



# The Menu





## the Appetizers

# starters

### Empanada (1) (VVG) \$2.25

**Choose one (1) filling:**

Mushroom & Veggie Meat / Tofu & Spinach /  
Tofu & Olives / Cheese & Spinach /  
Vegan Cheese & Spinach / Dairy Cheese /  
Guava / Cheese & Guava / Vegan Cheese &  
Guava / Spicy Potato & Veggie Meat /  
Fig & Pineapple / Potato & Veggie Meat

### Empanada Criolla (1) (GF) \$3.5

Corn shell, veggie meat, potatoes, & spicy ají sauce

### Yuca Empanada (1) (GF) \$3.5

Yuca shell, veggie meat, potatoes, & spicy ají sauce

### Pana Tostones / Tostones (GF) \$7

Fried bread fruit / plantain

### Yuca Fries (GF) \$6

Fried cassava sticks

### Maduros (GF) \$7

Grilled sweet plantain (semi-sweet)

### El Trio (VVG) \$14

Not sure what to get? El Trio is a combination of empanadas, yuca fries, & fried plantain

# arepas & pupusas

Both are round corn discs designed to hold a variety of delicious flavorful fillings. What's the difference? Pupusas are stuffed with the filling before cooking and arepas are cooked before adding the topping or filling.

### Arepa (1) (GF) (VVG) \$6

**Choose one (1) topping:**

Guacamole / Fried Dairy Cheese /  
Vegan Cheese / Shredded Cabbage / Beans /  
Sautéed Vegetables / Fried Egg  
(Extra toppings +\$3 each)

### Arepa de Choclo (1) (GF) (VVG) \$6

Fresh corn arepas with your choice of  
vegan cheese OR dairy cheese

### Chia & Oats (1) (GF) (VVG) \$6

**Choose one (1) topping:**

Guacamole / Fried Cheese / Vegan Cheese /  
Shredded Cabbage / Beans / Sautéed Vegetables  
(Extra toppings +\$3 each)

### Arepa Combo (2) (GF) \$10

Two (2) arepas topped with BBQ jackfruit,  
avocado, & basil

### Pupusa (1) (GF) (VVG) \$6

**Choose one (1) filling combo:**

Beans & Dairy Cheese / Beans & Vegan Cheese

\* Contains Tree Nuts

(GF) Gluten-Free ~ (VG) Vegetarian ~ (VVG) Vegan & Vegetarian Options Available





# *the* Entrées

## daily specials

Sunday-Thursday until 4pm

### Sunday - Ajíaco (GF)

\$15

Colombian potato soup, veggie meat, tofu, grilled sweet plantain, rice, beans, & cabbage salad

### Monday - Yuca with Mojo\*

\$12

Yuca, mojo sauce (garlic, onion, lime, olive oil, & salt), veggie steak\*, 'dirty' black bean rice (moro), grilled sweet plantain, & salad

### Tuesday - Lentil Plate\*

\$12

Lentils, veggie steak\*, rice, grilled sweet plantain, & salad

### Wednesday - Fajitas

\$12

Veggie fajitas, sautéed vegetables, tortilla, garbanzo beans, rice, guacamole, & salad  
[Gluten-free tortilla available upon request]

### Thursday - Enchiladas (GF)

\$12

Enchiladas, shredded cabbage, vegan sour cream, rice, beans, guacamole, & salad

### Friday - Arepa & Soup (GF)

\$12

Soup of the week served with an arepa

## favorites from home

### House Plate (VVG)

\$16

Arepa, tofu OR fried egg, rice, beans, grilled sweet plantain, avocado slices, & a side of cabbage salad

### Enchiladas (GF)

\$12

Enchiladas, shredded cabbage, vegan cheese, vegan sour cream, rice, beans, guacamole, & salad

### Margherita Pizza (VVG)

\$9

Basil, tomato, spinach, cheese, & house-made tomato sauce

### Fit Plate (GF)

\$15

Sweet potato, green beans, sautéed tofu, & quinoa salad

### Quesadilla (VVG, GF)

\$12

Dairy OR vegan cheese & beans OR potatoes with cabbage, vegan sour cream, & salsa  
[Gluten-free available upon request]

### Tropical Burrito (VVG)

\$6

Beans of the day, dairy cheese OR vegan cheese, lettuce, tomatoes, house-made sauce, & avocado

### Tamales (GF)

\$10

Veggie meat, peas, carrots, & potatoes comes with cabbage salad & sauce

### Fiambre (GF) (VG)

\$18

Rice, potato, ripe plantain, yuca, & veggie meat

### Mangú (GF) (VVG)

\$15

Mashed plantain with sautéed onion

Extra Toppings:

Fried Cheese \$3 / Vegan Cheese \$4 /

Fried Egg \$2 /

Three (3) Slices of Vegan Salami \$4

### Asian Vegetable Fried Rice

\$16

Fried white rice with vegetables, tofu OR egg, grilled sweet plantain, & a side of salad

[Gluten-free available upon request]

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(GF) Gluten-Free ~ (VG) Vegetarian ~ (VVG) Vegan & Vegetarian Options Available



## sandwiches

<b>Caribbean Sandwich (VVG)</b> Veggie turkey, avocado, tomato, lettuce, cheese, olives, mayo, spinach, onion, & a side of yuca fries	\$12	<b>Cold Deli Sandwich (VVG)</b> Veggie turkey, mayo, celery, red bell pepper, red onion, & a bag of chips	\$7
<b>Vegan Burger</b> Beyond patty, vegan cheese, avocado, lettuce, tomato, onion, vegan mayo, & ketchup Extra \$4 for a side of yuca fries	\$10	<b>Patacón (GF) (VVG)</b> Fried plantain, fried cheese OR tofu slices, tomato, avocado, onion, seasoned cabbage, & a side of mayo-ketchup	\$16
<b>Arepa Sandwich*</b> *Veggie steak with sautéed vegetable, avocado, onion, tomato, & lettuce in an arepa with a side of house-made spicy ají sauce	\$10	<b>Rellenitas (2) (GF) (VVG)</b> Comes with two (2) small arepas with lettuce & with your choice of up to two (2) fillings per arepa <b>Choose your filling(s):</b> Pico de Gallo / Guacamole / Fried Cheese / Cheese / Shredded Cabbage / Beans / Sautéed Vegetables / *Veggie Steak	\$8
<b>Gluten-Free Burger (GF) (VVG)</b> Beyond patty, cheese, avocado, lettuce, tomato, onion, mayo, & ketchup in an arepa Extra \$4 for a side of yuca fries	\$12		

## soups

~ Soups served with your choice of cassava bread OR bread ~

<b>Potato &amp; Corn Soup</b> Potato, corn, yellow yuca, onion, & garlic	\$7	<b>Quinoa &amp; Vegetable Soup</b> Quinoa, potato, peas, carrot, & herbs	\$7
<b>Lentil Soup</b> Lentils, potato, onion, & garlic	\$7	<b>Vegetable Rice Soup</b> Rice, potato, peas, carrot, & herbs	\$7
<b>Garbanzo Soup</b> Garbanzo, onion, garlic, & a house-made vegan creamer	\$7	<b>Soup &amp; Arepa Combo</b>	\$10

## salads

<b>Avocado &amp; Sesame</b> Avocado, tomato, onion, & sesame seeds with your choice of dressing	\$8	<b>Cabbage Salad</b> Cabbage, tomato, onion, cilantro, & lime	\$8
<b>Beets &amp; Carrots</b> Seasoned & steamed diced beets & carrots	\$8	<b>Fresh Avocado &amp; Cucumber</b> Avocado, cucumber, tomato, red onion, cilantro, & lime	\$10
<b>Tabbouleh Quinoa</b> Quinoa, parsley, red bell pepper, tomato, red onion, & lime	\$8	<b>Fresh Tomato &amp; Cucumber Salad</b> Cucumber, tomato, sun-dried tomato, dill, & lime	\$8
		<b>Big Mixed Salad</b> All four salads in one! Beet salad, cabbage, traditional, & tabbouleh quinoa with your choice of dressing	\$15

Salad Dressing Options: vegan ranch, lemon dressing

\* Contains Tree Nuts

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the  
Desserts  
+  
kids menu



desserts

Carob Chip Cookie	\$3
Brownie Bite Cookie	\$3
Snickers Doodle Cookie*	\$3
Brownie	\$3
Banana Bread Loaf	\$8
Banana Bite	\$3

\*Contains peanuts

ice cream

Options:		
1 scoop - \$3	2 scoops - \$5	Extra Scoop - \$3
Waffle Cone - \$2		

Chocolate (Carob)  
Strawberry (seasonal)  
Coconut\*  
Salted Caramel  
Mint Chocolate  
Raspberry

kids  
Menu

Hot Dog (2) Two (2) veggie hot dogs & chips	\$7
Pizza (VVG) Cheese & house-made tomato sauce	\$9
Kid Nuggets (6pcs) Mock-chicken nuggets served with chips OR yuca fries & ketchup on the side	\$9
Quesadilla (VVG) Dairy cheese OR vegan cheese, avocado, salsa, & chips	\$8



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# Mexican-Colombian Bakery

[Please read carefully the description of each item as we have added some menu items containing real meat]

## savory

<b>Baked Chicken Empanda</b> Corn, <b>real chicken</b> , peas, carrots, & potatoes	\$2.5
<b>Criolla Chicken Empanda</b> Corn, <b>real chicken</b> , peas, carrots, & potatoes	\$3.5
<b>Yuca Chicken Empanda</b> Yuca shell, <b>real chicken</b> , peas, carrots, & potatoes	\$3.5
<b>Chicken Tamal</b> Corn shell, <b>real chicken</b> , potatoes, spicy ají sauce, & cabbage	\$12
<b>Breakfast Burrito (VVG)</b> Beans of the day, rice, potato, & dairy cheese OR vegan cheese	\$7
<b>Egg Burrito (VG)</b> Egg, dairy cheese, & home-made sauce	\$7
<b>Huevos en Caserola (Egg In Skillet) (VG)</b> Egg in skillet served with rice & arepas OR garlic bread	\$12
<b>Pan de Bono (GF) (VG) \$2.20</b> A popular and delicious Colombian bread made with white corn meal, cassava flour, dairy cheese, & egg	
<b>Buñuelos (GF) (VG)</b> Colombian buñuelos, also known as cheese fritters, are made out of corn flour & dairy cheese	\$2.5
<b>Fiambre (GF)</b> Rice, potato, ripe plantain, yuca, & <b>real chicken</b>	\$24

## sweet

<b>Pineapple Turnover (VG)</b> Delicious crispy pineapple puff pastry	\$3.5
<b>Guava Turnover (VG)</b> Delicious crispy guava puff pastry	\$3.5
<b>Muffins (VG)</b> Vanilla OR Chocolate Chip	\$2.2
<b>Tropical Fruit Parfait (VG)</b> Made with delicious strawberry yogurt, fresh tropical fruits (mango, banana, & pineapple), & granola in a 16 oz cup	\$7
<b>Concha (VG)</b> Mexican sweet bread	
<b>Tres Leches Cake (VG)</b> <b>Slice</b> <b>Whole Cake</b>	\$5.5 \$25
<b>Envueltos</b> Your choice of vegan OR vegetarian, sweet OR savory corn tamales.	\$3.5

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# the Drink+ menu



## juices

### Juice Size: 16 oz

**Carrot Juice** \$7  
Freshly made in-house

**Orange Juice** \$7  
Freshly squeezed in-house

**Grapefruit & Carrot Juice** \$7  
Freshly squeezed in-house

**Guarapo** \$8  
Freshly pressed in-house

**Agua de Jamaica** \$4  
Refreshing hibiscus iced tea & lime

**Strawberry Lemonade** \$4  
Freshly made in-house

**Fruit Juice of the Day** \$4  
Mora (blackberry), mango, passion fruit, lulo, tamarind, pineapple, OR guava

**Choose Your Size**  
16 oz | \$7 24 oz | \$8.50

**Ginger-Pineapple Juice**  
A mix of fresh ginger & pineapple with honey

**Aloe-Ginger-Pineapple Juice**  
A mix of fresh aloe, ginger, & pineapple with honey

## smoothies

### Step 1 - Choose Your Size

16 oz | \$6 24 oz | \$8.50 32 oz | \$11

### Step 2 - Choose Your Flavor

#### Berry Blast\*

Blueberry, banana, peanut butter

#### El Tropical

Pineapple, mango, strawberry

#### Lúcuma\*

Lúcuma, peanut butter

#### Papaya\*

Papaya, dates, coconut

#### Piña Colada\*

Pineapple & coconut milk

#### Passion

Passion fruit, strawberry

#### Strawberry

Strawberry

#### Mamey Sapote\*

Mamey sapote, coconut

### Step 3 - Choose Your Milk

Almond Milk\* / Oat Milk

### Step 4 - Choose Your Sweetener

Honey / Stevia / Cane Sugar / Dates / None

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## the Drink+ menu



### bowls

#### **Brazilian Açaí Bowl\*** \$12

Delicious açaí topped with strawberry, banana, kiwi, coconut, & granola

#### **Chunky Peanut\*** \$12

Delicious açaí, carob chips, banana, granola, peanut butter, & coconut milk concentrate

#### **Hawaiian Pineapple\*** \$12

Delicious açaí, strawberries, bananas, kiwis, coconut, & oranges

**[Açaí fruits are seasonal; can be substituted with your choice of one-fruit smoothie]**

### hot drinks

#### **Hot Coffee** \$4

Dandelion Coffee (Caffeine-Free)

#### **Iced Coffee** \$4

Dandelion Coffee (Caffeine-Free)

#### **Hot Chocolate** \$4

Milo OR Carob

#### **Iced Chocolate** \$4

Milo OR Carob

### menu extras

Ají Salsa	\$1
Green Beans	\$5
Guacamole 2 oz	\$2.5
Pupusa Sauce	\$1
Fried Egg	\$2
Boiled Yuca	\$4

Rice	\$3.5
Beans	\$4
Tofu	\$6
Tortillas	\$1.5
Veggie Meat*	\$6
Sweet Potato	\$4

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## Yes! We Cater!

Be the star of your next event without breaking a sweat! Our home-tasting dishes will have your guests coming back for more! Don't worry, it will be our little secret... Ask our team members for more information.



**We LOVE reviews and we appreciate your feedback.**  
**Please let us know how we did! We value our customer's experience. Thank you!**

