
marandtierra.co.nz

22 Jellicoe Street,
Auckland, 1010

@marandtierra

MAR &
TIERRA

Mar & Tierra offers a unique take on Latin flavours and street food married with Kiwi produce and the freshest local seafood.

LAND & SEA

Grilled Sirloin \$25

Chef's cut selection, chimichurri, green salad, thick cut fries

1/2 Chicken \$20

Grilled chicken, almond mole, fresh salad, thick cut fries

Grilled Pork Belly \$20

Kumara fries, balsamic reduction, fresh salad

Grilled Salmon \$25

Kumara fries, tomato, basil salsa

Grilled Market Fish \$24

Capers, sherry tomato, green onlive, fresh salad, thick cut fries

Chicken Wings \$18 (G)

Special spice chicken wings, choice of house made sauces

CAZUELAS

Choice of seasonal salad (cold) or quinoa & red kidney beans (hot) base. Each is garnished with spring onion, coriander and green chilli.

Salmon Cazuela \$18

Grilled marinated salmon, grilled corn, tomato & basil salsa, pickled vegetables, avocado, puffed wild rice

Vegetarian Cazuela \$18

Grilled seasonal vegetables, grilled corn, grilled kale, cucumber yoghurt sauce, pickled vegetables, avocado, pepitas, black olive salt

Braised Lamb Cazuela \$18

Smoked & braised lamb leg, grilled corn, cucumber yoghurt sauce, chimichurri, pickled vegetables, avocado, puffed wild rice

AREPAS

Our traditional arepas (corn cakes) are prepared fresh daily and warmed over the grill. Each is stuffed with ingredients full of flavour and charm.

Lamb \$15

Smoked lamb leg, mint cucumber yoghurt, rocket, chimichurri, stained onions

Market Fish \$15 (G)

Battered fish, smashed avocado, salad, chimichurri mayo

Chicken & Chorizo \$15

Mojo dressing, rocket, chimichurri mayo

Vegetarian \$15

Avocado smash, grilled kale, quinoa, beans, salsa criolla, kalamata olive powder

EMPANADAS & SIDES

Beef Empanadas \$10

Beef cheek, potato

Chicken Empanadas \$10

Grilled chicken, mixed vegetables

Vegetarian Empanadas \$10

Rice, corn, black beans

Grilled Broccoli \$8

Cucumber milk, peanuts

Cassava Chips \$8

Choice of house made sauce

Kumara Chips \$8

Choice of house made sauce

Thick Cut Fries \$8

Choice of house made sauce

House Made Sauces \$1

Black ash aioli, chimichurri mayo, chipotle BBQ, cucumber milk, roasted pepper mojo, chimichurri