

# 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

## Clasicos

### Desayuno Istmeño 18

White rice, frijoles oaxaqueños, seared queso fresco and fried egg \*

### Chilaquiles Rojos O Verdes 19

Heirloom corn chips, roasted tomato sauce, fried egg, crema, queso fresco, cilantro & cebolla  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5 \*

### Huevos Divorciados 18

Green tomatillo & red roasted tomato salsa, cilantro & cebolla, avocado, oaxacan black beans, fried tortilla & fried eggs. \*

### Enchiladas Verdes 19

Bright green tomatillo sauce, tortillas filled with cheese, cilantro, crema & queso fresco. Served with oaxacan black beans  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5 \*

### Enmoladas 19

Black mole, fried plantains, fried egg, cebolla, cilantro, crema & queso fresco  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5, Mushrooms +5 \*

### Entomatadas 18

Heirloom corn tortillas filled with cheese & creamy tomato sauce. Served with black beans  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5 \*

### Chorizo Con Huevo 17

Papas bravas, Santo Chorizo verde & fried eggs \*

### Enfrijoladas 19

Silky black bean sauce, fried plantains, fried egg, cebolla, cilantro, crema & queso fresco  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5 \*

## Para Empezar

### Tlayuda 15

Creamy avocado, seasonal tomatos & salsa macha  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5 \*

### Memela 12 (Ask for vegetarian mushroom option)

Black bean puree, chicken tinga, crema oaxaqueña, queso fresco and avocado tomatillo salsa

### Garnachas Istmeñas 13

Heirloom corn tortilla, red adobo marinated steak, queso istmeño (dried age cheese) & pickles isthmus style \*

### Quesadillas 14

Heirloom corn tortilla, quesillo, avocado tomatillo salsa  
3oz Skirt Steak +9 Santo Chorizo verde +7, chicken tinga +5, Mushrooms +5 \*

## Algo Dulce

### Blue Corn Pancake 15 (Takes about 20 minutes)

Heirloom blue corn, strawberry compote & crema oaxaqueña whipped cream \*

### Nicoatole 9

Corn & coconut custard, fresh berries & buñuelo de viento

### Mocha tres leches 15

Chocolate sponge cake | Coffee tres leches | Vanilla whipped cream

### Cardamom tres leches 15

Orange blossom cake | Cardamom infused milk | Honey yogurt | Seasonal fruit

## Extras

### Black beans 7

Epazote-infused, queso fresco & crema

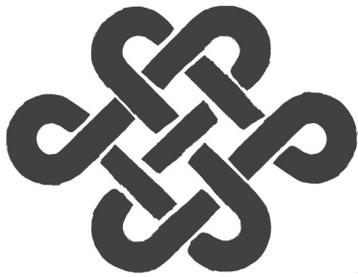
### Papas Bravas 9

Potatoes, guajillo & chipotle aioli, cilantro & cebolla

### Platanos 8

Fried sweet plantains, crema oaxaqueña & queso fresco

\* The Chicago Department of Public Health advises that consumption of raw or undercooked foods of animal origin, such as beef, eggs fish, lamb, pork, poultry or shellfish, may result in an increased risk of foodborne illness.



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## Cocktails

### Pepino Margarita 15

Tequila | Agave syrup | Lime juice | Cucumber

### Mimosa 10

Fresh orange juice | Sparkling wine

### Hibiscus Mimosa 12

Sparkling wine | Ginger honey | Hibiscus infusion

### Strawberry Mimosa 12

Sparkling wine | Allspice | Lemon juice & mint

### Mole Carajillo 17

Istmo espresso | Liquor 43 | Coffee infused vodka | Mole bitters

### Dxuladi 17

Toasted coconut & corn masa (champurrado) | Oaxacan chocolate | Gin | Cacao Nibs

### Raizes Sour 18

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

### Clarified Piña Colada 18

Rum | Milk washed technique | Coconut caviar

### Michelada 12

Modelo | Housemade michelada mix | Tajín

## NA Alcoholic

### Piña Tatemada 13

Charred pineapple | Agave syrup | Lime juice

### Hibiscus Spritz 13

Ginger honey | Hibiscus infusion | Soda

### Agua de Horchata 6

Creamy rice | Cinnamon | Vanilla

### Agua de Jamaica 5

Hibiscus flower | Ginger honey

## Coffee

### Americano 5

### Café con Leche 5

### Café de la Olla 5

### Espresso 4.5

### Icechata 6.5

### Horchata Cortadito 5.5

## Teas

### Crema Earl Grey 7.5

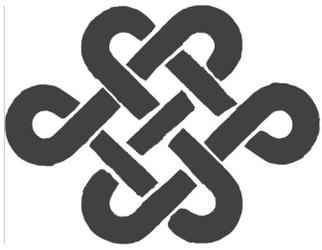
High mountain black tea | organic oil of Bergamot | Hint of sweet cream aroma.

### Chocolate Horchata Chai 7.5

Toasted rice | High mountain black teas | Tahitian vanilla bean

### Grapefruit Grove Elixir 7.5

Blend of grapefruit peel | Orange slices | Freeze-dried tangerine



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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 in english.

**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:

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

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