

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 taco crema & 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
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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,
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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
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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 →

