

PB = 100% plant-based/planta (vegan)

VEG = vegetarian

GF = gluten-friendly

KF = keto-friendly

# charrovida™

## WEEKDAY LUNCH SPECIALS

served monday thru friday 11am-2pm

### a) enchilada vida <sup>PB GF</sup>

enchilada of roasted potato, poblano & pepitas. tomatillo sauce. queso vegan. peppers mixta featuring frijoles campos, vida grains & golden calabacitas 11.95

### b) jackfruit carnitas tacos <sup>PB GF</sup>

dos tacos on local corn tortilla or lettuce wrap<sup>KF</sup> peppers mixta. vegan taco crema featuring frijoles campos & vida grains 11.95

### c) sunflower mole enchilada <sup>GF</sup>

enchilada of sunflower mole pipian (nut free). kale chicharron & your choice of recipe: featuring frijoles campos, vida grains & golden calabacitas

**organic chicken** 11.95 | **grass-fed steak\*** or **carne seca** +4.95

### d) sopa & salad <sup>PB GF</sup>

our plant-based soup of the day & fresh salad of arugula and seasonal school garden greens with pepitas, avocado & choice of our house-made dressings (inquire) 11.95

**optional: add salad protein below**

### e) taco farm tacos <sup>GF</sup>

dos tacos with choice of protein on local corn tortillas or lettuce wrap<sup>KF</sup> peppers mixta. taco crema featuring frijoles campos & vida grains

**organic chicken** 11.95 | **grass-fed steak\*** or **carne seca** +4.95

### f) salmon tomatillo enchilada <sup>GF</sup>

enchilada of verlasso salmon. avocado. local corn tortilla & green tomatillo sauce. queso vegan featuring frijoles campos, vida grains & golden calabacitas 13.95

### g) tacos del rey – salmon or ahi\* (3) <sup>GF</sup>

taco trio with choice of sustainable mesquite grilled salmon or seared ahi on local corn tortillas or lettuce wrap<sup>KF</sup> fresh avocado. jalapeño & apple ginger slaw. cilantro & hemp seed garnish 13.95

## ADD ON PROTEINS

*At your request, we can add these proteins cooked on their own dedicated surface to your favorite recipe  
all proteins are 100% natural, sustainable & gluten friendly <sup>GF</sup>*

**tempeh orgánico** <sup>PB</sup> 3.95

**organic chicken** 3.95

**organic eggs\*** 3.95

**jackfruit carnitas** <sup>PB</sup> 3.95

**verlasso salmón\*** 4.95

**JUST egg** <sup>PB</sup> 4.95

**grass-fed carne asada\*** 4.95 | **el charro carne seca** 4.95

*Please Note A \$3 Split Plate Fee Is Applied When Sharing A Single Recipe*

*We cook our plant-based recipes on separate grills and with unique utensils. We use only heart-healthy fats & oils, clean spices, and locally sourced non-gmo vegetables whenever possible. Our seafood is 100% sustainable & B.A.P. certified, our chicken is 100% natural, and our beef is grass fed and raised without antibiotics or hormones. \*Note: consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness. We feature recipes that are allergy or gluten friendly, but we are not a kitchen without known allergens and ask guests with serious food allergies to please order accordingly as we assume no liability for adverse reactions. Pricing and content subject to change without notice.*