

# LUNCH DINNER



## SALADS & BOWLS

### Bowl for the Soul

**Protein Choice:** Grilled Chicken Fajitas, Carnitas, Shredded Beef. \$16.99  
**Upgrade to:** Picanha \$24.99

Served on a bed of mixed greens topped with brown rice-quinoa, black beans, cherry tomatoes, pico de gallo, guacamole and balsamic dressing on the side.



### Calentao\*

**Protein Choice:** Chicken Fajitas, Carnitas, Shredded Beef

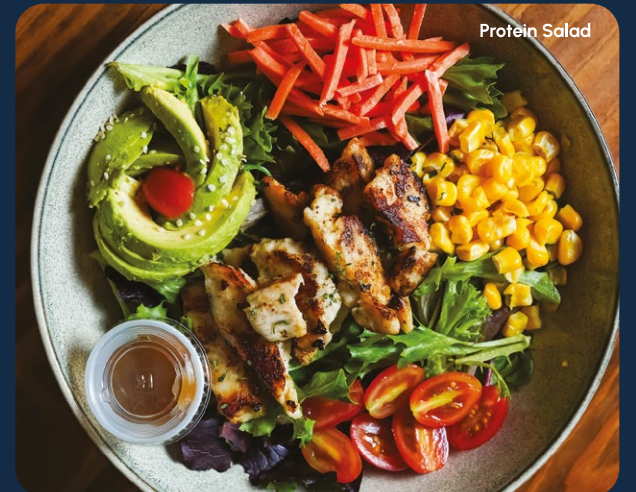
A mix of brown rice-quinoa, sweet plantains and black beans. Topped with an over easy egg. Served with sliced avocado and cherry tomatoes on the side. \$16.50



### Protein Salad

**Protein Choice:** Chicken Fajitas \$15.99 | Picanha \$23.99

Mixed greens, poblano corn, shredded carrots, cherry tomatoes, sliced avocado and hemp seeds. Served with garlic-cilantro lime dressing on the side.



## PRESSED SUBS

Pick between your choice of mixed greens or potato chips.

**Upgrade to:** Plantain strips \$1

### Cuban

Carnitas, ham, cheese blend, pickles, mustard and mayonnaise. \$16.99

### Pesto Chicken

Grilled chicken fajitas, Pesto-Basil sauce, tomato and mozzarella cheese. \$16.99



**Note:** Our Mixed Green Salad contains gluten and is not suitable for gluten-free diets. If you have a gluten intolerance or sensitivity please advise our cashiers. We would recommend opting for potato chips or plantain strips.

## AREPAS

Pick between your choice of mixed green salad or potato chips.

**Upgrade to:** Plantain strips \$1

### Steak

Filled with picanha, Queso de Freir cheese, tomato and guacamole. \$22.99

### Caribbean

Filled with shredded beef, sweet plantain, black beans and sliced avocado. \$17.50


### Chicken and Avocado

Filled with shredded chicken, avocado and mayonnaise. \$17.50

### Veggie

Filled with Queso de Freir cheese, tomato and sliced avocado. \$17.50



 Allergy advice: This product contains peanuts and may contain traces of other nuts and seeds.

 Gluten free

 Vegan

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food borne illness, especially if you have certain medical conditions.