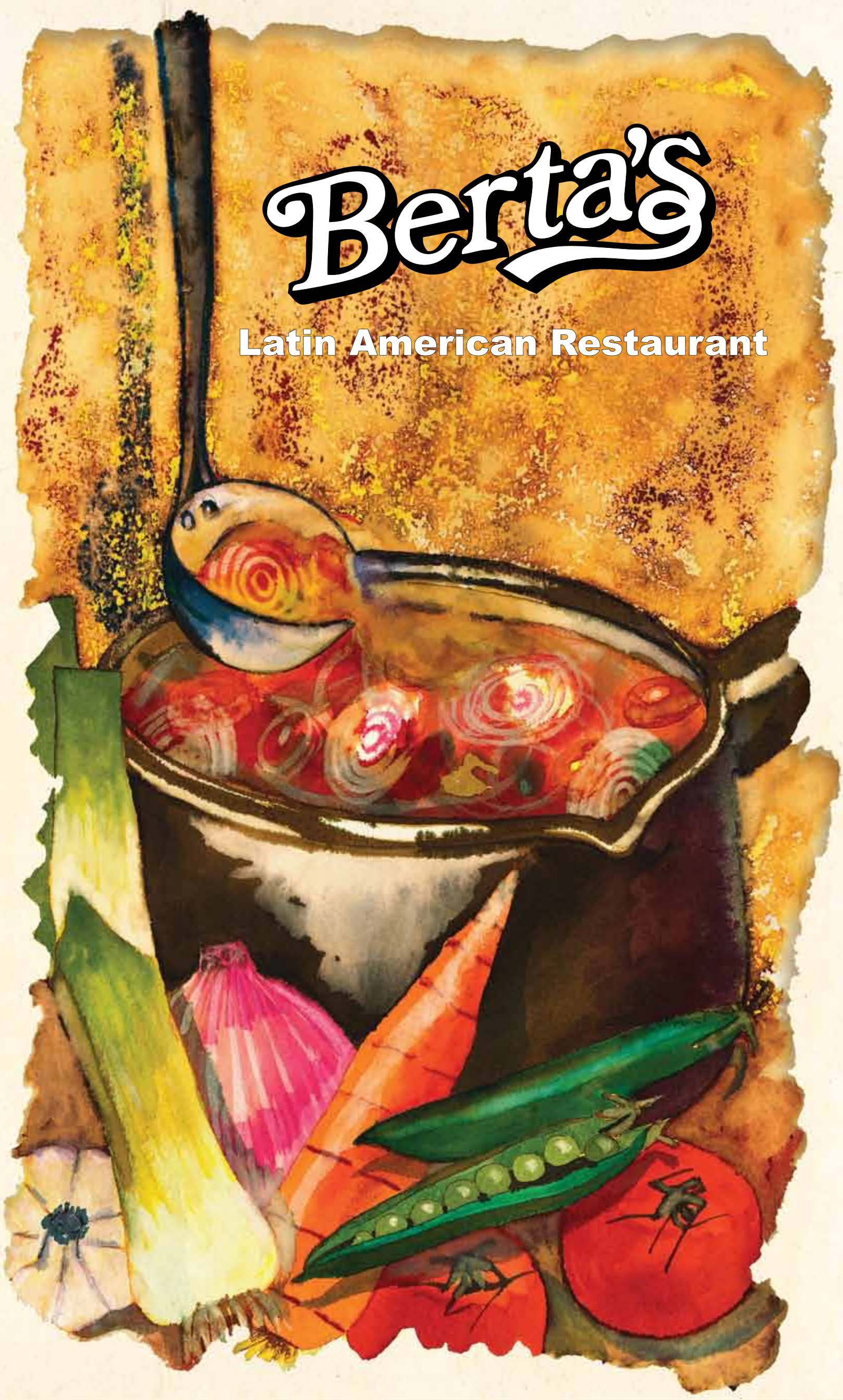


# Berta's

Latin American Restaurant



# Berta's

## Latin American Restaurant

*The Best Kept Secret In Old Town!  
Open since 1991*

### Tapas

#### *Spanish Pincho Moruno*

Grilled lamb marinated with garlic, parsley, oregano, saffron, onion and black pepper ..... 7.95

#### *Guatemalan Rellenitos de Platanos*

Fried plantain stuffed with sweet cinnamon black beans. Sprinkled with sugar when served..... 4.25

#### *Chilean Empanadas*

Baked beef, onions, olives raisins, and eggs ..... 5.95

#### *Stuffed Columbian Arepas*

Thick grilled Arepas filled with cheese and ham. .... 7.95

#### *Tortilla a la Española*

✓ Traditional Spanish potatoes with eggs, onions and herbs, sautéed in olive oil. Served with fresh tomato salsa ..... 5.95

#### *Papas Choriadas (similar to Huancaína)*

✓ Red potatoes with a spicy Feta Cheese sauce containing onions, tumeric, lemon, white pepper, and three kinds of chiles..... 6.95

#### *Empanadas de Queso*

✓ Chilean cheese turnovers ..... 3.75

#### *Spanish Olives*

✓ Marinated green olives ..... 4.95

#### *Platano Frito (Maduros)*

✓ Fried Sweet Plantains ..... 4.95

#### *Ensalada de Naranja*

✓ Green Sicilian olives, oranges, parsley, garlic and red onion ..... 4.95

#### *Colombian Tostones*

✓ Fried Plantain Banana flavored with fresh garlic ..... 5.95

#### *Gallo Pinto*

✓ Mixed rice, beans, red bell pepper, cilantro and onions with a special Costa Rican sauce..... 6.95

✓ - vegan item    ✓ - vegetarian item    S - seafood item

**Berta's sauces are all freshly made!**

Berta uses only the finest and freshest ingredients.  
Dishes without meat contain no meat products.



## vegan salads

### Jicama Salad

- ✓ Delicious mixture of Jicama cubes, black beans, red bell pepper, onion and parsley ..... 9.95

### Quinoa Salad

- ✓ Native grain of the Andes Mountains. Served with cucumbers, corn, peas, tomatoes, red bell pepper, parsley. Olive oil and lime juice dressing..... 9.95

*Add shrimp with a special chipotle sauce or grilled chicken breast marinated with Berta's chili powder rub..... 4.95*

### Mango Avocado Salad

- ✓ Avocados, mango, red onion, jicama with a cilantro dressing..... 10.95

*Add shrimp with a special chipotle sauce or grilled chicken breast marinated with Berta's chili powder rub..... 4.95*

## Entreés

### Cuban Puerto Rican Lamb Fricassé (Stew)

Lamb stew simmered in wine with red bell pepper, onions, cilantro, tomato, peas, parsley and potatoes. Served with a green salad ..... 18.95

### Spanish-Caribbean Fricassé de Pollo

Delicious stew containing chicken breast, potatoes tomatoes, carrots, peas, raisins, cumin, onions, wine, cilantro, and green olives. Served with a side of rice and green salad. .... 16.95

### Carne a la Parrilla, Argentinean Style

Ribeye steak grilled with chimichurri sauce, parsley, cilantro, carrots, red bell peppers, onions, vinegar, olive oil and spices. Served with tomato salad and potatoes ..... 18.95

### Pollo en Chipotle

Grilled chicken breast with sauce of smoked jalapeños, cilantro and tomatillos. Served with black beans, rice and green salad ..... 15.95

### Peruvian Seco de Cordero

Lamb with orange juice, lemon juice, chilies, cilantro, potatoes, and green peas. Served with green salad..... 18.95

### Venezuelan Pavellon

Marinated strips of tenderloin with fried plantain and fresh tomato salsa. Served with black beans, rice and green salad ..... 16.95

### Chilean Pastel de Choclo

Fresh corn, chicken and beef pie baked with olives, raisins, hard-boiled eggs and onion. Served with green salad ..... 15.95

### Guatemalan Chilemal

Traditional pork casserole with chilies, tomatoes, Masa Harina, vegetables, Coriander, Clove and Annatto seed. Served with red potatoes and green salad ..... 14.95

### Colombian Bandeja Paisa

Array of beef, Plantain, rice, pinto beans, Arepa, and avocado. Served with tomato, red onion and lettuce salad ..... 16.95

For substitutions talk to your waiter.  
Prices will be adjusted accordingly.



(619) 295-2343  
www.bertasinoldtown.com

**Beef Curry Trinidad**

Beef cube, onion, ginger, coconut milk, raisins, seasoned with Homemade Curry, served with rice and salad..... 15.95

**Carne Asada Mexican Style**

Top sirloin flat beef marinated with beer, spices, black beans, avocado sauce, jalapeños, fetta cheese, and tomatoes. Served with tortillas..... 15.95

**Vatapa, Brazilian Seafood Especial!**

**S** A variety of seafood with tomatoes, peanuts, ginger, coconut and chili sauce. Served with rice and green salad..... 16.95

**Honduran Seafood Soup**

**S** Fresh fish stock, coconut milk, red bell peppers, parsley, sautéed onions, tomato paste, fresh tomatoes, plantain (macho banano), mussels, clams, shrimp, fish of the day, and seafood mix. Served with a green salad on the side. .... 16.95

**Spanish Paella**

**S** Valencia style! Seafood medley served on a bed of Safron Rice, cooked with wine, herbs, fish stock and Spanish Chorizo. Served with green salad..... 16.95

**Guatemalan Shrimp**

**S** Shrimp smothered in a spicy salsa made with baked tomato, jalapeño, green onion and garlic. Served with rice and green salad..... 15.95

**Peruvian Fish of the Day**

**S** Sautéed fish of the day with a touch of lemon vinaigrette. Served with red potatoes, cabbage salad and onions..... 14.95

**Berta's Avocado Special on the Fish of the Day**

**S** Fish of the day sautéed in olive oil. Served with fresh, spicy avocado sauce, rice, and cabbage salad with lemon dressing ..... 16.95

**Venezuelan Arepas**

**V** A thick patty of Masa Harina with cheese, sautéed in butter, topped with sour cream and red salsa. Served with black beans and green salad ..... 14.95

**Tortilla a la Española**

**V** A thick wedge of potatoes, Feta Cheese and egg. Served with green salad and tomato salsa ..... 12.95

**Tallarines Vatapa**

**V** Pasta with Brazilian sauce made of peanut, coconut, ginger, tomatoes, coconut milk, chilies, fresh herbs and spices. Served with green salad ..... 13.95

**Costa Rican Casado**

**V** Black beans and rice with sautéed bananas. Served with cabbage salad, corn tortilla and tomato salsa ..... 13.95

For substitutions talk to your waiter.  
Prices will be adjusted accordingly.



## Desserts

<b>Lemon Cheesecake</b>	Zesty, creamy, homemade cheesecake drizzled with fresh pureed strawberries .....	4.75
<b>Olinda's Pudding</b>	Berta's mother's recipe. Semolina with cinnamon, orange peel and covered with a rich, red wine sauce .....	4.75
<b>Homemade Flan</b>	The best you've ever had!.....	4.75
<b>Coco Banano</b>	Fried bananas coated with coconut, glazed with honey and topped with sour cream.....	4.75
<b>Guatemalan Rellenitos de Platanos</b>	Fried plantain stuffed with sweet cinnamon black beans. Sprinkled with sugar when served.....	4.25

## side orders

Red Potatoes .....	4.95
Side of Chicken Breast .....	4.95
Side of Beef .....	6.95
Tortilla and green salsa (1st serving included with meal no charge) .....	0.35 (salsa +0.50)
Pico de Gallo .....	1.75
Sour Cream .....	1.75
Black Beans .....	4.95
Pinto Beans .....	4.95
Rice (Brown Rice).....	4.95 (5.95)
Quesadilla (With Chicken) .....	5.95 (9.95)
Side of Venezuelan Arepa .....	3.95
Green Salad.....	5.95
Cabbage Salad .....	5.95
Avocado.....	3.95

## Beverages

Vino y cerveza .....	(please see our wine and beer list)
Colombian Coffee .....	2.50
Colombian Decaf.....	2.50
Mineral Water .....	2.50
Hansen's Soda.....	2.95
Coke .....	2.95
Milk .....	3.50
Apple Juice.....	2.50
English Breakfast Tea.....	2.25
Mint Tea.....	2.25
Ice Tea .....	2.25
Berta's Fresh Lemonade (large glass).....	3.95
Jamaica Lemongrass Tea .....	4.25

### Reviews from Our Fans!

*A San Diego rarity...Berta's serves wonderful Latin American dishes...tasty and health-conscious at the same time. Fodors (Rants and Raves Section)*

*Housed in a charming cottage tucked away on a side street, Berta's faithfully recreates the sunny flavors of Central America. Frommer's Favorites*



# LUNCH

## *Spanish-Caribbean Fricassé de Pollo*

Delicious stew containing chicken breast, potatoes tomatoes, carrots, peas, raisins, cumin, onions, wine, cilantro, and green olives.

Served with a side of rice and green salad. .... 10.95

## *Chilean Pastel de Choclo*

Fresh corn, chicken and beef pie with olives, raisins, hard-boiled eggs and onion. Served with green salad. .... 8.95

## *Jamaican Chicken*

Marinated chicken breast in nutmeg, cinnamon, garlic, cayenne, black pepper, orange and lemon juice. Served with carrots, grilled green onions, tomatoes and rice..... 9.95

## *Pincho Moruno*

Spanish lamb and onion shish kebab marinated in saffron, chilies, spice and garlic.

Served with rice and green salad. .... 11.95

## *Gallo Pinto*

Mixed rice, beans, red bell pepper, cilantro and onions with a special Costa Rican sauce. Served with cabbage salad and chicken, beef, or eggs, plantain on the side..... 12.95

## *Guatemalan Chilimal*

Traditional pork casserole with chilies, tomatoes, corn flower, vegetables, coriander, clove and annatto seed.

Served with red potatoes and a green salad..... 8.95

## *Peruvian Seco De Cordero*

Lamb with orange juice, lemon juice, chiles, cilantro, potatoes, and green peas. Served with green salad. .... 12.95

## *Colombian Fish of the day*

Fresh filet of fish of the day, marinated in orange juice, ginger and garlic. Steamed with green onions, cabbage and red bell pepper.

Served with rice..... 9.95

## *Tortilla a la Española*



A thick wedge of potatoes, feta cheese and egg. Served with green salad and tomato salsa..... 8.95

## *Venezuelan Arepas*



A thick patty of Masa harina (Venezuelan corn flower) With cheese, sautéed and topped with sour cream and salsa.

Served with black beans and green salad..... 7.95

## *Primavera Salad*



Savory salad with lettuce, cherry tomatoes, cilantro, scallions, avocado, and sunflower seeds mixed with black beans, honey and lime. Topped with grilled chicken breast marinated with chili powder, brown sugar, coriander, and cumin..... 12.95

## *Mango Avocado Salad*



Avocados, mango, oranges, red onion, and jicama with a cilantro dressing. .... 10.95

## *Costa Rican Casado*



Black beans and rice with sautéed plantain bananas. Served with cabbage salad, corn tortillas and tomato salsa..... 8.95

## *Jicama Salad*



Delicious mixture of jicama cubes, black beans, red bell pepper, onion, parsley and herb dressing..... 9.95

## *Quinoa Salad*



Native grain of the Andes Mountains. Served with cucumbers, corn, peas, tomatoes, red bell pepper, parsley. Olive oil and lime juice dressing..... 9.95

Add shrimp with a special chipotle sauce or grilled chicken breast marinated with Berta's chili powder rub. .... 4.95

**For substitutions talk to your waiter.  
Prices will be adjusted accordingly.**