



# 7 MARES RESTAURANT

Authentic Mexican Cuisine

3681 Jackson Ave, Memphis TN | (901) 386-1199 | www.7maresgrill.com | Open Daily: Lunch & Dinner

## APPETIZERS

<b>Fresh Guacamole</b>	<b>\$7.99</b>
Tomatoes, onions, cilantro & jalapeños. Chips.	
<b>Queso Dip</b>	<b>\$6.99</b>
Creamy melted cheese. Tortilla chips.	
<b>Nachos Supreme</b>	<b>\$12.99</b>
Chips, cheese, jalapeños, sour cream & guacamole.	
<b>Chiles Rellenos</b>	<b>\$11.99</b>
Roasted poblano stuffed with cheese, battered & fried.	
<b>Elotes</b>	<b>\$5.99</b>
Grilled corn, mayo, cotija cheese, chili powder & lime.	
<b>Flautas</b>	<b>\$10.99</b>
Crispy rolled tortillas, chicken or beef.	
<b>Botana Especial</b>	<b>\$18.99</b>
Quesadillas, flautas, nachos & guacamole.	
<b>Botana de Camarones</b>	<b>\$17.99</b>
Grilled shrimp, pico de gallo & guacamole.	

## SALADS

<b>Taco Salad</b>	<b>\$13.99</b>
Crispy tortilla bowl, lettuce, cheese, sour cream & guacamole.	
<b>Grilled Chicken Salad</b>	<b>\$12.99</b>
Mixed greens, grilled chicken, tomatoes & jalapeños. Lime vinaigrette.	

## KIDS MENU

For guests 12 & under

<b>Kids Quesadilla</b>	<b>\$7.99</b>
Flour tortilla, melted cheese. Rice & beans.	
<b>Kids Taco Plate</b>	<b>\$7.99</b>
Two soft tacos, beef or chicken. Rice.	
<b>Kids Burrito</b>	<b>\$7.99</b>
Flour tortilla, beans & cheese. Rice.	

## ENCHILADAS

<b>Beef or Chicken</b>	<b>\$13.99</b>
3 corn tortillas, enchilada sauce, cheese & sour cream. Rice & beans.	
<b>Vegetarianas</b>	<b>\$12.99</b>
Cheese, spinach, mushrooms & bell peppers. Enchilada sauce.	

## BURRITOS

<b>Burrito de Pollo</b>	<b>\$13.99</b>
Grilled chicken, rice, beans, cheese, sour cream & guacamole.	
<b>Burrito de Pollo Supreme</b>	<b>\$15.99</b>
Grilled chicken, rice, beans, cheese, guacamole & pico.	
<b>Burrito de Camarones</b>	<b>\$15.99</b>
Shrimp, rice, beans, cheese & pico de gallo.	
<b>Burrito de Carne</b>	<b>\$15.99</b>
Grilled steak, rice, beans, cheese, sour cream & guacamole.	

## FAJITAS

Rice, beans, lettuce, guacamole, sour cream, pico & tortillas.

<b>Fajitas de Pollo</b>	<b>\$17.99</b>
Grilled chicken, tomatoes, onions, bell peppers & mushrooms.	
<b>Fajitas de Carne</b>	<b>\$19.99</b>
Grilled steak, tomatoes, onions, bell peppers & mushrooms.	
<b>Fajitas de Camarones</b>	<b>\$19.99</b>
Grilled shrimp, tomatoes, onions, bell peppers & mushrooms.	
<b>Fajitas Mixtas</b>	<b>\$22.99</b>
Chicken, steak & shrimp, tomatoes, onions & bell peppers.	

## ANTOJITOS MEXICANOS

<b>Tamales</b>	<b>\$12.99</b>
Beef or chicken, masa, steamed in corn husks. Rice & beans.	
<b>Sopes</b>	<b>\$12.99</b>
Corn masa, beans, meat, lettuce, cheese & sour cream.	
<b>Gorditas</b>	<b>\$11.99</b>
Corn pockets, beef or chicken, lettuce, cheese & sour cream.	
<b>Huaraches</b>	<b>\$13.99</b>
Oval masa, beans, steak or chicken, nopal, cheese & lettuce.	

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## FILETES & MOJARRAS

<b>Filete de Tilapia</b>	<b>\$16.99</b>
Grilled or fried tilapia. Rice, beans & salad.	
<b>Filete de Salmon</b>	<b>\$19.99</b>
Grilled salmon. Rice, beans & salad.	
<b>Mojarra Frita</b>	<b>\$18.99</b>
Whole fried tilapia. Rice, beans, avocado & pico.	
<b>Mojarra Asada</b>	<b>\$18.99</b>
Whole grilled tilapia. Rice, beans, avocado & pico.	

## TOSTADAS DE CEVICHE

*Lime, garlic, onions, cilantro & jalapeños. Avocado.*

<b>Tostada de Camaron</b>	<b>\$8.99</b>
Shrimp ceviche.	
<b>Tostada de Pescado</b>	<b>\$8.99</b>
Fish ceviche.	
<b>Tostada de Pulpo</b>	<b>\$9.99</b>
Octopus ceviche.	

## CALDOS / SOUPS

<b>Caldo 7 Mares</b>	<b>\$18.99</b>
Shrimp, fish, octopus, clams & scallops.	
<b>Caldo de Camaron</b>	<b>\$14.99</b>
Shrimp broth with vegetables & spices.	
<b>Caldo de Res</b>	<b>\$13.99</b>
Beef soup with corn, potatoes & carrots.	

## MARISCOS / SEAFOOD

<b>Mariscos a Vapor</b>	<b>\$29.99</b>
Steamed shrimp, clams, mussels & crab legs. Corn & potatoes.	
<b>Cubeta de Mariscos Small</b>	<b>\$34.99</b>
Shrimp, crab legs, corn & potatoes.	
<b>Cubeta de Mariscos Large</b>	<b>\$54.99</b>
Shrimp, crab legs, lobster tail, corn & potatoes.	

## WEEKEND SPECIALS

<b>Birria Tacos</b>	<b>\$14.99</b>
Slow-braised beef birria, onions, cilantro & cheese. Consomme.	
<b>Menudo</b>	<b>\$12.99</b>
Tripe, hominy, red chile broth, onions, oregano & lime.	
<b>Pozole Rojo</b>	<b>\$12.99</b>
Pork & hominy in red chile broth. Cabbage & radishes.	

## A LA CARTA / SIDES

<b>Taco - Beef</b>	<b>\$3.99</b>
Soft or crispy. Lettuce, tomato & cheese.	
<b>Taco - Shredded Chicken</b>	<b>\$3.99</b>
Soft or crispy. Lettuce, tomato & cheese.	
<b>Quesadilla a la Carta</b>	<b>\$4.99</b>
Flour tortilla, melted cheese.	
<b>Rice and Beans</b>	<b>\$3.99</b>
Mexican rice & refried beans.	

## COMBINATIONS

*Rice & beans. Beef or shredded chicken.*

<b>Combination #1</b>	<b>\$14.99</b>
1 taco, 1 enchilada, 1 tamale	
<b>Combination #2</b>	<b>\$15.99</b>
1 burrito, 1 taco, 1 enchilada	
<b>Combination #3</b>	<b>\$14.99</b>
2 enchiladas, 1 taco	
<b>Combination #4</b>	<b>\$16.99</b>
1 chile relleno, 1 enchilada, 1 taco	

## HOUSE SPECIALS

<b>Camarones a la Diabla</b>	<b>\$18.99</b>
Spicy shrimp in red chili sauce. Rice, beans & tortillas.	
<b>Pollo en Mole</b>	<b>\$17.99</b>
Chicken in mole with chiles & chocolate. Rice & tortillas.	
<b>Camarones al Mojo de Ajo</b>	<b>\$18.99</b>
Shrimp in garlic butter sauce. Rice, beans & tortillas.	

## DRINKS

<b>Milk</b>	<b>\$2.89</b>
Fresh whole milk.	
<b>Bottle Coke</b>	<b>\$3.00</b>
Classic Coca-Cola bottle.	
<b>Soft Drinks</b>	<b>\$2.75</b>
Fanta, Sprite, Dr. Pepper, Minute Maid, Coke.	
<b>Agua Fresca</b>	<b>\$3.50</b>
Horchata, Jamaica, Tamarindo or Limon.	
<b>Horchata</b>	<b>\$3.50</b>
Rice milk with cinnamon & vanilla.	
<b>Jarritos</b>	<b>\$3.00</b>
Mandarin, Tamarind, Guava, Lime or Strawberry.	