deshuesado
1/4 Boneless Chicken
- Tronchos Pescado
Tronchos Fish
- Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- Filetillo de Pollo o Res
Beef or Chicken Fillet
- Masas de Puerco
Fried Pork Chunks
- Sandwiches, (Sin Seleccion, No Selection)
 Cubano Tuna Media Noche
- Chuleticas de Puerco Tu y Yo*
Specialty Pork Chops
- Bistec en Cazuela
Steak Stew
- Picadillo Criollo
Ground Beef Creole
- Chicken Caesar Salad
(sin selecciones)

SELECCIONE 2 PLATOS / Make 2 Selections

- Frijoles Colorados / Red Kidney Bean Soup
- Arroz Blanco / White Rice
- Frijoles Negros / Black Beans
- Moros / Mixed Black Beans with Rice
- Gallo Pinto / Mixed Red Beans with Rice
- Papas Fritas / French Fries
- Platanos Maduros / Sweet Plantains
- Pure de Papas / Mashed Potatoes
- Tostones / Green Plantains
- Vegetales / Vegetables
- Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- Yuca con Mojo / Boiled Cassava
- Malanga Hervida / Boiled Malanga
- Boniato Hervido / Boiled Sweet Potato
- Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- Sopa de Platano / Plantain Soup
- Sopa de Pollo / Chicken Soup
- Guizo de Maiz / Corn Soup
- No deseo / I don't want

EXTRA

- Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- Flan / Custard \$2.00
- Tres Leches / Three Milks \$2.00
- Pudin / Pudding \$2.00

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FRIDAY/VIERNES

SELECCIONE 1 PLATO / Make 1 Selection

- Bistec de Baby Palomilla
Cuban Style Beef Steak
- Bistec con 2 Huevos Fritos
Steak & 2 Eggs
- Chicharron de Pollo
Fried Chicken Chunks
- Churrasquito de Pollo Latin
Grilled Baby Chicken Breast
- 1/4 de Pollo Deshuesado
1/4 Boneless Chicken
- Tronchos Pescado
Tronchos Fish
- Garbanzo Frito con Jamon y Chorizo
Fried Chick Peas with Ham & Spanish Sausage
- Filetillo de Pollo o Res
Beef or Chicken Fillet
- Masas de Puerco
Fried Pork Chunks
- Tortilla de Jamon
Ham Omelette
- Filete de Pescado
 a la Plancha en Salsa Empanizado
- Bistec de Higado a la Italiana
Italian Style Liver Steak
- Fricase de Puerco
Creole Style Pork
- Chicken Caesar Salad
(sin selecciones)

SELECCIONE 2 PLATOS / Make 2 Selections

- Potaje de Chicharos / Split Peas Soup
- Arroz Blanco / White Rice
- Frijoles Negros / Black Beans
- Moros / Mixed Black Beans with Rice
- Gallo Pinto / Mixed Red Beans With Rice
- Papas Fritas / French Fries
- Platanos Maduros / Sweet Plantains
- Pure de Papas / Mashed Potatoes
- Tostones / Green Plantains
- Vegetales / Vegetables
- Ensalada de Lechuga y Tomate
Lettuce & Tomato Salad
- Yuca con Mojo / Boiled Cassava
- Malanga Hervida / Boiled Malanga
- Boniato Hervido / Boiled Sweet Potato
- Yuca Frita / Fried Cassava

SELECCIONE 1 PLATO / Make 1 Selection

- Sopa de Platano / Plantain Soup
- Sopa de Pollo / Chicken Soup
- Sopa de Pescado / Fish Soup
- No deseo / I don't want

EXTRA

- Crema de Malanga / Malanga Soup \$2.00

EXTRA POSTRES / Extra Desserts

- Flan / Custard \$2.00
- Tres Leches / Three Milks \$2.00
- Pudin / Pudding \$2.00