

PB = 100% plant-based/planta (vegan)
VEG = vegetarian
GF = gluten friendly
KF = keto-friendly

charrovida™

FOOD FOR VIDA

chips & salsa vida local corn tostadas with pickled salsa verde ^{PB|GF}
bienvenidos, enjoy your first 2 rounds of chips & salsa on us | 3 extras

APERITIVOS *option: add any of our all-natural proteins from below*

- the spanish lesson** warm olives. roasted garlic. smoked marcona almonds. granja frijoles ^{PB|GF} 6 **add anchovy** ^{PB} +3
- quesadilla!** jackfruit carnitas. vegan queso. hola hemp™ tortilla. guacamole. pico salsa & vegan crema ^{PB} 12 **add pollo asado** +3.95
- tableside avocado hummus** serves 2-4. served with crisp plantains. corn tostadas. radish & cucumber ^{PB|GF} 12
- hola hemp™ mini chimis** (4) vegan queso y chile verde. guacamole & pico salsa ^{PB} **original** 8.5 **add enchilada style** ^{PB} +3
- padrón y pastor!** our two most popular vegetables recipes on one plate! roasted brussels & padrón peppers tossed in balsamic & liquid aminos joins our cauliflower al' pastor charred in chile ancho & guajillo with grilled pineapple & vida herbs ^{PB|GF} 11
- street corn orgánico** charred corn with poblano chile. citrus. smoked paprika. vegan queso. corn & plantain tostadas ^{PB|GF} 8
- ahi tuna stack*** marinated in liquid aminos. plantains & tostadas. avocado. citrus & sesame. chile harissa. cucumber & jalapeño ^{GF} 16

BOWLS | SOUPS | SALADS *option: add any of our all-natural proteins from below*

- sopa del día** daily rotation of plant-based & gluten friendly recipes with seasonally select ingredients - inquire ^{PB|GF} 7
- school garden caesar** serves 2-4. prepared tableside using seasonal farm ingredients from Tucson's community school gardens tossed with fresh romaine. shaved brussels. vegan queso and our own plant-based caesar dressing ^{PB|GF} 14
- prickly pear chicken tostada** prickly pear crema. hummus. local tostada. pepitas. black bean. corn salsa. pink onion. arugula ^{GF} 13
- taquería salad** avocado. lime. taco crema & vegan queso. tortilla strips. radish. spiced chickpea. cucumber. corn. pink onion ^{PB|GF} 13
- casa chopped salad** avocado. cucumber. black bean. tomato. peppers. corn. queso cotija. harissa dressing. tortilla strips ^{VEG|GF} 13
burrito? wrap any bowl below in our hola hemp™ flour tortilla +2
- vida bowl** vida grains. avocado. nopalitos. roasted papas. corn salsa. frijoles campos. add protein ^{PB|GF} 11 +protein
- el buda bowl** tempeh al' pastor. (or chicken). piña. avocado. cilantro. cucumber. roasted corn salsa. pepitas. arugula salad ^{PB|GF|KF} 14
- earth bowl** a world of grilled vegetables. marcona almonds. avocado. nopalitos. taco crema. smoked paprika. vida grains & herbs ^{PB|GF} 13

PLANT-BASED ENTRÉES *option: add any of our all-natural proteins from below*

- combo #1** jackfruit carnitas soft taco on corn tortilla. vegan queso enchilada. frijoles campos & vida grains ^{PB|GF} 15
- combo #2** jackfruit carnitas flauta with guacamole & pico salsa. vegan queso enchilada. frijoles campos & vida grains ^{PB|GF} 16
- combo #3** choice of hola hemp™ original or chipotle tamal. vegan queso enchilada. avocado. frijoles campos & vida grains ^{PB|GF} 17
- tacos vida** (2) **jackfruit carnitas or tempeh asada** on corn or lettuce ^{KF}. taco crema. golden calabacitas. frijoles & vida grains ^{PB|GF} 14
- hola hemp™ vegan tamales** one original & one red chipotle kind. avocado. nopalitos. frijoles campos ^{PB|GF} 16.5
- vida enchiladas** roasted potato, poblano & pepitas. tomatillo sauce. queso vegan. golden calabacitas. frijoles & vida grains ^{PB|GF} 16

FROM FARM & SEA *natural & sustainable clean ingredient recipes ¡salud!*

- salmón de la costa*** mesquite grilled verlasso salmon. charred brussels. hummus. smoked paprika. chimichurri & pepitas ^{GF} 24
- sunflower enchiladas*** (2) mole pipian sauce. kale chicharrón. nopalitos. frijoles & grains ^{GF} **chicken** 17 | **steak or carne seca** 19
- short rib charro beef*** grass fed beef. nopales. roasted papas & onion. frijoles campos. choice of tortillas ^{GFw/corn} 25
- grass fed carne asada*** mesquite grilled. chimichurri marinade. avocado. frijoles campos & choice of tortillas ^{GFw/corn} 24
- keto relleno*** tomatillo sauce. poblano. easy egg. tres quesos. avocado ^{GF} choice of **steak or carne seca** 19 | **chicken** 16

ADD ON PROTEIN RECIPES *

100% natural & sustainable proteins cooked on their own dedicated grill or surface. all recipes are gluten friendly ^{GF}

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|---------------------------------|---------------------------------------|-----------------------|------------------------------------|
| grass-fed carne asada* 9 | verlasso salmón* 8 | charro carne seca 9 | seared ahi al'pastor* 9 |
| tempeh orgánico ^{PB} 6 | 2 eggs* 4 or JUST egg ^{PB} 5 | organic pollo asado 6 | jackfruit carnitas ^{PB} 7 |



THE UNIVERSITY OF ARIZONA COMMUNITY AND SCHOOL GARDEN PROGRAM

charrovida donates a portion of proceeds from our food sales to support local school gardens throughout the region via a first of its kind partnership with the University of Arizona's Community and School Garden Program. In addition to the funding support, fresh produce grown in Tucson school gardens will be featured on our menus based on seasonal availability!

We cook our plant-based recipes on separate surfaces and 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. 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. *Note: consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.

please note a \$3 split plate fee is applied when sharing a single recipe www.charrovida.com #sicharro