



El Caribe

by Maritza Ellis



PEPPER & JERK SAUCE
AVAILABLE FOR PURCHASE

ALL PLATES ARE FRESHLY MADE TO ORDER

Small Plates

Cod Fish Fritters	\$13	Green Plantain Cups with Mixed Seafood(2)	\$16
Pot of Mussels or Clams	\$18	Sous Colon Style (Only Friday & Saturday)	\$13
Chicken or Fish Fingers	\$15		
El Caribe Popcorn Shrimp	\$15	BBQ/Jerk Wings, Chicken & Fish Fingers served with Green Plantains or French Fries	\$28



CEVICHE

SEA BASS	\$13
• MIXED	\$15
• SHRIMP	
• PRAWNS	
• OCTOPUS	
FRIED SEA BASS	\$16

WING HEAVEN

BBQ	\$14
JAMAICAN THAI	
HONEY GARLIC	
PINEAPPLE GINGER	
JERK (SPICE LEVEL)	
50%, 75%, 100%	

SOUP

FISH TEA	SMALL: \$9
COW FOOT	LARGE: \$14
CARIBBEAN CHICKEN	
RED PEAS WITH PIGTAIL	
MIXED SEAFOOD OR FUFU	

Entrees

Oxtail "Grandma Style" with Dumplings	\$24
Curry Chicken	\$16
Fried Chicken	\$16
Stew Chicken	\$16
Bone BBQ / Jerk Chicken	\$18
Grilled Chicken Breast	\$16
Pork Chops with Caramelized Onions	\$18
Smoked Pork Chops in Pineapple Ginger Sauce	\$18
Ribeye Steak Cooked in Garlic Butter	\$32
Skirt Steak	\$32
American Cheeseburger with Bacon - BBQ or Jerk Served with Green Plantains or French Fries	\$18
Spaghetti with Mixed Seafood	\$29
Stew Peas with Pig Feet & Pigtails	\$25

Fish & Seafood

Whole Fish No Sauce	\$25
Whole Fish with Sauce or Filet (Boneless)	\$28
<i>Sauces: El Caribe (Coconut), Garlic, Creole, Escovitch, Brown Stew, Curry</i>	
Whole or Fillet "Al Macho" Topped with Mixed Seafood	\$32
Fish Run Down	\$29
Whole Fish Steamed served with Ground Food	\$28
Fish Butterfly Pan-seared in Jerk sauce	\$28
Cod Fish & Ground Food	\$25
Cod Fish in Coconut Milk	\$20
Salmon Fillet Grilled	\$16
Prawns In Coconut or Garlic Sauce	\$16
Prawns Wrapped in Bacon On a bed of Jerk Sauce	\$29
Octopus In Coconut or Garlic Sauce	\$17
Calamari	\$17
Conch in Coconut Curry	\$28
Mixed Seafood Caserole Prawns, Clams, Octopus, Mussels Crab Claws or Baby Lobster	\$56
Lobster Tail with Grilled Prawns	\$56

We are counting on your reviews

★★★★★



@elcaribepanama



@elcaribepty



Entrees include 1 Side

Rice and Peas with Coconut	\$6
White Rice with Coconut	\$6
Green Plantains "Patacones"	\$6
French Fries	\$6
FOR AN ADDED COST:	
Sweet Ripe Plantains	\$7
Ground Food Green Bananas, Yams Dumplings	\$8
Avocado Slices	\$7
Mash Potatoes & Cream Cheese	\$8

Desserts

Ice Cream	\$10
Coconut or Baileys Flan	\$12
Peach Cobbler "A La Mode"	\$14
Brownie "A La Mode"	\$14
Pecan Cheesecake	\$14
Spiked Milkshakes	

based on availability

SALADS

MIXED GREEN SALAD	\$13
AVOCADO SALAD	\$16
GRILLED CHICKEN	\$17
SHRIMP SALAD	\$18
STEAMED CABBAGE	\$13
CALLALOO & CARROTS	\$13
VEGETARIAN RUN DOWN	\$19

BEST IN CARIBBEAN AND COSTEÑAN CUISINE



OUR STORY



El Caribe Restaurant, opened in 2009, an authentic Caribbean and "Costeñan" cuisine, **located in the multicultural neighborhood of El Cangrejo on Via Argentina**

Chef Maritza's culinary journey is **inspired by her late grandmother, Adelyn Diaz**, who was born to Jamaican parents in Bocas del Toro and later moved to Colón. Her legacy lives on in every dish, capturing the essence of **Jamaica, Bocas del Toro, and Colon.**

Meet Chef Maritza

Chef Maritza Ellis is not only a culinary artist but also a distinguished academic achiever. She holds a degree in **Nursing from Howard University**, a **Bachelor's from the University of Maryland**, a **Juris Doctor from ULACIT**, and **double Master's degrees in Procedural and Commercial Law from Universidad Interamericana de Panama**. Her diverse background equips her to manage the complex and dynamic world of the restaurant industry with finesse.

Our Cuisine

At El Caribe, we pride ourselves on serving **authentic Caribbean food made with love and the freshest ingredients**. Each dish is a celebration of vibrant flavors and cultural heritage, ensuring a one-of-a-kind dining experience that will tantalize your taste buds and leave you craving more.

Why Visit Us?

From the moment you step into El Caribe Restaurant, you are welcomed into a warm and inviting atmosphere. **Our commitment to quality and authenticity ensures that your visit is memorable. Whether you are a local or a visitor, we guarantee that once you try our food, you will return again and again.**

This decision, was motivated by her foresight to revive authentic Caribbean and Costeñan cuisine in Panama.

The restaurant is marked by a **flare of Home Cooking while maintaining the traditional Caribbean and Costeñan traditional ways of cooking.**

All sauces are made from scratch, and our priority ensures that the food served is always fresh. Further, our aim is to provide you with a culinary experience second to none.

In our quest for healthier eating choices, **the restaurant promote foods with less fat and sodium, more fiber, more complex carbohydrates and lower in calories.**



Local Ingredients



Vegan Friendly



High Quality

**Saucesalicious by El Caribe
Casco Viejo**

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