



ISTMO

OAXACAN CUISINE

MON - WED: CLOSED
SAT- SUN: 9:30 A.M. - 2 P.M.
THR - SUN : 5 P.M. - 10 P.M
ISTMO - 3231 N CLARK ST,
CHICAGO, 60657

Hamachi 20

Passion fruit & habanero broth | Cucumber & jicama mix | Red onions & cilantro | Tostada tatemada *

Pineapple Aguachile 16

Piña tatemada | Orange & morita chile broth | Goat cheese | Tostada tatemada

Mole Rosa 18

Goat cheese & beets pink mole | Seared scallops | Spiced pistachios *

Queso Fresco 20

Seared queso fresco | Honey & sesame seed salsa macha | Pickles isthmus style

Ensalada Istmeña 16

Grilled lettuce | Sesame seeds & honey dressing | Dried age cheese | Hueva lisa (bottarga)
Add shrimp +9 4oz Skirt steak +10 *

Roasted Cabbage 18

Jocoque sauce (chile morita yogurt sauce) | Spiced pepitas | Cilantro

Oaxacan Spread 16

Blistered cherry tomato | Spiced pinto beans spread | Morita chile dusted chickpeas

Golden Eggs 14

Heirloom corn | Dry-aged cheese | Smoky morita salsa

Short Rib 22

Braised short rib | Black mole | Pure de papas istmeño (potato purée isthmus-style)

Barbacoa Dolma 19

Lamb picadillo | Grape leaves | Roasted morita & tomato salsa | Basil | Queso fresco

Ceviche Tostada 16

Fluke | Salsa de molcajete (roasted tomatos) | Avocado | Mango & red onion mix | Tostada tatemada *

Bacalao 28

Achiote marinated black cod | Green & purple cabbage salad | Pineapple

Mushrooms 24

Seasonal mushroom & roasted corn | Epazote aioli | Queso añejo | Green rice

Camarones a la Diabla 28

Mexican shrimp | Chintextle butter | Roasted Cauliflower | Telera bread

Pollo con Mole 33

Oaxacan mole negro | Roasted chicken | Arroz verde | Toasted sesame seed

Chamorro Enguajillado 46

Braised pork shank in a guajillo sauce | Pure de papas istmeño (potato purée isthmus-style)

Tlayuda 24

Black bean purée with morita chile | Skirt Steak (4oz) | Quesillo (oaxacan cheese)*

Dorado Al Horno 46

Roasted dorade | Orange & chipotle marinated | Red & green cabbage salad

Black Beans 7

Epazote-infused | Queso fresco y crema oaxaqueña | Fried garlic

Papas Bravas 9

Potatoes | Guajillo & chipotle aioli | Cilantro & onions

Arroz Verde 7

Hoja santa-infused rice | Caramelized onion | Greens

All our coffee beans are from Reprise Roasters following the Direct Trade, Ethically-Sourced, Award Winning-ly Stellar Coffee

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Appetizers

Para Compartir

Extras



Cocktails

Oaxacan Old Fashioned 17

Union Mezcal | Ancho reyes | Piloncillo

Entre Nubes 17

Housemade horchata | Oaxacan Rum | Tequila almendrado

Mole Carajillo 17

Istmo espresso | Liquor 43 | Mr. Black | Mole bitters

Mexican Penicilin 17

Union Mezcal | Lime juice | Ginger infused honey

Dxuladi 17

Toasted coconut & corn masa (champurrado) | Oaxacan chocolate | Tequila almendrado | Cacao Nibs | Mezcal

Raizes Sour 18

Clarified | Union Mezcal & Tequila | Mexican spices | Mexican red wine

Clarified Piña Colada 18

Rum | Milk washed technique | Coconut caviar

Strawberry Fields 18

Don Julio Tequila | Allspice | Strawberry syrup | Lime juice & mint

Pepino Margarita 15

Tequila | Agave syrup | Lime juice | Cucumber

Jalapeño Cilantro Margarita 15

Tequila | Cilantro | Jalapeño | Agave syrup | Lime juice

Hibiscus Margarita

Mezcal | Hibiscus tea | Lime juice | Ginger honey

Mangonada 18

Spicy Mango Syrup | Tequila | Lime Juice | Milkwash Clarified | Tajin Oil

Cigar Old Fashioned 18

Zacapa Rum | Piloncillo | Cacao & tobacco bitters

Mocktails

Piña Tatemada 13

Charred pineapple | Agave syrup | Lime juice

Hibiscus Spritz 13

Ginger honey | Hibiscus infusion | Soda

Wine

2023 Monte Xanic Calixha

Valle de Ojos Negros, MX, Syrah

16/60

2022 Monte Xanic Selección

Valle de Ojos Negros, MX, Malbec, Merlot & Cabernet Sauvignon

18/80

2023 Monte Xanic Rosé

Valle de Ojos Negros, MX, Grenache

16/60

2023 Monte Xanic Viña Kritel

Valle de Ojos Negros, MX, Sauvignon Blanc

16/60

2020 Monte Xanic Gran Ricardo

Valle de Guadalupe, MX, Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdo, Malbec

240



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 872 315 2034

SPIRITS

Mezcal	Shot	Neat	Sotol	Shot	Neat
Prolijo Espadin	13	16	Señor Sotol	16	20
Prolijo Pechuga	19	25			
Prolijo Tepeztate	17	23	Rum	Shot	Neat
Prolijo Tobala	16	22	Paranubes MX	18	23
Prolijo Madrecuishe	16	22			
Union	14	17			
Tequila	Shot	Neat	Whisky	Shot	Neat
Don Julio 1942	33	45	Reves MX	30	40
Don Julio Añejo	18	23	George Dickel	15	20
Don Julio Reposado	15	20			
Don Julio 1970	20	27			
Herradura Reposado	15	20			
Tres Generaciones	16	21			
Tequila Jimador	13	16			
Centenario Reposado	15	20			
Tequila Ocho	15	20			

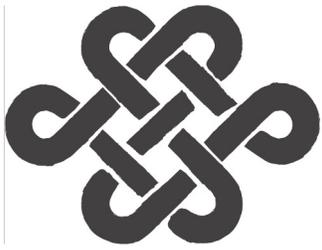
BEER

Casa Humilde Alba MEX. Amber Lager 5.2% ABV 16oz	8
Casa Humilde Marina Mexican Lager 4.5% ABV 16oz	8
Casa Humilde Frida Hibiscus & Lime Lager 4.5% ABV 16oz	8
Modelo Mexican Lager 4.4% ABV 12oz	6
Charro Mexican Pilsner 4.5ABV 12oz	8

ALGO DULCE

- Pastel de Elote 12**
Sweet corn cake | Mezcal syrup | Whipped crema oaxaqueña | Fried corn
- Cardamom tres leches 15**
Orange blossom cake | Cardamom infused milk | Honey yogurt | Seasonal fruit
- Nicoatole 12**
Corn & coconut custard | Passion fruit caramel | Tropical fruits | Alegria
- Mocha tres leches 15**
Chocolate sponge cake | Coffee tres leches | Vanilla whipped cream

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Glosary

The first word ironically starts with the last letter of the alphabet, however, the reason we placed it first is because it is important to highlight where our cuisine comes from and

Zapoteco: Language use by the Zapotecs. We are scattered in the state of Oaxaca, the biggest cities are in the valley of Oaxaca and in the Isthmus (south of Oaxaca).

Achiote: Annatto seed in English. It is a seed that comes from the annatto tree. The flavor profile can be peppery, tangy, and a hint of nutmeg. It is also use as a food coloring because its bright red/orange color.

Chintextle: Paste made with dried chiles and dried shrimp.

Aguachile: a simple dish made with an acid (most of the time lime juice), spicy (chile) component. The liquid tent to be brothy.

Istmo: region located south in Oaxaca close to Chiapas. This region is composed of coast, plains, and mountains.

Istmeño: colloquial name to call people from the isthmus of Oaxaca (Istmo).

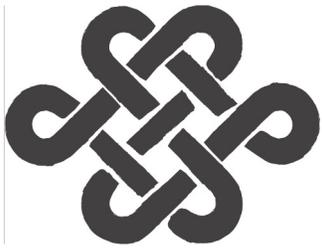
Calabaza en tacha: following the nixtamalization process the pumpkin is infused with limestone (calcium chloride) this hardens the outside of the pumpkin making it easy to cook for a long period of time without losing the texture and it creates a crunchy texture in the outside and liquid on the inside.

Garnachas: the word garnacha englobes all street food that's made with corn and fry typically found in small stand in the street. Garnachas istmeñas are from the isthmus and they are made a small and thick corn tortilla shallow fried with shredded beef, spicy red sauce, and pickled green cabbage.

Gueta bingui: From the zapotec "tortilla de maíz" (*gueta* tortilla and *bingui* corn). It's a baked biscuit made with corn.

Epazote: Herb commonly used in the south of Mexico. The flavor profile goes from organo, anise, mint and even fennel.

Hoja santa: Native to south Mexico and south America is used fresh and dried. Unique flavor profile: minty, slightly peppery and hints of anise. It is also known as root beer in US.



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Itacate: comes from the Nahuatl "itacatl" and refers to a small bag used by Mesoamerican peoples to transport food given or taken on a journey far from home.

Juchitan: Biggest city in the isthmus region.

Jicalpextle: from the Nahuatl *xicalli* "jicara" (guard), *petztli* "cosa pulida" (something polished). It is used traditionally in weddings to bring flowers.

Jocoque: From the Nahuatl *xocok* (shókok), meaning acid or sour. It is a yogurt sauce from the middle east.

Between 1890 and 1940 36000 middle eastern were welcome to Mexico due to sociopolitical problems.

Té limon: Lemongrass

Totopo: Corn baked tostada. Traditionally bake in a type of tandoori oven.

Tomatillo: Green tomato native of south America (including Mexico), the flavor is similar to gooseberries.

Miltomate: Small type of tomatillo, has a stronger acidic flavor.

Mole: One of Mexico's most beloved dish and most of the time misunderstood. There are a dozen type of moles. A mole is a sauce commonly made with a combination of chiles, nuts, tomatoes, fruits, herbs, and spices.

Molotes: Dish normally made with corn masa. In the isthmus is made with ripe plantains in an oval shape filled with black bean paste.

Morita chile: As many other chiles in Mexico, the morita chile has its own flavor profile: smoky, spicy, and fruity. Comes from a red ripe jalapeño chile.

Manzanilla: Chamomile in english.

Piloncillo: Toasted corn and cacao powdered and traditionally use as a base for beverages.

Tetela:

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