

Diet Guide vegan ☼
gluten-free ☺
keto ✦

charrovida™ *Plant +* "Food Por Vida"



add avo
anywhere!
fresh avocado \$2

Daily Soups ☼☺ cup 5 *Refrescos* iced tea 3.50 | agave-mint green tea 4 | natural colas 3.5 | prickly pear lemonade 4 | *more over* >

shareables

*the more you share, the more you have!
want more? add a plus+ protein below!*

guaca~hummus ☼☺

serves 2-4 with local corn chips,
plantain crisps, radish & cucumber 11

hola hemp® mini chimis☼

(4) queso vegan & chile verde filled mini chimis
made with hola hemp® tortillas and served
with guaca-hummus & pico salsa 9

vida brussels☼☺

charred brussels tossed in nutritional yeast,
balsamic & liquid aminos with golden salsita 9

new! raise the bar snacks☼☺

crispy gf tempeh nuggets, spicy yucca tots, fried dill
pickles, vegan dipping sauce & diablo sauce 9

jackfruit taquitos☼☺

(3) rolled corn tortilla taquitos, guaca-hummus,
pink onion, vegan taco crema & golden salsita 11

dos chips & salsas☼☺

local corn chips & plantain crisps
with vida salsa verde & golden salsita 3

quesadilla☼ with hola hemp™ tortilla

queso vegan, guaca-hummus & pico 10
optional: add a plus + below

nachos vida☼☺

corn chips, queso vegan, peppers mixta, cilantro,
frijoles, pico, guaca-hummus & spiced pepitas 13
optional: add a plus + below

Add a Plus+☺

| | | |
|-----------------------|------------------------|---------------------------|
| grass-fed steak* 7 | jackfruit carnitas☼ 6 | mesquite salmon* 6 |
| beyond carne☼ 6 | natural pollo asado 5 | egg* or vegan just egg☼ 5 |
| new! crispy tempeh☼ 5 | el charro carne seca 8 | |

salads

new! diablo charro chino ☼☺

napa cabbage, kale, peppers mixta, chopped
cilantro, crispy tortilla strips, diablo sauce,
ginger-citrus & amino vinaigrette with your choice
of our new house made vegan & gf crispy tempeh
or grilled natural pollo asado 13

taquería chopped☼☺

mixed greens, avocado, black bean,
queso vegan, pico salsa, crispy tajín tortilla strips,
lime, spiced chickpea, roasted corn, red radish,
pickled onion & taco crema dressing 11
option to add a plus+ protein below

new! summer song☼☺

arugula & watermelon, vegan feta, ginger citrus dressing,
hemp seed, tajín, pink onion & toasted pepitas 11

tamales☺

choice of handmade tamales, served with vida grains &
choice of frijoles – ask us about seasonal recipes too!

vegan hola hemp® original or chipotle☼

new! vegan red chile jackfruit
sunflower chicken (nut free)

uno 10 / dos 15 / tres 17

chef carlotta's packaged tamales also sold here

new! vida burrito☺

hola hemp™ tortilla filled with vida grains, black beans,
queso vegan & taco crema, super fajitas & pico salsa
with guacamole & choice of our new house made vegan
crispy tempeh or grilled natural pollo asado 13

enchilada style - queso vegan, red & green sauce +3

vida bowls with vida grains or salad greens

1. Begin your Bowl . . .

*begin your bowl with vida grains or greens,
plus+ your recipe & finish with any 2 sides below*

2. Plus+ Your Recipe☺ . . .

| | |
|------------------------|----------------------------|
| jackfruit carnitas☼ 14 | grass-fed steak* 15 |
| natural pollo asado 13 | mesquite salmon* 15 |
| beyond carne☼ 14 | egg* or vegan just egg☼ 13 |
| new! vegan chorizo☼ 13 | new! crispy tempeh☼ 14 |

3. Add 2 Sides☼☺ . . .

| | | |
|---|---|---|
| street corn roasted corn with poblanos, smoked paprika, lime & queso vegan | vida brussels charred brussels tossed in balsamic, nutritional yeast & liquid aminos | guaca-hummus vida house blend of mashed avocado, chickpea, sea salt, & ground turmeric |
|---|---|---|

| | | |
|---|--|---|
| frijoles choice of whole campo recipe with olive oil, garlic, sea salt & bay leaf or black beans | nopalitos sonoran superfood with house-made red chile sauce, hemp seed & spiced pepitas | cuco loco marinated cucumber & beet salad with pink onion, vida herbs, |
|---|--|---|

| | | |
|--|--|---|
| yucca fries organic yucca fries tossed in sea salt nutritional yeast & chopped cilantro | super fajitas fajita style peppers, papas dorados, grilled mushrooms & poblanos | cauli 'al pastor! roasted cauliflower in ancho & guajillo chiles with grilled pineapple & fresh cilantro |
|--|--|---|

Extra Sides 4 each *Extra Protein* ask us
Make it a Burrito +2 *Tortillas* +2 (corn/flour)

más charro

enjoy with your choice of our plus+ recipes

keto relleno☼☺+

roasted poblano chile & vegan
just egg☼ relleno with tomatillo
sauce & queso vegan or your
choice of plus+ recipe below:

dos enchiladas☼☺

queso vegan, corn tortillas, vegan
& nut-free sunflower mole with
vida grains, choice of frijoles &
choice of plus+ recipe below:

Add a Plus+☺

| | |
|------------------------|------------------------|
| beyond carne☼ 15 | charro carne seca 17 |
| jackfruit carnitas☼ 14 | grass-fed steak* 16 |
| queso vegan☼ 13 | natural pollo asado 14 |

taco life☺

3 quesabirria style jackfruit tacos & dip☼ 14

OR

3 street style on soft corn or lettuce:

order any three with vegan taco crema, slaw & golden salsita

| | |
|------------------------------|-------------------------|
| beyond carne☼ 5 | grass-fed steak* 5.5 |
| new! crispy diablo tempeh☼ 5 | natural pollo asado 4.5 |
| salmon del rey style* 5.5 | |

casa combination☺

build your own casa! pick any single taco & enchilada recipe
above and choice of vida grains & frijoles or salad greens 18

burger-ish

la vida burger☼

beyond carne burger, vegan sourdough bun, queso vegan,
lettuce, tomato, red onions, pickles, vegan secret sauce
with side of crispy non-gmo yucca fries 15

add avo +2 sub grass-fed beef +1

better b sandwich☼

crispy-spicy portobello, vegan sourdough bun, vegan spicy
mayo, turmeric salsita, dill pickles, local tomato
& pickled pink onions with a side of yucca fries 15
sub gf bun - note our gluten free buns contain egg +1



the UNIVERSITY OF arizona
COMMUNITY AND SCHOOL GARDEN PROGRAM

la vida local!

Ask us about our "Round Up" UA School Garden Program partnership!
We cook smart with recipe & diet minded dedicated clean surfaces
We source clean, non-gmo, and local ingredients whenever possible
We use only use grass-fed beef & 100% natural chicken and proudly
support the Monterey Bay Seafood Watch for sustainability

*Our gluten & allergy friendly recipes are delicious, but we are not a kitchen without known allergens.
Please advise us if you have any special dietary needs as we assume no liability for adverse reactions.
*Note: consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness.
We do not warrant the quality of food delivered when using a third-party delivery app. Pricing and content subject
to change without notice. Parties of 8 or more are subject to a 20% mandatory gratuity. ©Flores Concepts 4.20.21

brunch
baby →

Diet Guide plant-based 🌱
gluten-free ☺
keto ✦

charrovida™ *Plant +* "Food Por Vida"

Takeout & Dine-In
Tue-Fri 11am-8pm
Sat & Sun 10am-8pm

refrescos 🌱☺ live your best vida with our refreshing refrescos! | "weekend up" with tequila or vodka!

| | | | | | | | |
|--|--|--|--|---|---|--|--|
| turmeric temptation miracle of turmeric, agave & citrus 6 | agave - mint iced green tea shaken & chilled 4 | hola hemp® horchata cinnamon, agave, hemp, almond & rice milk 5 | refrescas naturally sweetened fruit water recipes 5 | hola hemp® horchata cold brew w/yellow brick coffee 6 | kombucha on tap locally brewed by f.t.c. prickly pear recipe 6 | lima y limón agave, citrus fresh mint 4 | the cbd paloma pink grapefruit or piña centr cbd soda (n/a) 6 |
|--|--|--|--|---|---|--|--|

love is a vida margarita 🌱☺

- charro house margarita** fresh lime, orange juice, silver tequila 8
- margarita zero™** zero sugar added, limón, orange zest, cazadores silver tequila, stevia syrup 11
- prickly pear margatini** cazadores silver tequila, prickly pear nectar, citrus, raw sugar & tajín 13
- dynamic cadillac** cazadores añejo, float of bio dynamic red, fresh lime, orange & agave nectar 14
- el maestro** muddled jalapeño & cucumber, citrus & agave, patrón citrónge liqueur, código silver 14
- red** watermelon agua fresca margarita with agave, patrón citrónge, cazadores silver tequila & tajín dust 13
- gold** fresh ginger & lime margarita with raw sugar rim, agave, patrón citrónge & código reposado 14
- orange** orange and coconut whip with turmeric, fresh citrus zest, agave & cazadores silver tequila 12
- violet** butterfly pea flower, patrón citrónge, lavender, lime & agave nectar & cazadores silver tequila 12
- green** avocado nectar and agave margarita with fresh citrus, toasted coconut & cazadores silver tequila 12

... & sangria or cocktails 🌱☺

- sangria mora** muddled fruit, red wine, citrus, agave, brandy & peach liqueur 9
- sangria blanca** agave, orange & peach liqueur 9
- thyme on our side** thyme sprig, mahón spanish gin, fresh citrus, agave & lavender bitters 11
- vida mimosa** agave, fresh orange & bubbles 9

vino sustainable & vegan 🌱☺ (brancott & de la casa not vegan)

| | | |
|---|--|--|
| cambria chardonnay ca 11/39 | altocedro malbec argentina 10/36 | bonterra organic rosé ca 9/32 |
| caramel road pinot noir ca 9/32 | mcmans cabernet sauvignon ca 8/28 | bellissima zero carb organic prosecco 45 |
| velvet devil merlot wa 8/28 | daou reserve cabernet cabernet sauvignon ca 80 btl | brancott sauv blanc new zealand 9/32 |
| | de la casa cabernet or merlot chardonnay or pinot ca 7/24 | |

†dine-in only
n/a chips & salsa

New! Just Four You Happy Hours
Monday thru Friday 2 to 6pm
\$4 off shareable appetizers†, wine,
margaritas, sangria & \$2 off drafts

Chef Carlotta's
**tamale
of the
month**.com
Here & Online!

Brunch Baby

weekends 10am 'til 3pm

1/2 off mimosas - weekends 10am-3pm

- am keto bowl** 🌱☺
choice of real or vegan just egg 🌱☺
with nopalitos, brussels, pepitas,
vida greens and choice of:
beyond carne 🌱☺, chicken
or grass fed steak 16
- tucson's toast™** 🌱☺
toasted barrio bread, smashed
avocado, arugula & tomato, vegan
feta, pink onion, olive oil, toasted
pepitas & cilantro chimichurri 9
- barrio charro
french toast** 🌱☺
delicious plant-based salted agave
french toast with local barrio bread
featuring maple-agave syrup &
cinnamon coconut whipped cream 9
- brunch burrito**
brunch burrito in hola hemp tortilla 🌱☺,
with choice of real egg or vegan
just egg 🌱☺, super fajitas, vegan taco
crema & queso vegan 11/13
- chilaquiles** 🌱☺
local corn chips tossed in red
& green enchilada sauces with,
cilantro, avocado, queso vegan &
choice of real or vegan just egg 🌱☺ 11/13
add a protein plus + recipe below
- new! the plate** 🌱☺
choice of: two organic eggs prepared
easy, scrambled or vegan just egg 🌱☺ with
barrio bread toast, nopalitos, house
salsa & super fajita potatoes 11/13

Add a Plus+ 🌱☺ to your Brunch

- grass-fed steak* 7
- mesquite salmon* 6
- el charro carne seca 8
- all-natural pollo asado 5
- two eggs* or vegan just egg 5
- new! vegan chorizo 🌱☺ 5



the sweet vida 🌱☺

- churro dreams™**
gluten free & plant-based recipe with
local mesquite flour & vegan chocolate 7
takeout by the dozen \$15
- extra sweets**
ask us about our craftmade
sweets & treats made with
love in our community
- chocolate hazelnut tamal**
vegan hazelnut chocolate infused masa with
spiced pepitas & vegan coconut crema 7
takeout by the 1/2 dozen \$25

Catering, Kits & Craft Makers

Our family wants you enjoy more vida and leave the cooking to us for your home or office!
Also, our takeout is packed in eco-friendly boxes and we offer bulk pack for meal prepping or family meals!

Ask us for our catering menus or email: catering@sicharro.com

We now feature new and rotating plant-based & sustainable local craft products in our retail area!

520-779-1922 | www.charrovida.com | #sicharro
for online ordering & catering menus, please also visit: **www.sicharro.com**

Parties of 8 or more are subject to a 20% mandatory gratuity.