

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

charrovida™ *Plant +* *"Food Por Vida"*



add avo
anywhere!
fresh avocado or
guacamole +2.5

Refrescos corazón cooler 6 | iced tea 3.50 | agave-mint green tea 4.5 | 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!*

farmed ceviche ☼☺

ceviche marinated mixed veggies, cilantro, citrus & avocado with local corn & plantain chips 11
add plus+ of lime marinated shrimp +6

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

raise the bar snacks ☼☺

crispy cauliflower nuggets, spicy yucca tots, and fried pickle spears with taco crema & diablo sauce 10

jackfruit taquitos ☼☺

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

chips & dos salsas ☼☺

local corn chips & plantain crisps with vida salsa verde & golden salsita 4

quesadilla ☼

with hola hemp® tortilla, queso vegan, pico salsa & guaca-hummus 11 *optional: add a plus+ below*

nachos vida ☼☺

corn chips, queso vegan, peppers mixta, cilantro, frijoles, pico, guaca-hummus & spiced pepitas 14
optional: add a plus+ below

soup & salads

option to add a plus+ protein below

3 sisters soup & salad ☼☺

our delicious "3 sister" soup of squash calabacitas, roasted corn & campo beans in a smoky ancho broth featuring our casa salad & warm corn tortillas 13

diablo charro chino ☼☺

napa cabbage, kale, peppers mixta, cilantro, tortilla strips, diablo cauliflower, beets, ginger-citrus & amino vinaigrette 11

taquería chopped ☼☺

mixed greens, avocado, black bean, queso vegan, pico salsa, tajín tortilla strips, lime, spiced chickpea, roasted corn, red radish, pickled onion & plant-based taco crema dressing 11

new summer song salad ☼☺

it's back! baby arugula, watermelon, agave pressed beets, vegan feta, balsamic & citrus vinaigrette, pepitas, & pickled onion 11

tamales

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

hola hemp® original ☼ or chipotle ☼

vegan red chile jackfruit ☼

new vegetarian fresh corn

sunflower chicken (nut free)

uno 10 / dos 15 / tres 17

chef carlotta's packaged tamales also sold here

vida burrito ☼

hola hemp® tortilla, vida grains, black beans, queso vegan, taco crema, super fajitas, pico salsa & guacamole 11

option to add a plus+ protein below

add enchilada style

queso vegan, red & green sauce +4

vida bowls *with vida grains or salad greens*

1. Begin your Bowl . . .

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

2. Plus+ Your Recipe ☼ . . .

jackfruit carnitas* 15

natural pollo asado 14

beyond carne* 15

plant + chorizo* 15

grass-fed steak* 16

mesquite salmon* 16

2 eggs* or vegan just egg* 14

mesquite shrimp 16

3. Add 2 Sides ☼☺ . . .

street corn

roasted corn with poblanos, smoked paprika, lime & queso vegan

frijoles

choice of black beans or campo recipe with olive oil, garlic, sea salt & bay leaf

yucca fries

organic yucca fries tossed in sea salt nutritional yeast & chopped cilantro

vida calabacitas

roasted squash, corn, bell peppers, onion, vegan crema, & sea salt

vida brussels

charred brussels tossed in balsamic, nutritional yeast & liquid aminos

nopalitos

sonoran superfood with house-made chile sauce, hemp seed & spiced pepitas

super fajitas

fajita style peppers, papas dorados, grilled mushrooms & brussels

sweet potato hash

grilled sweet potato, peppers, onion, & sea salt

guaca-hummus

vida house blend of mashed avocado, chickpea, sea salt, & ground turmeric

cuco loco

marinated cucumber & beets with pink onion, hemp seed, vida herbs & sea salt

cauli 'al pastor!

roasted cauliflower in ancho & guajillo chiles with grilled pineapple & fresh cilantro

Extra Sides 4 each Extra Protein add a plus+

Make it a Burrito +2 Tortillas +2 (corn/flour)

Side of Charred Jalapeños +2

más charro

enjoy with your choice of our plus+ recipes

keto chile relleno ☼☺+

roasted poblano & vegan just egg relleno, avocado, 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:

Plus+ Your Recipe ☼

queso vegan* 14

beyond carne* 15

jackfruit carnitas* 15

plant + chorizo* 15

charro carne seca 17

grass-fed steak* 16

natural pollo asado 15

mesquite shrimp 16

taco life

3 quesabirria style jackfruit tacos ☼☺ 15

Tucson street taco stars in a better for you plant-based recipe

street style on soft corn or lettuce

your choice of two or three taco recipes on flour, corn ☺, or lettuce ☺ with vegan taco crema, slaw & golden salsita 2 for 11 | 3 for 16

beyond carne* 15

diablo cauliflower* 15

new plant+ chorizo sweet papa* 15

new prickly pear bbq jackfruit* 15

grass-fed steak* 16

natural pollo asado 15

salmon del rey* 16

mesquite shrimp 16

burger-ish

each served with choice of rosemary sweet potato or yucca fries

la vida burger* 15

beyond carne burger, plant-based sourdough bun, queso vegan, lettuce, tomato, red onions, pickles, vegan secret sauce 15

add avo +2 sub grass-fed beef +1

new prickly pear bbq sandwich* 15

sandwich of prickly pear bbq jackfruit, crispy onion strings, pickle, plant-based sourdough bun, vegan taco slaw, & vegan mayo 15

better b sandwich* 15

100% plant-based, crispy-spicy portobello, pb sourdough bun, spicy vegan mayo, turmeric salsita, dill pickles, local tomato, & pickled pink onions 15

© sub gf bun - note our gluten free buns contain egg +1

Add a Plus+ ☼☺

grass-fed steak* 7

beyond carne* 6

mesquite shrimp 6

jackfruit carnitas* 6

natural pollo asado 5

charro carne seca 8

mesquite salmon* 6

plant + chorizo* 6

2 eggs* or vegan just egg* 5

← beverage & brunch

*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 6.2022*

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Dine In or Takeout
Tues - Fri 11am - Close
Sat & Sun 10am - Close
Closed Mondays

refrescos ☼☺ live your best vida with our refreshing refrescos

turmeric temptation
miracle of turmeric,
agave & citrus 6

corazón cooler
deep red berries, beets,
citrus & agave 6

**agave - mint
iced green tea**
shaken & chilled 4.5

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 prickly
pear kombucha recipe 6

lima y limón
agave, citrus
& fresh mint 4.5

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 12

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 berries & beets deep red margarita with agave nectar, cazadores silver tequila & tajín dust 13

gold fresh ginger & lime margarita with raw sugar rim, agave nectar, 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 13

sangria or cocktails ☼☺

sangria mora muddled fruit, red wine, citrus, agave, brandy & peach liqueur 9

sangria blanca agave, orange & peach liqueur 9

mojito mist sparkling bubbles, silver rum, muddled mint & agave 9

the del charro local del bac whiskey, agave, prickly pear néctar & citrus 13

vino sustainable & vegan ☼☺ (de la casa not vegan)

altocedro
malbec | argentina 11/38

velvet devil
merlot | wa 9/32

bonterra
organic rosé | ca 9/32

de la casa
cabernet or merlot,
chardonnay or pinot | ca 8/28

cambría
chardonnay | ca 12/42

mcmánis
cab sauvignon ca 9/32

brancott
sauv blanc | new zealand 9/32

caramel road
pinot noir | ca 10/36

bubbles bellissima zero carb organic | vegan | prosecco 45
tiamo prosecco organic | vegan | prosecco 39
house bubbles prosecco | n/a vegan 8/28

& mimosas ½ off sat, & sun 10am-3pm

vida classic fresh orange & bubbles

prickly pear natural cactus néctar & bubbles

peach sunrise peach néctar, orange, & bubbles

grapefruit agave, grapefruit & bubbles

SINGLE GLASS 9 **BOTTLE FLIGHT** 39† pick 3 flavors 2-4 persons **VEGAN MIMOSA FLIGHT** add +15

†half off the price shown. n/a half off for vegan bottle & n/a as single flute



Brunch Baby Menu

Saturday & Sunday 10am to 3pm

barrio charro french toast ☼☺

delicious plant-based salted agave french toast with local barrio bread featuring warm mixed berries, maple-agave syrup & coconut whipped cream 12

new hola hemp tamale hash ☼☺

choice of egg recipe, hola hemp tamal, plant+ chickpea chorizo, roasted sweet potato, avocado, & plant-based taco crema 11/13

apple pan pancake ☼☺

vegan & gluten free? your prayers have been answered! local mesquite flour blend baked with cinnamon & agave marinated apples 16
+ a'la mode
with vanilla bean vegan ice cream +5

huevos rancharos ☼☺

corn tostadas, choice of real* or vegan just egg*, queso, salsa rojo, frijoles campos, avocado, peppers mixta & tomatoes 12/14

tucson's toast™ ☼

toasted barrio bread, smashed avocado, arugula, tomato, vegan feta, pink onion, olive oil, toasted pepitas & cilantro chimichurri 11

chilaquiles ☼☺

local corn chips tossed in red & green enchilada sauces with, pico, cilantro, avocado, vegan taco crema & queso, & choice of real* or vegan just egg* 12/14
add a protein plus+ recipe below

brunch burrito

brunch burrito in hola hemp® tortilla, with choice of real* egg or vegan just egg*, super fajitas potatoes, vegan taco crema & queso vegan 11/13

add enchilada style

queso vegan, red & green sauce +4

the plate☼

choice of: two organic eggs prepared easy*, scrambled or vegan just egg*, nopalitos, super fajita potatoes with choice of tortillas, or barrio bread toast 11/13

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

Add a Plus+ ☺ to your Brunch

2 eggs* or vegan just egg* 5
plant + chorizo* 5
beyond carne* 6

mesquite salmon* 6
all-natural pollo asado 5

el charro carne seca 8
grass-fed steak* 7

Happier Hours Tuesday thru Friday 2pm to 6pm
\$2 off appetizers, wine, margaritas, sangria & drafts

7109 N. Oracle Rd. | Casas Adobes Plaza | (520) 779-1922
|www.charrovida.com | #sicharro | delivery thru doordash
for online ordering & catering menus, please also visit: www.sicharro.com

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